

DATE: _____

1. LOG THE EMOTION AND ISSUE:

Lord, I feel the crushing weight of _____ when I think about _____.
Emotion **Issue**

Note the issue that triggered a strong emotional response (grief, anger, anxiety, intense pity, fear, rejection, etc.). This should be a feeling that seems disproportionate to your personal connection to the event.

ISSUE YOU'RE PRAYING FOR: _____

EMOTION YOU'RE FEELING: _____

2. PRAYING FOR GUIDANCE:

Pray: **Is this emotion an invitation to intercede, a prophetic burden you are asking me to carry? If so, what is your heart/will for this situation?** Continue your prayer below and/or record what you feel the Lord is revealing to you.

3. LISTEN AND RECORD:

Pray: **Holy Spirit, give me the target and pray through me.** Wait in silence. Write down any thoughts, words, scriptures, or images that come to mind. These may be the Holy Spirit giving you the "Target" of the prayer.
