



Changing Leaves, Changing Lives

October 2026 Prayer Journal

A month of surrender, trust, growth, gratitude, and renewal

As the leaves change, ask God what He is changing in you.



Welcome to Your October Prayer Journal

October is a season of visible change. Leaves turn, days shorten, and familiar landscapes take on new color. This journal uses that season as a gentle reminder that God can work through change in our lives too.

Over the next 31 days, you will be invited to pray about what you may need to release, where you need to trust God more deeply, how He may be growing you, and what you can thank Him for today.

There is no perfect way to use this journal. Spend ten minutes or an hour. Write a sentence or fill the page. The goal is simply to create space to notice, pray, reflect, and respond.

A simple daily rhythm

1. Read the Scripture reference for the day.
2. Sit quietly with the daily reflection question.
3. Write your prayer honestly.
4. Name one thing you can release, trust, grow in, or give thanks for.
5. End by recording one small sign of God's goodness.





October 2026: A Month of Change

Choose a word or short phrase for the month. Let it become a simple prayer you return to when life feels busy or uncertain.

My word for October:

What I hope God changes in me this month:

What I am ready to release:

What I want to remember about God's faithfulness:





OCT 1

A New Season

Scripture: Ecclesiastes 3:1

Reflect

Where do you sense a new season beginning in your life?

Pray

Ask God for grace to enter this month with an open heart.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 2

Release What You Cannot Control

Scripture: 1 Peter 5:7

Reflect

What have you been trying to control that you can place in God's hands?

Pray

Name one burden you are willing to release today.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 3

Trust in the Unknown

Scripture: Proverbs 3:5-6

Reflect

What feels uncertain right now?

Pray

Pray for trust before you pray for answers.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 4

Letting Go of Fear

Scripture: Isaiah 41:10

Reflect

What fear has been shaping your choices?

Pray

Ask God to replace fear with steady faith.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 5

Pruning for Growth

Scripture: John 15:2

Reflect

What habit, distraction, or commitment may be keeping you from healthier growth?

Pray

Pray for wisdom to make room for what matters most.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 6

A Changed Heart

Scripture: Psalm 51:10

Reflect

What attitude in you needs renewal?

Pray

Ask God to create a clean, willing heart in you.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 7

Grace for Transition

Scripture: 2 Corinthians 12:9

Reflect

Where are you struggling to adjust to change?

Pray

Pray for grace in the places where you feel weak.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 8

Rooted While Things Change

Scripture: Colossians 2:6-7

Reflect

What helps keep you spiritually grounded?

Pray

Ask God to deepen your roots in Him.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 9

Patience in the Process

Scripture: Romans 12:12

Reflect

Where are you tempted to rush what God may be doing slowly?

Pray

Pray for patience while growth is still unseen.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 10

Courage to Obey

Scripture: Joshua 1:9

Reflect

Is there a step you know you need to take?

Pray

Ask for courage to obey even before you feel ready.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 11

Renewing Your Mind

Scripture: Romans 12:2

Reflect

What thought pattern needs to change?

Pray

Invite God to reshape the way you think.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 12

Making Room

Scripture: Hebrews 12:1

Reflect

What is weighing you down spiritually or emotionally?

Pray

Pray about what you can set aside to make room for peace.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 13

Faith During Waiting

Scripture: Psalm 27:14

Reflect

What are you waiting for right now?

Pray

Ask God to strengthen your heart while you wait.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 14

Peace in Change

Scripture: Philippians 4:6-7

Reflect

Where do you most need God's peace today?

Pray

Turn one specific worry into a specific prayer.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 15

Midmonth Reflection

Scripture: Lamentations 3:22-23

Reflect

What has God already shown you during the first half of October?

Pray

Thank Him for one new mercy you have noticed.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 16

Growing in Wisdom

Scripture: James 1:5

Reflect

What decision needs wisdom rather than impulse?

Pray

Ask God for clarity and a teachable spirit.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 17

Choosing Forgiveness

Scripture: Colossians 3:13

Reflect

Is there hurt you continue to carry?

Pray

Pray for the willingness to forgive and heal.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 18

Strength for Today

Scripture: Isaiah 40:31

Reflect

Where are you tired?

Pray

Ask God for today's strength instead of tomorrow's answers.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 19

Small Acts of Faithfulness

Scripture: Luke 16:10

Reflect

What small responsibility can you approach faithfully today?

Pray

Pray to honor God in ordinary things.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 20

Contentment in This Season

Scripture: Philippians 4:11-13

Reflect

What are you comparing with someone else's life?

Pray

Ask for contentment in the season you have been given.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 21

Listening Before Acting

Scripture: James 1:19

Reflect

Where would slowing down help you respond with more wisdom?

Pray

Pray for a listening heart.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 22

Gratitude Changes Perspective

Scripture: 1 Thessalonians 5:18

Reflect

What three gifts can you notice today?

Pray

Thank God specifically, even if the season is difficult.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 23

Hope Beneath the Surface

Scripture: Romans 15:13

Reflect

Where do you need fresh hope?

Pray

Ask God to help you trust the work you cannot yet see.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 24

Healthy Boundaries

Scripture: Proverbs 4:23

Reflect

What boundary would protect your peace or spiritual health?

Pray

Pray for wisdom to say yes and no with grace.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 25

Compassion in a Changing World

Scripture: Micah 6:8

Reflect

Who around you may be carrying a hidden burden?

Pray

Ask God to show you one practical way to care.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 26

Faithful in the Ordinary

Scripture: Colossians 3:23

Reflect

What ordinary task can become an act of worship today?

Pray

Offer your daily work to God.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 27

Learning from the Past

Scripture: Isaiah 43:18-19

Reflect

What lesson should you carry forward, and what should stay behind?

Pray

Pray for wisdom to remember without being trapped by the past.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 28

Open Hands

Scripture: Psalm 37:5

Reflect

What outcome are you gripping too tightly?

Pray

Picture yourself placing it in God's hands.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 29

A Life That Bears Fruit

Scripture: Galatians 5:22-23

Reflect

Which fruit of the Spirit do you most want to grow in right now?

Pray

Ask God to form that quality in your daily choices.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 30

Notice the Change

Scripture: 2 Corinthians 5:17

Reflect

How have your prayers, thoughts, or priorities shifted this month?

Pray

Thank God for even the smallest sign of growth.

Today I am grateful for:

One thing I am releasing or trusting God with:





OCT 31

Carry It Forward

Scripture: Philippians 1:6

Reflect

What do you want to carry from October into the next season?

Pray

Pray for continued growth long after the leaves have fallen.

Today I am grateful for:

One thing I am releasing or trusting God with:





Month-End Reflection

Before you close this journal, take a few minutes to look back. Growth is not always dramatic. Sometimes it appears as a softer response, a little more trust, a burden finally released, or a prayer you kept bringing to God.

What changed in me this month?

What did I learn about God?

Which prayer do I want to keep praying?

What am I carrying into the next season?

