



**PRAYER  
JOURNAL**

*"Naked With My Heart"*

*By Ariston*



# JUST FOR YOU.....

THIS PRAYER JOURNAL IS MY GIFT TO YOU! IT WILL BLESS YOU IN UNEXPECTED WAYS. THIS JOURNAL IS DESIGNED TO TRACK YOUR PRAYERS. EACH PRAYER REQUEST SHOULD BE DATED WHEN IT WAS WRITTEN. YOU CAN WRITE YOUR PRAYERS HOW OFTEN YOU WANT. BE SURE TO CHECK BACK ON YOUR PRAYERS FROM TIME TO TIME, TO SEE HOW GOD HAS ANSWERED THEM.

THERE IS A PLACE WHERE YOU CAN CIRCLE IF GOD HAS ANSWERED YOUR PRAYER AND THE DATE IN WHICH HE DID. DON'T BE DISCOURAGED IF YOU DON'T SEE RESULTS RIGHT AWAY, SOME PRAYERS TAKE LONGER THAN OTHERS. HE IS NEAR AND HE SEES AND HEARS YOUR HEART.

THE LAST PAGE OF THE JOURNAL HAS A PLACE FOR YOUR GOALS. WRITE THEM OUT, I WANT TO ENCOURAGE YOU THAT WHATEVER YOU ARE BELIEVING GOD FOR CAN HAPPEN. YOU JUST NEED TO BELIEVE. IM SURE YOU WILL BE BLESSED!!!!

IT IS WHEN WE COME TO GOD NAKED, WITH A HEAVY HEART, READY TO SURRENDER THAT HE CAN WORK BEST. AT THE POINT WHEN WE HAVE REACHED THE END OF OURSELVES, WE FIND OURSELVES IN NEED OF SOMETHING EXTRAORDINARY. IT IS AT THIS MOMENT THAT WE RELINQUISH THE RIGHTS OF OUR LIFE IN EXCHANGE FOR HIM. REGARDLESS OF YOUR BELIEFS, YOU HAVE ASKED FOR HELP FROM SOMEONE OR PERHAPS SOMETHING.

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# You Are Appreciated.....

Thank you so much for downloading my prayer journal, I Pray that it has helped you gain a closer walk with your “Creator”. If you have not had the chance to get my other book “The Courage to Dance Again” *Finding purpose in your pain* or “Poetry’s Love Song” They are available on Amazon, get your copy!

It would definitely make me smile if I heard from you! Connect with me, I want to hear all about your Journey! Ways to connect with me:

Email: [connect@loveariston.com](mailto:connect@loveariston.com)

Website: [LoveAriston.com](http://LoveAriston.com)

Of course, I’m on social media...

Facebook: Ariston CM

Instagram & Twitter: [imsoariston](https://www.instagram.com/imsoariston)

Hugs & Kisses, Ariston!

# ABOUT THE AUTHOR

Ariston C.M. was born and currently resides in Ohio. She is an entrepreneur and has a Master's in Christian Education, Diploma of Theology in Black Church Studies, Child Development Associate Credential (CDA) and working toward a second Master's in Clinical Counseling. Her challenges as a child ultimately inspired her to start a non-profit organization that currently addresses the needs of at-risk youth and those with developmental disabilities.

Ariston has developed a multitude of programs, curriculum, and taught various workshops. She is a speaker both national and international. She is passionate about empowering individuals to live beyond their pain and walk in their purpose. In her free time, she enjoys nature, traveling and spending quality time with her children. Ariston's husband is a pastor and they have a church in Ghana. Ariston has two other books, *"The Courage to Dance Again" finding purpose in your pain* and *"Poetrys Love Song"*. Both are available on Amazon.