

Prayer & Heart Renewal Tracker

This tracker is designed to help you identify and release negative patterns through prayer, reflection, and intentional heart renewal with Jesus. Use it daily or weekly as you walk your healing journey.

Instructions:

1. Begin with prayer and ask the Holy Spirit to reveal any negative emotions or behaviors.
2. Reflect honestly and write them down.
3. Identify what may have caused this pattern (past experiences, lies, wounds).
4. Invite Jesus into the moment and ask for truth.
5. Record the new truth and what you feel God is saying.
6. Track the fruit or changes over time.

Daily Tracker

Date	Emotion / Pattern	Possible Root	Prayer / What I Heard God Say	Truth I'm Choosing to Believe	Change I Noticed

Scripture for Meditation:

- Psalm 51:10 – 'Create in me a clean heart, O God, and renew a steadfast spirit within me.'
- Ezekiel 36:26 – 'I will give you a new heart and put a new spirit in you.'
- Proverbs 4:23 – 'Above all else, guard your heart, for everything you do flows from it.'