



DAYBREAK AMEN

30 Mornings with God

*Gratitude, trust, and direction
for the day ahead.*

A GUIDED CHRISTIAN PRAYER JOURNAL

FREE THREE-DAY SAMPLE

Welcome to your morning.

Some mornings your prayer comes easily. On others, you may only know that you need to begin. These pages offer a simple place to read, pray, and respond to God in your own words.

There is no deadline and no perfect streak to maintain. Use one entry at a time. When a morning is interrupted, return when you can. A brief, honest prayer is a meaningful beginning.

01 READ

Open the suggested passage in your own Bible. References are provided so you can use your preferred translation. The reflections and prayers here are original devotional writing, not quotations from Scripture.

02 PRAY

Read the prayer slowly, then add your own words. You may pause on one sentence or bring a concern that is not mentioned on the page.

03 WRITE & RESPOND

Use the daily question to reflect. Name a gift, bring a concern to God, and choose one practical next step. Review your pages at the end of each week.

USING YOUR FILES

Print at Actual size or 100%, using the file that matches your paper: US Letter or A4. For lower ink use, skip the cover. Write on paper, or use the separate fillable PDF in a compatible PDF app.

Begin with what is here

READ PSALM 103:1-5

Before you look at what is missing, pause with what has already been given. In this psalm, remembering God's goodness becomes an act of worship. Gratitude does not require a trouble-free life. It can begin with something ordinary: breath, a person who stayed, a meal, another morning. Name one gift without making it smaller. Let your attention rest there before your attention turns to the day's demands.

PRAY

Father, thank You for meeting me in this ordinary morning. Help me remember Your kindness when my thoughts rush toward what I lack. Open my eyes to the gifts I overlook. Receive my gratitude, however small my words may be, and teach me to notice Your goodness throughout this day. In Jesus' name, amen.

What ordinary gift can I receive with fresh gratitude?

A GIFT I AM GRATEFUL FOR

A CONCERN I BRING TO GOD

ONE NEXT STEP FOR TODAY

Mercy for this morning

READ LAMENTATIONS 3:19-26

These words of hope rise from suffering, not comfortable circumstances. The writer remembers affliction and still turns toward God's faithfulness. You do not have to pretend yesterday was easy to welcome this morning. Bring the part of yesterday that still hurts. Then leave room for a new response today: patient waiting, honest prayer, or the courage to begin again.

PRAY

Faithful God, You know what I carried into this morning. Meet me with mercy where I feel worn down. Help me wait without giving up and remember Your faithfulness without denying my pain. Give me enough courage for today's responsibilities and enough humility to receive help. In Jesus' name, amen.

Where do I need to receive mercy rather than punish myself?

A GIFT I AM GRATEFUL FOR

A CONCERN I BRING TO GOD

ONE NEXT STEP FOR TODAY

Receive the daily bread

READ MATTHEW 6:9-13

Jesus teaches His disciples to ask for daily bread. The prayer is simple and shared: our Father, our bread, our needs. You may be tempted to secure every future day before you live this one. Today, name a real need without embarrassment. Remember someone else's need too. Receiving provision and sharing it can become part of the same prayer.

PRAY

Our Father, give us what we need for today. Help me ask honestly, work faithfully, and receive without pride. Bring to mind someone whose need I can help meet. Keep me from treating Your provision as something I earned alone. Shape my choices around Your goodness and Your care for others. In Jesus' name, amen.

What do I need today, and what can I share?

A GIFT I AM GRATEFUL FOR

A CONCERN I BRING TO GOD

ONE NEXT STEP FOR TODAY
