

A circular illustration with a light green background and a dark grey border. It depicts three young women from the back, with their hands clasped in prayer. The woman on the left has blonde hair, the middle one has dark hair, and the right one has reddish hair. They are wearing light blue tops. The text 'Young Women's HUGG Prayer Journal' is centered over the illustration in a green, serif font.

Young Women's HUGG
Prayer Journal

A. C. T. S. Prayer Model

- A. Adoration – Humble Yourself before the Lord and express adoration for your Heavenly Father. Praise the Lord for who He is and all His attributes. (Isaiah 25:1)
- C. Confession – Acknowledge your sins before God. Confess and ask for forgiveness. (1st John 1:9)
- T. Thanksgiving - Express your gratitude to God. Thank Him for all He has done and all He will do. Share with Him all you are thankful for. (Psalm 69:30)
- S. Supplication – Earnestly present your requests to the Lord. Share your needs with God and request His help for yourself and for others. (Philippians 4:6)

September - Audacious Faith Statement:

I am increasing in influence and favor for the kingdom of God.

Scriptures to reflect on:

- Genesis 45:4-8 *And Joseph said to his brothers, "Please come near to me." So they came near. Then he said: "I am Joseph your brother, whom you sold into Egypt. 5 But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life. 6 For these two years the famine has been in the land, and there are still five years in which there will be neither plowing nor harvesting. 7 And God sent me before you to preserve a posterity for you in the earth, and to save your lives by a great deliverance. 8 So now it was not you who sent me here, but God; and He has made me a father to Pharaoh, and lord of all his house, and a ruler throughout all the land of Egypt.*
- I Samuel 2:26 *And the child Samuel grew in stature, and in favor both with the Lord and men.*
- Acts 2:37-47 *37 Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, "Men and brethren, what shall we do?" 38 Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. 39 For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call." 40 And with many other words he testified and exhorted them, saying, "Be saved from this perverse generation." 41 Then those who gladly received his word were baptized; and that day about three thousand souls were added to them. 42 And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. 43 Then fear came upon every soul, and many wonders and signs were done through the apostles. 44 Now all who believed were together, and had all things in common, 45 and sold their possessions and goods, and divided them among all, as anyone had need. 46 So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, 47 praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.*

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: *What are my takeaways from my prayer time with the Lord today?*

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Lined writing area for reflection notes.

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

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Confession: _____

Thanksgiving: _____

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Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Lined writing area for reflection, overlaid with a large circular graphic of three young women.

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

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Adoration: _____

Confession: _____

Thanksgiving: _____

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Thanksgiving: _____

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Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

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Blank lined area for reflection text.

Date: _____

Adoration: _____

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Thanksgiving: _____

Supplication: _____

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Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

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Supplication: _____

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Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Horizontal lines for reflection text

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Hand-drawn illustration of three figures in prayer, overlaid on horizontal lines for writing.

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

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Confession: _____

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Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: *What are my takeaways from my prayer time with the Lord today?*

Horizontal lines for writing reflections.

Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: What are my takeaways from my prayer time with the Lord today?

Lined writing area for reflection.

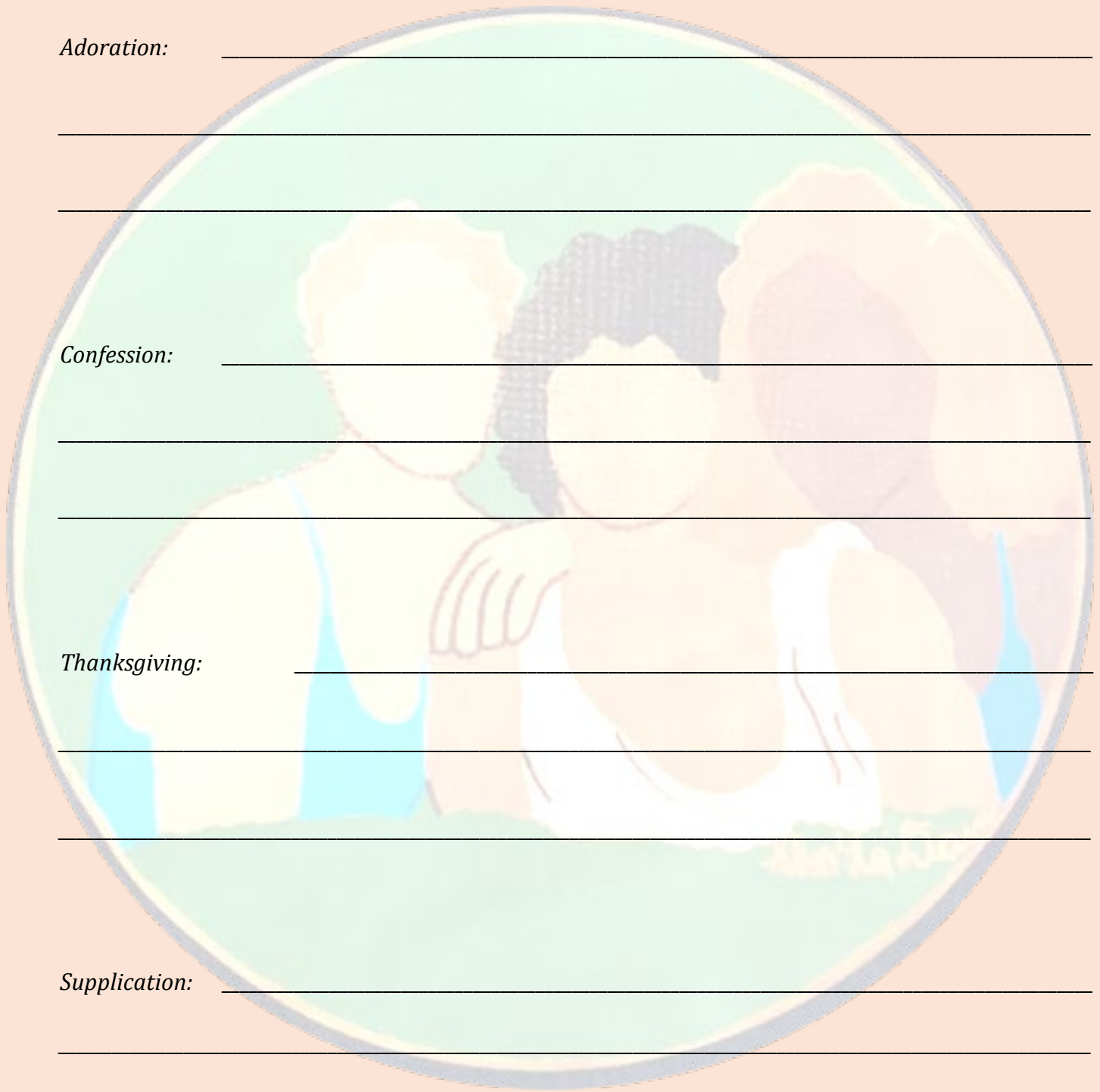
Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____



Date: _____

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Reflection: *What are my takeaways from my prayer time with the Lord today?*

A series of horizontal lines for writing, with a large circular illustration in the background. The illustration depicts a group of people in prayerful poses, including one person with hands clasped and another with hands raised, set against a soft, colorful background.

