READ // PRAY // STUDY

YOKED

MARCH | APRIL 2026

A PRAYER JOURNAL

THIS JOURNAL BELONGS TO:

WELCOME TO STUDENT MINISTRIES JOURNEY THROUGH THE BIBLE

This booklet is your guide to our daily practices for staying "yoked" to Jesus. Even if you're getting this booklet for the first time in the middle of the semester, we would love for you to dive into the daily readings and prayers as we read the Bible from cover to cover.

We believe that God is active and at work in our lives; we believe that Jesus is with us in every moment, not just when we're doing "church-y" things; we believe that the Holy Spirit wants to speak to us and make us more like Jesus. We want to make every effort together to put ourselves in a position to see what God is up to, be aware of Jesus with us, and hear from the Holy Spirit as he speaks to us. That is one of the reasons to show up at weekly student gatherings. That is one of the reasons to read a few verses of the Bible every day. That is one of the reasons to pray often.

Reading the Bible and praying are not ways to earn God's approval; God has already accepted you and welcomed you into his family, and it had nothing to do with your ability to earn his love. We want to engage with God not to earn something from him, but to grow deeper in relationship with him.

The Bible is God's word to us. In it we discover who God is, how he has worked throughout history, and how he calls us to live as his people and his image bearers. We don't just want to read the Bible to check a box this year—we want to let it shape our lives and our prayers.

Each day, find at least 10 minutes to read the chapter(s) assigned for that day. If you can, spend some extra time praying through and studying those same verses, but at least make sure you read them. You can see the daily rhythm in the reading plan.

Each day, find at least another five minutes to pray. You can find all sorts of different ways to connect with God in prayer in the back of the booklet. Try a few of these out over the course of the year and see what types of prayer seem to resonate best with you. Lean into what comes most easily to you so that you can stay consistent.

If you miss a day, no worries! Just jump back in the next day, and "catch up" if you want to. Everything worth doing takes practice and has its hard moments. Faith isn't any different! We encourage you to put a star next to any readings you particularly love so you can return to them easily.

God is stirring in our student gatherings. Let's be ready to receive what he has for us.

Peace,
Christ Community
Student Ministries Team

+READ IT

This is the simplest way to engage in God's word. Just read it! Reading and rereading the passage might be helpful to let the words sink into your mind and body before you go through the rest of your day or go to sleep.

+PRAY IT

Read it as many times as you want or until the Holy Spirit highlights something in your heart. Pray into whatever is brought to your attention (a word, a line, an idea, a feeling). Use what is stirred up as a launching point to talk to Jesus. Write things down or journal.

+STUDY IT

Take out your Bible and read the notes at the bottom of the page that help explain the verses you are focusing on that day. Then go back and read those verses in light of what you learned. Pay attention to what came before and after these verses and the context. It might help you understand more about what the verses mean. Consider what this passage might be saying about:

1. **God and what he's like;**
2. **People and what we're like;**
3. **The world and what it's like.**

Pay attention to repeated words, main themes, key people/ places, and anything that either jumps out at you or confuses you.

March 1	Exodus 20	☐ Read	☐ Pray	☐ Study
March 2	Leviticus 16	☐ Read	☐ Pray	☐ Study
March 3	Exodus 32	☐ Read	☐ Pray	☐ Study
March 4	Mark 12:29–31	☐ Read	☐ Pray	☐ Study
March 5	Exodus 33	☐ Read	☐ Pray	☐ Study
March 6	Exodus 40	☐ Read	☐ Pray	☐ Study
March 7	Leviticus 4	☐ Read	☐ Pray	☐ Study
March 8	Leviticus 16	☐ Read	☐ Pray	☐ Study
March 9	Numbers 13:26–14:45	☐ Read	☐ Pray	☐ Study
March 10	Leviticus 26	☐ Read	☐ Pray	☐ Study
March 11	Mark 12:29–31	☐ Read	☐ Pray	☐ Study
March 12	Numbers 6:22–27, 9	☐ Read	☐ Pray	☐ Study
March 13	Numbers 11	☐ Read	☐ Pray	☐ Study
March 14	Numbers 13:16–33	☐ Read	☐ Pray	☐ Study
March 15	Numbers 14	☐ Read	☐ Pray	☐ Study
March 16	Deuteronomy 6	☐ Read	☐ Pray	☐ Study
March 17	Numbers 20	☐ Read	☐ Pray	☐ Study
March 18	Mark 12:29–31	☐ Read	☐ Pray	☐ Study
March 19	Numbers 27	☐ Read	☐ Pray	☐ Study
March 20	Deuteronomy 1	☐ Read	☐ Pray	☐ Study
March 21	Deuteronomy 4:1–40	☐ Read	☐ Pray	☐ Study
March 22	Deuteronomy 6:1–9	☐ Read	☐ Pray	☐ Study
March 23	Deuteronomy 31	☐ Read	☐ Pray	☐ Study
March 24	Deuteronomy 28	☐ Read	☐ Pray	☐ Study
March 25	Psalm 23	☐ Read	☐ Pray	☐ Study
March 26	Deuteronomy 29	☐ Read	☐ Pray	☐ Study
March 27	Deuteronomy 30	☐ Read	☐ Pray	☐ Study
March 28	Deuteronomy 32	☐ Read	☐ Pray	☐ Study
March 29	Deuteronomy 31	☐ Read	☐ Pray	☐ Study
March 30	Luke 24:13–35	☐ Read	☐ Pray	☐ Study
March 31	Genesis 17:1–8	☐ Read	☐ Pray	☐ Study

April 1	**Genesis 22:7–18**	☐ Read	☐ Pray	☐ Study
April 2	**Exodus 12:1–13**	☐ Read	☐ Pray	☐ Study
April 3	**Leviticus 16**	☐ Read	☐ Pray	☐ Study
April 4	**Psalm 23**	☐ Read	☐ Pray	☐ Study
April 5	**Luke 24:13–35**	☐ Read	☐ Pray	☐ Study
April 6	**Joshua 2:1–8**	☐ Read	☐ Pray	☐ Study
April 7	**Joshua 1:1–5**	☐ Read	☐ Pray	☐ Study
April 8	**Psalm 23**	☐ Read	☐ Pray	☐ Study
April 9	**Joshua 1:9–11**	☐ Read	☐ Pray	☐ Study
April 10	**Joshua 1:16–17**	☐ Read	☐ Pray	☐ Study
April 11	**Joshua 2:12–15**	☐ Read	☐ Pray	☐ Study
April 12	**Joshua 2**	☐ Read	☐ Pray	☐ Study
April 13	**Judges 16:23–31**	☐ Read	☐ Pray	☐ Study
April 14	**Judges 2:1–13**	☐ Read	☐ Pray	☐ Study
April 15	**Psalm 23**	☐ Read	☐ Pray	☐ Study
April 16	**Judges 2:16–19**	☐ Read	☐ Pray	☐ Study
April 17	**Judges 3:7–11**	☐ Read	☐ Pray	☐ Study
April 18	**Judges 16:28–31**	☐ Read	☐ Pray	☐ Study
April 19	**Judges 16:23–31**	☐ Read	☐ Pray	☐ Study
April 20	**Ruth 1:1–18**	☐ Read	☐ Pray	☐ Study
April 21	**Ruth 1:11–17**	☐ Read	☐ Pray	☐ Study
April 22	**Psalm 23**	☐ Read	☐ Pray	☐ Study
April 23	**Ruth 2:1–12**	☐ Read	☐ Pray	☐ Study
April 24	**Ruth 3:1–12**	☐ Read	☐ Pray	☐ Study
April 25	**Ruth 3:16–18**	☐ Read	☐ Pray	☐ Study
April 26	**Ruth 1:1–18**	☐ Read	☐ Pray	☐ Study
April 27	**1 Samuel 17**	☐ Read	☐ Pray	☐ Study
April 28	**1 Samuel 8:1–9**	☐ Read	☐ Pray	☐ Study
April 29	**Psalm 23**	☐ Read	☐ Pray	☐ Study
April 30	**1 Samuel 9:1–14**	☐ Read	☐ Pray	☐ Study

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TYPES OF PRAYER FOR DAILY USE

Pre-written Prayer:

When you don't know exactly what to say or need help directing your thoughts to God, pre-written prayers are a great way to start. Many times, these prayers teach us how to pray and give us words for our own prayers. They also help us join with millions of Christians across time and space saying the same words together. Here are a few options:

- ***Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.*** (St. Francis of Assisi, 1200 AD)
- ***Soothe our restlessness: say to our hearts "Peace be still." Brood over us, within us, Spirit of perfect peace... enfolded in Your loving care.*** (Evelyn Underhill, 1920 AD)
- ***Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.*** (St. Patrick, 450 AD)
- ***Let nothing disturb you; Let nothing frighten you. All things are passing. God never changes. Patience obtains all things. Nothing is wanting to him who possesses God. God alone suffices.*** (St. Theresa of Avila, 1550 AD)

Prayer for Others:

One important way to pray is to seek God on behalf of someone else. Sometimes we call this intercessory prayer. Maybe it's a friend, family member, teacher, small group leader, a world leader, the homeless person you passed on the street today, or the new kid in class. You might know exactly what they need prayer for because they shared it with you, or you might have no idea what they need right then, but God has brought them to your mind. Spend time praying for them. Even when you don't know what to say, if you are holding them in your mind before God, you are still praying for them.

Prayer of Gratitude:

When it comes to praying what is honestly on our hearts, one thing we need to practice is thanking God for the good things he has given us or done for us. Sometimes we take things for granted or overlook the good things in the face of the bad things. Prayers of gratitude help us thank God for these things and train our hearts to see the good, not just the bad. Spend time making a list of what you are grateful for then thank God out loud for them.

Prayer of Lament:

Praying about what is honestly on our hearts sometimes means telling God what is hard, that we are mad, or sad and upset. Sometimes we feel like we can't or shouldn't do this, but that isn't true. If it matters to you, it matters to God because you matter to God. So whether it is something that feels silly or small, or whether it is something that has you really sad or upset, talk to God about it. Tell him how you feel. If you are angry—even if you are angry at him—let him know because he can take it. If you are worried, let him know; he wants to hear. "Cast all your anxieties on him, because he cares for you" (1 Peter 5:7). If you are discouraged, hurt, or confused, spend time bearing your heart to the God who cares. Consider writing it out in the form of a letter to God.

Prayer of Confession:

Even though sin no longer defines us as Christians, we still find ourselves struggling with sin daily. It is important to learn to confess our sins to God in prayer so that we can find healing and receive forgiveness. When we don't confess our sins, it weighs us down because we spend energy trying to keep it on the inside. "When we confess our sins, he is faithful and just to forgive our sins and cleans us from all unrighteousness" (1 John 1:8-9). Think through the past day or week. Is there something you did today or recently that you need to confess to God? Spend time confessing to him. Tell him you are sorry and commit to turning away from that sin in the future. It might help to write your sins down and then tear them up and throw them away as a symbol that God has cast your sins "as far as the east is from the west" (Psalm 103:12).

Centering Prayer:

Our lives are often scattered and filled with distractions. We have so much going on, so much to do, and so much to balance that it can be hard to sit down and focus on Jesus for at least five minutes. Centering prayers help us block out distractions and set our minds and hearts on Jesus. When we pray centering prayers, we are repeating the same prayer over and over. Praying repeatedly doesn't mean God listens or likes us more; repetition shapes us and helps things sink deeply into our hearts.

If you can, try sitting or kneeling on the floor as a sign of your need for God. Close your eyes and take a deep breath. As you breathe in, pray in your head, "Lord Jesus, Son of God." Breathe out. As you do, pray in your head, "Have mercy on me, a sinner." This can be done with any line in Scripture (e.g., "The Lord is my Shepherd" // "I lack nothing"). You can also do it with any simple prayer you know (e.g., "Father in Heaven" // "Fill me with your peace"). You could even do it with a song lyric ("Spirit of the Living God" // "Fall afresh on me."). If there is a line in Scripture, a prayer, or a song that you love, feel free to use it. The point is to center your heart on Jesus. You can do this anywhere—before a test, on the game field, in the car, etc.

Listening Prayer:

If prayer is a conversation with God, no good conversation has only one person talking. We have to learn to listen for God's voice, because he still talks with us and speaks to us today. Jesus says that his sheep know his voice, recognize his voice, hear his voice, and respond to his voice. So, we need to create space to listen to what he might be saying to us. Spend five minutes or more in silence. Listen to the world around you. Open your heart to what God might be saying. Usually, this is not a loud, overwhelming voice but the still, small voice of God that whispers. If you sense something in your conscience, don't dismiss it. Trust that it might be God. Even if you don't hear anything specific, that is OK! It takes time. The goal is to train yourself to listen to God even before you speak to God.

Prayer of Examen:

The prayer of examen looks back and reflects that God is with us throughout our day. It helps us be attuned to where we see God and sense him with us. Do this at the end of the day as a way of reflecting on how you experienced God in the little moments or in the morning, looking back at yesterday. Think through your day, starting at the beginning, and recall everything that happened up until now. Ask God to bring to mind the ways you saw him or moments when he felt close. Ask God to bring to mind moments when he felt far away, or you weren't aware that he was near. Thank God for the moments he felt close, and ask him to help you sense his presence in moments when you feel far away. Finally, think about all you have to do the next day. Pray a prayer of expectation, expecting God to meet you in those things tomorrow. Ask God to help you hear his voice when he speaks and notice his nearness in every moment.

Prayer of God's Presence:

Praying this way helps us seek intimacy with God in everything we do. As you start the day, decide you are going to practice noticing God's presence throughout the day. Every room you walk into or place you go, say a 3-second prayer like "God, be with me and everyone here" or "God, help me see you in this place" when you arrive. Then, go about what you have to do. As you go to the next room or place, repeat the process. Do this throughout your day.