

STILL GROWING

A Free September 30-Day Prayer Journal

30 days of prayer, reflection, gratitude, and room to hear from God.

Created by [Get-Prayer.com](https://get-prayer.com)

Free to download for personal use

"He which hath begun a good work in you will perform it..."

Philippians 1:6 (KJV)

Welcome to Still Growing

September can feel like a reset. Summer is fading, routines are returning, and the year is moving into its final stretch. This journal is a simple place to meet God in the middle of it all.

Each day gives you a Scripture reference, a prayer focus, a reflection question, and space to write. You do not need perfect words. Start where you are. Be specific. Be thankful. Be honest. And when you miss a day, simply come back.

How to Use This Journal

Read. Look up the day's Scripture and read it slowly.

Pray. Use the prayer focus as a starting point, then make it personal.

Write. Record what is on your heart, what you are asking God for, and what you are noticing.

Remember. Watch for answered prayers, changed perspectives, and small signs of progress.

September Prayer Goals

Three people I will pray for consistently:

1. _____
2. _____
3. _____

One area where I need God's direction:

One habit I want to strengthen this month:

DAY 1 | Begin Again

Scripture: Lamentations 3:22-23

Prayer Focus

Thank God for fresh mercy and ask Him to help you begin September with a clear heart.

Reflect

What do you want God to make new in you this month?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 2 | Trust the Next Step

Scripture: Proverbs 3:5-6

Prayer Focus

Ask for guidance in the places where you cannot see the whole path.

Reflect

What decision do you need to place back in God's hands?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 3 | Peace for Today

Scripture: Philippians 4:6-7

Prayer Focus

Bring today's worries to God one by one and ask for His peace.

Reflect

What anxiety can you turn into a specific prayer today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 4 | Strength When Tired

Scripture: Isaiah 40:31

Prayer Focus

Pray for renewed strength in your body, mind, work, and faith.

Reflect

Where have you been running on empty?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 5 | Wisdom for Decisions

Scripture: James 1:5

Prayer Focus

Ask God for wisdom before you react, answer, spend, commit, or decide.

Reflect

What situation needs wisdom more than speed?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 6 | Grace for Your Family

Scripture: Joshua 24:15

Prayer Focus

Pray over your household, relatives, and the relationships closest to you.

Reflect

Who in your family needs special prayer today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 7 | Courage to Try Again

Scripture: Psalm 37:23-24

Prayer Focus

Ask God for courage to get back up after disappointment or delay.

Reflect

What have you been tempted to give up on?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 8 | A Guarded Heart

Scripture: Proverbs 4:23

Prayer Focus

Pray that God protects your heart from bitterness, fear, and unhealthy distractions.

Reflect

What has been taking up too much room in your heart?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 9 | Work With Purpose

Scripture: Colossians 3:23

Prayer Focus

Offer your work, responsibilities, and daily tasks to God.

Reflect

How can you serve God through ordinary work today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 10 | Release the Burden

Scripture: 1 Peter 5:7

Prayer Focus

Name the burden you have carried and intentionally give it to God.

Reflect

What are you carrying that was never meant to control you?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 11 | Pray for a Friend

Scripture: Ecclesiastes 4:9-10

Prayer Focus

Lift up a friend who needs encouragement, healing, direction, or support.

Reflect

Who can you pray for and encourage today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 12 | Choose Kindness

Scripture: Ephesians 4:32

Prayer Focus

Ask God to make your words and reactions gentle, patient, and forgiving.

Reflect

Where can kindness change the atmosphere today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 13 | Rest Without Guilt

Scripture: Mark 6:31

Prayer Focus

Thank God that rest is part of healthy faith, not a failure of faith.

Reflect

What would healthy rest look like for you this week?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 14 | Faith Over Fear

Scripture: 2 Timothy 1:7

Prayer Focus

Name a fear and ask God for power, love, and a sound mind in its place.

Reflect

What would you do differently today if fear did not lead you?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 15 | Halfway Check-In

Scripture: Psalm 139:23-24

Prayer Focus

Invite God to search your heart as you reach the middle of the month.

Reflect

What is God showing you about your attitude, habits, or priorities?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 16 | Pray for Provision

Scripture: Matthew 6:31-33

Prayer Focus

Bring your financial and practical needs to God while seeking Him first.

Reflect

What need feels most urgent right now?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 17 | Forgive and Move Forward

Scripture: Colossians 3:13

Prayer Focus

Ask God for the strength to release resentment without denying what happened.

Reflect

What do you need God's help to release?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 18 | Listen Closely

Scripture: 1 Kings 19:12

Prayer Focus

Create quiet space and ask God to help you notice His direction.

Reflect

What becomes clearer when you stop filling every quiet moment?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 19 | Hope for the Waiting

Scripture: Psalm 27:14

Prayer Focus

Pray for patience and courage while you wait for an answer or change.

Reflect

Where is waiting testing your faith?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 20 | A Prayer for Healing

Scripture: Psalm 147:3

Prayer Focus

Pray for healing in body, emotions, relationships, and memories.

Reflect

What wounded place do you want to place before God today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 21 | Open Doors, Closed Doors

Scripture: Revelation 3:8

Prayer Focus

Ask God to guide opportunities and protect you from doors that are not for you.

Reflect

Which opportunity needs prayer before action?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 22 | Contentment Today

Scripture: Philippians 4:11-12

Prayer Focus

Thank God for what is present instead of measuring life only by what is missing.

Reflect

List three things you can thank God for right now.

My Prayer

Today I am thankful for:

What I want to remember:

DAY 23 | Pray for Your Community

Scripture: Jeremiah 29:7

Prayer Focus

Pray for your neighborhood, schools, churches, leaders, and local needs.

Reflect

What is one need in your community you can consistently pray about?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 24 | Speak Life

Scripture: Proverbs 18:21

Prayer Focus

Ask God to make your words truthful, helpful, and life-giving.

Reflect

Who needs an encouraging word from you today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 25 | Let God Lead

Scripture: Psalm 25:4-5

Prayer Focus

Ask God to teach you His way instead of simply blessing your preferred plan.

Reflect

Where do you need direction rather than confirmation?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 26 | Gratitude in the Middle

Scripture: 1 Thessalonians 5:18

Prayer Focus

Practice gratitude even while some prayers remain unanswered.

Reflect

What can you thank God for before the answer comes?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 27 | Pray for Your Future

Scripture: Jeremiah 29:11

Prayer Focus

Place your hopes, plans, and unknown future in God's care.

Reflect

What future concern keeps pulling your attention away from today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 28 | Finish What Matters

Scripture: Galatians 6:9

Prayer Focus

Ask for endurance to keep doing good when results seem slow.

Reflect

Where do you need perseverance for the final stretch of the month?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 29 | Remember the Answered Prayers

Scripture: Psalm 77:11

Prayer Focus

Look back and remember where God has already carried, provided, opened, or protected.

Reflect

What answered prayer or past provision strengthens your faith today?

My Prayer

Today I am thankful for:

What I want to remember:

DAY 30 | Still Growing

Scripture: Philippians 1:6

Prayer Focus

Thank God for the work He has done this month and trust Him with what is unfinished.

Reflect

What growth do you want to carry into October?

My Prayer

Today I am thankful for:

What I want to remember:

September Prayer Review

Before you close this journal, take a few minutes to look back. Growth is not always dramatic. Sometimes it looks like a calmer response, a clearer decision, a prayer you finally released, or the strength to keep going.

A prayer God answered or changed:

Something God taught me:

A person I want to keep praying for:

What I am carrying into October:

You are still growing. God is still working.

Created by Get-Prayer.com

Prayer resources for real life, one prayer at a time.