QUIET TIME JOURNAL

Daily Prayer & Reflection Journal

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Words to Keep

"A quiet minute at dawn can steady the whole day."

"Begin the day with thanks and end it with peace."

"A written prayer is a conversation you can return to."

Day 1

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 2

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 3

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 4

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 5

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 6

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 7

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 8

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 9

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 10

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 11

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 12

Date:

Morning prayer or intention:

I am thankful for:

People I am praying for:

Evening reflection:

Day 13

Date:

Morning prayer or intention:

I am thankful for:

People I am praying for:

Evening reflection:

Day 14

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 15

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 16

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 17

Date:

Morning prayer or intention:

I am thankful for:

People I am praying for:

Evening reflection:

Day 18

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 19

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 20

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 21

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 22

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 23

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 24

Date:

Morning prayer or intention:

I am thankful for:

People I am praying for:

Evening reflection:

Day 25

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 26

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 27

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 28

Date:

Morning prayer or intention:

I am thankful for:

People I am praying for:

Evening reflection:

Day 29

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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Day 30

Date:

Morning prayer or intention:

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I am thankful for:

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People I am praying for:

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Evening reflection:

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About This Printable

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