HOLY PLACES GUIDE

Grace in the Everyday

A Prayer & Gratitude Journal

A place for small gifts, honest concerns and prayers still unfolding.

THIS JOURNAL BELONGS TO

A gentle beginning

Use these pages in any order. Repeat a page when it helps, and leave it unfinished when you need to. This journal is an invitation to attention, not a test of devotion.

01 KEEP IT SIMPLE

A few honest words are enough. Write a date so that you can return to an entry later.

02 MAKE ROOM FOR COMPLEXITY

Gratitude can coexist with grief. An unanswered prayer is not evidence that you have failed.

03 LET PRAYER BECOME CARE

When appropriate, pair a prayer with listening, practical help or a thoughtful conversation.

An intention for prayer

Prayer can begin with the truth of this moment. You do not need polished words.

DATE _____

- *What is on my heart today?*

- *What kind of prayer rhythm would support me?*

- *What would I like to entrust to God?*

People I hold in prayer

Write names or initials and only the details you need. Keep another person's private information with care.

DATE _____

- *People and their needs*

- *A practical way I could offer support*

- *A date to check in or remember*

Family & community

Notice both close relationships and the wider communities that shape daily life.

DATE _____

- *Relationships needing patience or repair*

- *Neighbors, communities and shared needs*

- *One act of care within my reach*

Concerns to entrust

Naming a concern can be a beginning. Prayer can accompany practical action and appropriate support.

DATE _____

- *What concerns me, in plain words*

- *What is within my responsibility today?*

- *What help do I need, and what can I release?*

Prayers & responses

Record what you prayed and what happened without forcing a simple explanation. An unexpected outcome can still leave questions.

DATE _____

- *The prayer, person or situation and date*

- *What changed or became clearer*

- *Thanks, questions and next steps*

Waiting with hope

Waiting can include frustration, grief and uncertainty. You do not have to describe it as easy.

DATE _____

- *What remains unresolved?*

- *What helps me through the present day?*

- *Who can accompany me while I wait?*

Morning gratitude

Begin by noticing something specific rather than searching for a perfect mood.

DATE _____

- *A small gift I can name*

- *A person whose care matters to me*

- *An intention for the hours ahead*

Evening gratitude

Look back gently. Gratitude does not erase what was difficult.

DATE _____

- *One moment of goodness*

- *One difficulty I want to acknowledge*

- *What I am ready to set down tonight*

The small gifts

Pay attention to quiet details: a conversation, a useful skill, a meal, a place to rest.

DATE _____

- *Something I noticed with my senses*

- *An ordinary kindness I received*

- *A gift I might otherwise overlook*

A week in reflection

Return to your notes with curiosity rather than a scorecard.

DATE _____

- *What kept appearing in my prayers?*
- *What brought comfort, challenge or clarity?*
- *What deserves attention next week?*

Gratitude into kindness

A thankful response can be small, practical and respectful of another person's wishes.

DATE _____

- *Someone I want to thank and why*

- *A thoughtful act of kindness*

- *When I can act and what I need*

A month of noticing

Look for patterns while leaving room for days that felt uneventful or hard.

DATE _____

- *What I am grateful for across this month*

- *Prayers, relationships or questions that continue*

- *A gentle intention for the coming month*

A closing prayer

God of everyday mercies, receive my gratitude and my unfinished prayers. Help me notice the needs around me and respond with patience, honesty and care. Amen.

DATE _____

- *What I want to remember*

- *What I continue to hope and pray for*

- *My own words to carry forward*