

ASK GLOBAL NETWORK

MAY

Word & Prayer Journal



A Spiritual Formation Guide by

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Spiritual Formation • Biblical Depth • Pastoral Growth

ASK GLOBAL NETWORK

MAY WORD & PRAYER JOURNAL

A 31-Day Balanced Scripture & Prayer Journey

Website: <https://askglobalnetwork.org>

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INTRODUCTION

Welcome to the May Word & Prayer Journal.

This month continues your steady walk through Scripture. As we move deeper into Israel's monarchy, the Psalms, the life of Christ, and the apostolic writings, expect clarity about leadership, obedience, and faithfulness.

May is a month of spiritual strengthening.

Stay consistent. Stay anchored. Stay hungry for God.

DAILY READING STRUCTURE (4-STREAM MODEL)

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

Daily Time: 45–60 Minutes

MAY READING PLAN (31 DAYS)

Day	OT	Psalm	Gospel	Epistle
1	1 Sam 5–6	Ps 121	Rom 16	Jude
2	1 Sam 7–8	Ps 122	1 Cor 1	Rev 1
3	1 Sam 9–10	Ps 123	1 Cor 2	Rev 2

4	1 Sam 11–12 Ps 124	1 Cor 3	Rev 3
5	1 Sam 13–14 Ps 125	1 Cor 4	Rev 4
6	1 Sam 15–16 Ps 126	1 Cor 5	Rev 5
7	1 Sam 17 Ps 127	1 Cor 6	Rev 6
8	1 Sam 18–19 Ps 128	1 Cor 7	Rev 7
9	1 Sam 20–21 Ps 129	1 Cor 8	Rev 8
10	1 Sam 22–23 Ps 130	1 Cor 9	Rev 9
11	1 Sam 24–25 Ps 131	1 Cor 10	Rev 10
12	1 Sam 26–27 Ps 132	1 Cor 11	Rev 11
13	1 Sam 28–29 Ps 133	1 Cor 12	Rev 12
14	1 Sam 30–31 Ps 134	1 Cor 13	Rev 13
15	2 Sam 1–2 Ps 135	1 Cor 14	Rev 14
16	2 Sam 3–4 Ps 136	1 Cor 15	Rev 15
17	2 Sam 5–6 Ps 137	1 Cor 16	Rev 16

18	2 Sam 7–8	Ps 138	2 Cor 1	Rev 17
19	2 Sam 9–10	Ps 139	2 Cor 2	Rev 18
20	2 Sam 11–12	Ps 140	2 Cor 3	Rev 19
21	2 Sam 13–14	Ps 141	2 Cor 4	Rev 20
22	2 Sam 15–16	Ps 142	2 Cor 5	Rev 21
23	2 Sam 17–18	Ps 143	2 Cor 6	Rev 22
24	2 Sam 19–20	Ps 144	2 Cor 7	Genesis 1
25	2 Sam 21–22	Ps 145	2 Cor 8	Genesis 2
26	2 Sam 23–24	Ps 146	2 Cor 9	Genesis 3
27	1 Kings 1–2	Ps 147	2 Cor 10	Genesis 4
28	1 Kings 3–4	Ps 148	2 Cor 11	Genesis 5
29	1 Kings 5–6	Ps 149	2 Cor 12	Genesis 6
30	1 Kings 7–8	Ps 150	2 Cor 13	Genesis 7
31	1 Kings 9– 10	Prov 1	Gal 1	Genesis 8

DAILY JOURNAL PAGE TEMPLATE

(Repeat for Days 1–30)

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

May 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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