

35 Out-of-the-Box Prayer Prompts

1. Take a minute to connect with your feelings. Close your eyes and imagine what your feelings would look like, and then draw, color or paint them.
2. Grab the Bible and randomly open it to any page. Read the first few verses you see on that page and illustrate or write about them.
3. Doodle until you fill an entire page. Say a prayer of thanksgiving for freedom and creativity.
4. Look outside and let the weather and your surroundings inspire your next prayer journal page.
5. Imagine the Evil Emperor as a monster. Draw or paint him.
6. Pick a Bible Quote and design an art journal page around it.
7. Write down five of your core beliefs about God, Jesus and your faith. Pick one and illustrate it.
8. Think about someone who inspires you to a good, holy life. What characteristics of that person make her so inspirational? Use those characteristics to inspire your journal page.
9. Live in the present moment. Write a journal page about whatever's on your mind, big or small.
10. Take your prayer journal outside and document what you see. Write it, draw it, or paint it.
11. If you had one superpower for life on the PATH, what would it be? Journal about that.
12. Write down 10 things that you're grateful for, and use them to inspire your next prayer journal page.
13. Pick a lyric from one of favorite songs and illustrate it. What is that lyric able to tell you about God's hopes and wishes for you?
14. Pretend it's the New Year. Set a goal for living on the PATH and journal about what would happen if you reached that goal.
15. Think about a personal struggle or temptation that you want to overcome. Draw a mountain and write the struggle on one side and what your life would be like if you could overcome it. In the mountain, write a prayer for strength, guidance and courage.
16. Illustrate your favorite moment from the past week. Where was God in that moment?
17. Make a list of five selfless acts you have witnessed (performed by your self, you parents, a classmate, a teacher, etc). Thank God for the witnesses to his goodness that are all around you!
18. Journal about your unhealthy habits. Be honest and ask for what you need to break those habits.

19. Journal about things that you think are lovely.
20. Think about something or someone in your everyday life that you take for granted, and devote your next prayer journal page to it.
21. Draw a map from wherever you are on the PATH to where you want to be.
22. Sketch, paint or illustrate how you feel when you're at your favorite place. Write a prayer thanking God for that place.
23. Draw a large heart in the middle of a page and fill it with the names of people, experiences, and memories that have shown God's love to you.
24. Think back to your favorite childhood memory and use that to inspire your next prayer journal entry.
25. Pray with Mary today. Quickly write a series of 10 words or stories that come to mind when you think of her. Put an asterisk next to the ones that mean the most to you right now. Circle one you have questions about.
26. Pray about peace.
27. Using a pencil, fill your prayer page with all the things your inner critic says such as, "You're not good enough. You'll never be anybody special." Then write over the words until they're not visible.
28. Pick three colors. Draw your favorite part of your favorite Catholic Church using a pencil, and then use only those three colors to fill it in.
29. Think about the last mass or youth event you went to. What did it leave you feeling and thinking? Illustrate it or write about it.
30. If you could have lunch with anyone in the Bible, who would it be? Journal about that lunch.
31. If Jesus could tell your younger self one thing, what would it be? Journal about it.
32. Draw a staircase, and think about living your life on the PATH. Draw a symbol for life with God at the top of the staircase, and then fill each step with some of the "steps" you'll want to take to make it there.
33. Draw or write about hope.
34. Think about a child in your life, someone you love and care about. Write or draw your hopes for them, including your hopes for their life of faith.
35. Journal about things that make you laugh out loud.