

**22 DAYS OF  
PRAYER  
FOR YOUR  
PTSD  
PARTNER**

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### *How to Use This Prayer Journal*

First of all – it is YOURS! Tailor it, so that it works for you. I would like to encourage you to print out the pages or purchase a journal to write in.

It is designed to serve as a guided meditation/journal, though, so let me explain the components.

**Song** – I love music of all kinds. I find it to be absolutely, unbelievably healing. Many times when I sit down to journal or pray I will have a song looping through my head. So, I usually start with the words that are looping through my head or I will turn to our trusty friends – Youtube and Google (because most times I only know words, not actual titles) and play the song while I write. Ironically, I find many times that whatever is on my mind is somehow conveyed through the song and many times when I pray I find myself including a piece of the song in my prayer or at the very least it is somehow connected. Please do not get stuck trying to find a song. If this is not how you operate move on or fill that blank in with something that helps you!

**Bible Verse** – This will be filled in each day. I chose to use *Prove It! The Catholic Teen Bible New American Bible Revised Edition*. There is not a particular reason that I chose this Bible, other than I got tired of using our big family Bible and my daughter's was sitting in her room going unused. It is more compact with colorful pictures, so I picked it up and moved forward. I will always include the book, chapter, and verse number to make it easier for you to locate in your own Bible if you would like. And, of course you can always meditate on a different verse. This is meant for you and wherever you are in your prayer journey.

**Commentary** – these blanks are meant for you to fill in based on how you connect to the scripture. You might not connect at all, so write that out. You might connect to it about an event that happened last night, three weeks ago or 20 years ago. It may remind you about another Bible verse, write that. However, you connect to it write about it. This is not something you will ever have to share, unless you choose to share. This is meant for you and your time with God.

**Daily Prayer** – these blanks are meant to be filled in by you. This may be a prayer for your PTSD prayer journey. It might be a prayer on a completely unrelated subject based on how you connected with the scripture and where you are at that day. It is okay that you do not pray for the PTSD journey in every daily prayer. It's okay to leave it blank or say "God, I am not sure how to pray today." There is no judgement. Just you and God.

**Prayer for your PTSD Partner** – this will be filled in with a prayer each day. Feel free to pray it more than once. Feel free to write your own. Again, there is no real rhyme or reason to this prayer other than it is the way I connected to the scripture and where I was led in prayer the day I wrote it for the purpose of this prayer journal.

**Love Note to your PTSD Partner** – this will always have a separate page after the prayers. I did this, so that if you want to give it to someone as a gift each day or at the end of your prayer journey, it would be easy to do. Have fun with it!

If you are the one with PTSD, I encourage you to write yourself a love letter. If you need to visualize someone else momentarily to get the words out, please do, but my hope is that at some point during this prayer journey you will be able to truly write yourself a love letter and see yourself as extremely deserving of love and all that God has to offer you.

If you are the one praying for a partner with PTSD – significant other, child, friend – I encourage you to write them a love note. Let them know how important they are in your life, be honest about how you see them, and what you want for them. Your mission is to stay focused on bringing love, joy and peace into their life, so that each day you spend together is better than the one before.

Finally, I want to encourage you to write the words Peace.Trust.Strength.Discipline. on each page of the journal everyday to remind yourself that you are walking with the peace, trust, strength, and discipline of Christ every.single.moment!

Thank you for choosing to partner with *Get Strong with Jen* and all those impacted by PTSD.

*All my love,*

*Jen*