

ASK GLOBAL NETWORK

JANUARY

Word & Prayer Journal



A Spiritual Formation Guide by

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Spiritual Formation • Biblical Depth • Pastoral Growth

ASK GLOBAL NETWORK

January Word & Prayer Journal

A 31-Day Balanced Scripture & Prayer Journey

Website: <https://askglobalnetwork.org>

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INTRODUCTION

Welcome to the January Word & Prayer Journal.

This 31-day journey is designed to help you:

- Engage Scripture deeply
- Develop consistency in devotion
- Strengthen meditation
- Grow in structured prayer
- Build sustainable spiritual discipline

This is not about speed.

This is about formation.

Each day includes:

- ✓ 4-Stream Scripture Reading
- ✓ Optional Prayer Focus
- ✓ Space for Meditation Notes
- ✓ Personal Prayer & Reflection

Estimated daily time: **45–60 minutes**

DAILY STRUCTURE

Each day includes:

- 1☐. Old Testament (Law/History)
- 2☐. Psalms/Wisdom
- 3☐. Gospels
- 4☐. Epistles

Follow this rhythm:

1. Read slowly
2. Highlight one main verse
3. Meditate for 10–20 minutes
4. Pray from the Scripture

Day	OT	Psalms	Gospels	Epistles
1	Gen 1–2	Ps 1	Matt 1	Rom 1
2	Gen 3–4	Ps 2	Matt 2	Rom 2
3	Gen 5–6	Ps 3	Matt 3	Rom 3
4	Gen 7–8	Ps 4	Matt 4	Rom 4
5	Gen 9–10	Ps 5	Matt 5	Rom 5
6	Gen 11–12	Ps 6	Matt 6	Rom 6
7	Gen 13–14	Ps 7	Matt 7	Rom 7
8	Gen 15–16	Ps 8	Matt 8	Rom 8
9	Gen 17–18	Ps 9	Matt 9	Rom 9
10	Gen 19–20	Ps 10	Matt 10	Rom 10
11	Gen 21–22	Ps 11	Matt 11	Rom 11
12	Gen 23–24	Ps 12	Matt 12	Rom 12
13	Gen 25–26	Ps 13	Matt 13	Rom 13
14	Gen 27–28	Ps 14	Matt 14	Rom 14
15	Gen 29–30	Ps 15	Matt 15	Rom 15
16	Gen 31–32	Ps 16	Matt 16	Rom 16
17	Gen 33–34	Ps 17	Mark 1	1 Cor 1
18	Gen 35–36	Ps 18	Mark 2	1 Cor 2
19	Gen 37–38	Ps 19	Mark 3	1 Cor 3
20	Gen 39–40	Ps 20	Mark 4	1 Cor 4

21	Gen 41–42	Ps 21	Mark 5	1 Cor 5
22	Gen 43–44	Ps 22	Mark 6	1 Cor 6
23	Gen 45–46	Ps 23	Mark 7	1 Cor 7
24	Gen 47–48	Ps 24	Mark 8	1 Cor 8
25	Gen 49–50	Ps 25	Mark 9	1 Cor 9
26	Exod 1–2	Ps 26	Mark 10	1 Cor 10
27	Exod 3–4	Ps 27	Mark 11	1 Cor 11
28	Exod 5–6	Ps 28	Mark 12	1 Cor 12
29	Exod 7–8	Ps 29	Mark 13	1 Cor 13
30	Exod 9–10	Ps 30	Mark 14	1 Cor 14
31	Exod 11– 12	Ps 31	Mark 15	1 Cor 15

DAILY JOURNAL PAGE TEMPLATE

(Repeat for Days 1–31)

Day ____

Scripture Read:

OT: _____

Psalm/Wisdom: _____

Gospel: _____

Epistle: _____

Main Verse:

Meditation Notes:

Prayer Focus:

- Thank God for His Word today
- Ask for grace to obey what you read
- Pray for strength to walk in truth

Personal Prayer:

Insights / Application:

WEEKLY REFLECTION PAGES

(End of Days 7, 14, 21, 28)

Weekly Reflection

1. Key Scriptures This Week:

2. What God Emphasized:

3. Convictions or Corrections:

4. Growth Areas:

5. Prayer Focus for Next Week:

END OF MONTH REVIEW

January Spiritual Review

1. Where did I grow most?
2. What challenged me?
3. What patterns need adjustment?
4. How consistent was I?
5. What is my focus for February?

Gratitude List:

FINAL ENCOURAGEMENT PAGE

Consistency builds authority.

The goal is not perfection.

The goal is presence.

If you miss a day, return.

If you fall behind, restart.

If you feel dry, remain.

God honors returning hearts.

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