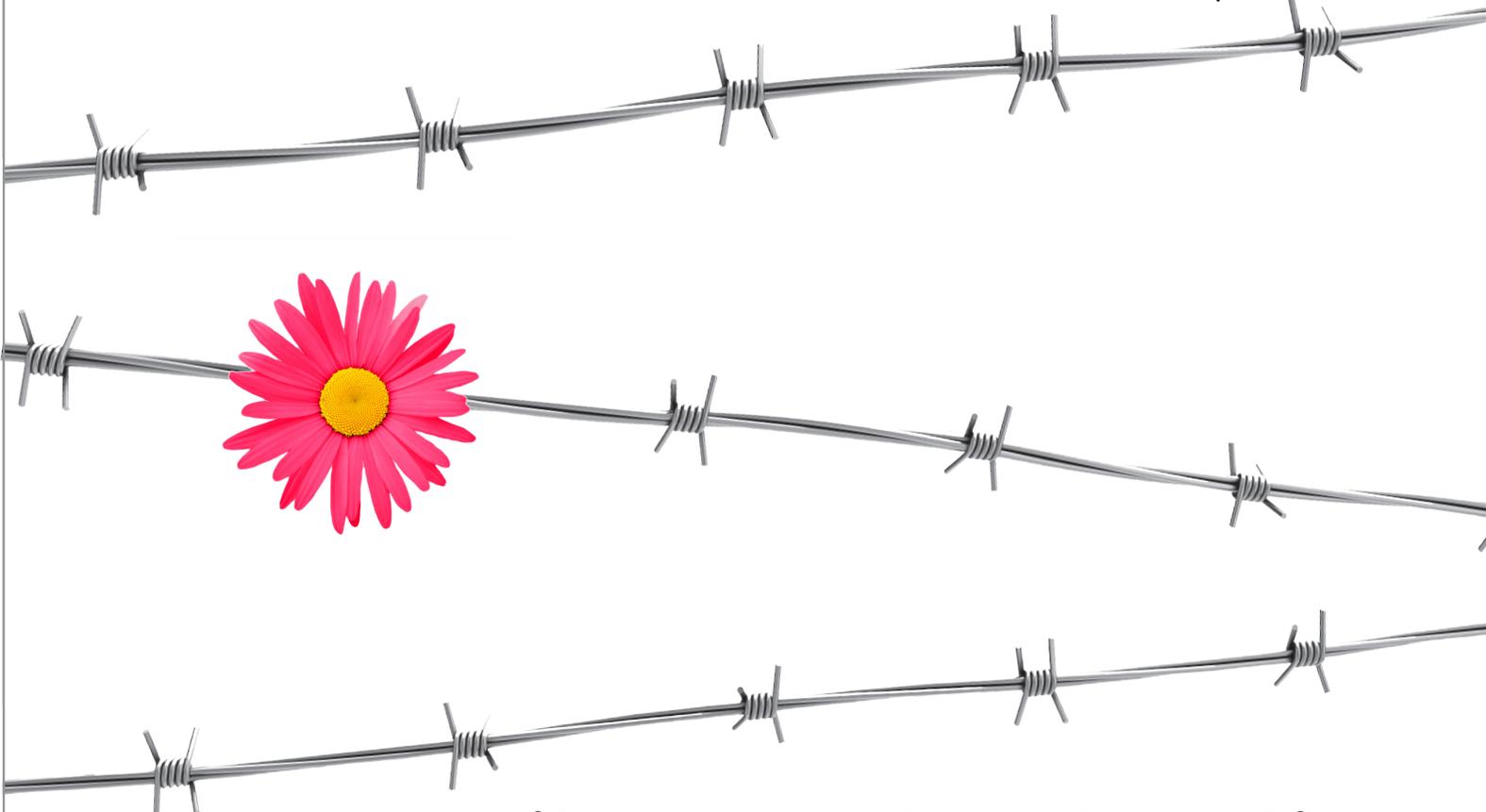




# Invisible

# Wounds



hope while you're hurting

*prayer journal*

melinda means

# Dear Friend,

I have kept prayer journals for years. Something about putting all my fears, thoughts and burdens on the page has been incredibly freeing.

It's also been a huge faith builder. I have looked back to those prayer journals time and time again. I've seen how God answered my prayers—often above and beyond what I could have imagined at the time. I've also been incredibly grateful for prayers God *didn't* answer!



My desire and prayer is that God will use this simple journal to draw you closer to Him on your healing journey.



You'll find ten prayer pages with a different Scripture verse on each page. There's space for you to record "Ways that God sees you." You can list the things that you are grateful for, as well as others who are hurting you can pray for. Often, focusing on our blessings and how we can help and pray for others is a big part of our healing.

You'll also find a page to write down how you believe God is speaking to you. It gives you space to write the lies you believe. I encourage you to look up Scripture verses to refute those lies and write those under the column "God's Truth." The best way we can reprogram our minds is to replace the enemy's deceptions with the truth of God's Word.

There's a page for recording answered prayers so you can remind yourself of God's faithfulness in meeting your needs. Finally, I've included eight prayer cards that are based on Scripture passages. Thank you to my friend, Liz Jones, who wrote these beautiful prayers.

I hope this journal is one that you use and print out again and again.

Love, Melinda

Dear Father,

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God is  
sweetly tender  
in our  
brokenness.



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 Hope that Heals

He will cover you with his feathers. He will shelter you with his wings.  
His faithful promises are your armor and protection. **Psalm 91:4 NLT**





# Dear Father,

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Our Creator  
sees it all.  
Every thought, hurt  
and desire.



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 *Hope that Heals*

But he knows the way that I take;  
when he has tested me, I will come forth as gold. *Job 23:10 NIV*



Dear Father,

God sent His  
Son to die for us.  
He is worthy  
of our trust.

 Hope that Heals

Here on earth you will have many trials and sorrows.  
But take heart, because I have overcome the world. [John 16:33 NLT](#)

Dear Father,

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Groaning is holy.  
Complaining is not.  
Take your pain  
to God.



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 Hope that Heals

I prayed to the Lord, and he answered me.  
He freed me from all my fears. **Psalm 34:4 NLT**



# Dear Father,

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Our encounters  
with Jesus  
always leave  
us changed.



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 *Hope that Heals*

Give your burdens to the Lord, and he will take care of you.  
He will not permit the godly to slip and fall. *Psalm 55:22 NLT*



 Ways God "saw" me today ...

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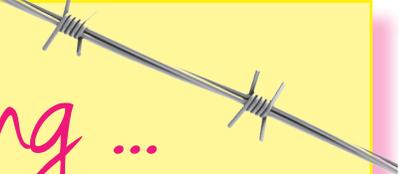
I'm grateful for ... 

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Others who are hurting ... 

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What I sense God saying to me ...

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Lies I believe

God's Truth

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And you will know the truth,  
and the truth will set you free. **John 8:32 NLT**



## Lord Jesus,

I thank You that as I lift my soul to You, as I put my trust in You, my God, that I will not be put to shame. God, You are so faithful! When I trust in you, you free me from the burden of shame and condemnation.



*Lord, help me to be still, to listen to You as you guide me in Your truth and teach me. I have much to learn!*



You are God my Savior, there is no one like You and my hope is in You all day long. My enemies will not triumph over me—I know this to be true because Your Word declares it!

Your Word says that no one whose hope is in You will ever be put to shame. Lord God, You are benevolent, merciful, loving, good, upright, faithful and gracious. I remember Your great mercy and love. I can look back on my life and see and count Your faithfulness to me.

based on Psalm 25:1-6

*Amen*

## Dear God,

I am so grateful that you don't remember how I've failed you or my rebellious ways. You remember me according to Your love, not according to my sin or my mistakes or my past.



*You are so good to me. You are good and upright and You instruct me. All of Your ways are loving and faithful.*



Please help me to keep your commandments and listen to your instructions. I am amazed that You confide in those who fear You and that you make Your secrets and promises known to them (to me!) Help me keep my eyes on You! You are the only One who can release me from the snares, traps and deceptions in my life. Turn to me and show me Your grace. Right now I feel lonely and in pain. I remember Your great mercy and love. I can look back and see Your faithfulness to me.

based on Psalm 25:7-20

*Amen*

## Dear Father,

I seek, pursue, chase and dash towards You right now and I know You will answer me and deliver, set me free, and rescue me from my fears.



*Lord I place each fear in Your hands!  
One by one, I lay them down!*



I will turn my eyes, which have been oftentimes filled with shame, despair and disgrace and know that as I look to YOU, I am made radiant (healthy, glowing, beaming, ecstatic, happy!) and that my face is never covered with shame! The angel of the Lord stays near to me as I fear and honor You with my life. Thank You for Your protection, defense, guard, shield, safety, security and shelter! You bless me as I look to You for help. You are good! I will remember to give You the praise you deserve.

based on Psalm 34

*Amen*

## My Savior,

You created, shaped, formed, molded and designed me. You are my Savior. I am valuable to You.



*You have redeemed me and I will not be afraid.  
You have for me by name and I am Yours!*



When I pass through the waters, you will be with me! When I pass through the rivers, they will not sweep over me! When I walk through the fire, I will not be burned! You are the Lord, my God, the Holy One of Israel, my Savior.

I am precious and honored in your sight and you love me. I do not have to be afraid because you are with me.

based on Isaiah 43:1-6

*Amen*

## Lord God,

Help me to forget the former things, to not dwell on the past. You are doing a new thing in me! You have already begun. Help me to recognize Your activity in my life.



*You are making a way in the desert and streams in the wastelands of my soul.*



You will pour water on the thirsty land, and streams on the dry ground. You will pour out Your Spirit on my descendants and blessings on my children. They will thrive like grass in a meadow, like trees by flowing streams.

I belong to You, Lord. My children belong to you. My hope for my future and for theirs is in You! You make all things new.

based on Isaiah 43:18-19, 44:3-5

Amen

## Loving Father,

My sins and my wounds often make me feel so marred, so unclean, just as the wife of Hosea, who was a prostitute, who had wandered far from her husband. Your Word says, and I apply this to my heart as if You were saying it to me:



*"Therefore I am going to allure her; I will lead her into the desert and speak tenderly to her.*



There I will give her back her vineyards and make the Valley of Achor a door of hope."

I believe that You adore me and love me in this way. You will lead me to new life to replace any death within me. You will plant me and grow me in Your compassionate love. You will overwhelm me with Your grace and love and I will acknowledge You as my Lord and Savior.

based on Hosea 2:14-23

Amen

## Dear Loving Savior,

Not only do You hear me, but You act on my cries. You reach down from on high and take hold of me! You draw me out of deep waters, you rescue me from my powerful enemies, who are too strong for me.



*You are my support when I'm in trouble.  
You deliver me because you delight in me!*



You know that I have tried to follow You. I have not been perfect but my heart has been set on obeying You. Turn my darkness into light. Your ways and Your Word are perfect! You are my Protector. You give me Your strength and direct my paths. You make my feet like the feet of a deer and enable me to stand on the heights! You show me Your love and mercy over and over again. I'm safe because I trust in You.

based on Psalm 18:16-35

Amen

## Dear Father,

I'm looking for you—earnestly, sincerely, seriously, intensely. My soul thirsts, desires, longs and hungers for you, Lord. My life can feel so weary. My heart, my home, my relationships, my pursuits can leave me feeling spent in every way.



*Lord, I know You are real!  
I have seen Your power in my life.*



Your love is better than anything in life. My desire is to glorify, worship, adore and praise You. I will praise You as long as I live.

I know that I will only be satisfied and content when I'm relying on You and bringing You glory. I am weary. My soul is tired.

I'm clinging to You tightly, Lord. I know that You will give me Your strength.

based on Psalm 63

Amen