



# **The Creative Prayer Journal: A 21-Day Prayer Challenge to Experiencing Meaningful Conversations With God**

*Kim C. Steadman*

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You will find this book to be more than a prayer journal with blank pages to fill. Instructions along with creative methods, ideas, prompts, and Bible verses are presented to help guide to create your meaningful conversation to God. This prayer journal is an introduction to multi-sensory methods and prompts used as interesting approaches to personal daily prayer. Many of the ideas were used by the author, Kim Steadman when teaching children in Sunday School many years ago. It was upon these old ideas Kim returned to when she was facing spiritual & physical burnout after escaping cubicle-nation. The creative ideas and prompts will inspire you to restore meaningful conversations with God in just 21 days.

### **DO you already keep a prayer journal?**

Wonderful! You will love that this 21-Day Challenge introduces you to a different prayer prompt each day.

### **Have you never kept a prayer journal?**

These ideas will introduce you to 21 different ways to create meaningful conversations with God, beyond the daily prayer item list.

Journal your way through a creative prayer experience for the next 21 Days.

Prayer is very simple and one of the most powerful conversations we can have since it is our two-way conversation with God. It is essential to the growth of our Christian life. This book will introduce you to a multi-sensory prayer journal experience.

This Creative Prayer Journal includes:

21 daily prayer ideas or prayer prompts

A theme scripture for the day

In her new book, *The Creative Prayer Journal: A 21-Day Challenge to Experiencing Meaningful Conversations With God*, Kim Steadman writes to help women nurture their conversations with God. After experiencing an extended season of stresses in her life, she felt God was calling her to a season of rest. She brought her heart, mind, body, and soul home to rest and rejuvenate.

Kim has experienced both sides of prayer as both the receiver of prayer and the one doing the praying. Her journey to restoration traveled many roads, one of which was strengthening her waning prayer life. However,

her years of life in the office with boring spreadsheets and long to-do lists stifled her prayer life. Prayer had become a series of lists and needs and lacked meaning. Prayer had become boring.

Longing for more meaningful conversations with God she remembered the fun and multi-sensory prayer ideas she used to teach little ones in Sunday School. After applying those ideas to her personal prayer life, she nurtured her new love for prayer. She also found inserting fun and creative prayer ideas into her own prayer time; she unlocked the meaningful conversations with God her heart desired.

Kim Steadman encourages women to say yes to themselves. When your work ethic no longer honors who you are, she helps women to escape the traditional mold of success. The motto at her blog, The Re feathered Nest, is to repurpose and redesign your life with God as your master designer.

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