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To my Church Family,

I have been blessed in my life to observe the long term, generational blessing of a person/family/church committing themselves to prayer. From hearing my father's alarm go off every morning at 4:30 for prayer, to seeing my home Pastor weep publically as he encouraged our church to join him in a commitment to prayer...my experiences have marked me with a passion for prayer.

I have many desires as a Pastor but none greater than to see the beautiful people in our church devote themselves to a lifestyle of prayer.

This book is designed to help prayer become more simple, applicable, and inspiring in your everyday life.

I am praying for you daily and believing that God is going to **establish** us, as we pursue him in 2023.

My verse of the year:

Isaiah 62:6-7

6 On your walls, O Jerusalem, I have set watchmen; all the day and all the night they shall never be silent. You who put the Lord in remembrance **take no rest,**
7 and **give him no rest until he establishes Jerusalem (Our city)** and makes it a praise in the earth.

In your service,
PJ

HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection through our prayer time.

This book is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day and spend time working through it all at your own pace. You can go in any order you want, and you can even spend a few days on the same model as you become more comfortable with it.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to get refocused.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. Prayer is an amazing privilege, not an obligation.

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective in the context of consistency! Prayer is not an event, its a lifestyle to cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Have a Consistent Time

Jesus got up early in the morning to spend time in prayer. Make a daily appointment with God-whether it's first thing in the morning, at lunch, or in the evening- and stick to it!

Have a Consistent Place

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

Have a Consistent Plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35

PLAN 1: THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When he finished, one of His disciples said to Him, "Lord, teach us to pray..."

Luke 11:1

"Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."

Matthew 6:9-13 NKJV

1. CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven"

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves, instead you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."

Romans 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

Prayer:

"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."

2. WORSHIP HIS NAME

“Hallowed Be Your Name”

God loves when we worship Him, and there is power in His name. Here is a specific list of some of His Names to help us worship Him specifically and personally:

God is Righteousness- He makes us clean
God is sanctifier- He has called us and set us apart
God is healer- He heals all our diseases
God is Banner of Victory- He defeated our enemies
God is Shepherd- He speaks to us and leads us
God is Peace- He is our peace in every storm
God is Provider- He supplies all of our needs

***The name of the Lord is a strong tower; the righteous man runs into it and is safe.
Proverbs 18:10 ESV***

Speak God’s Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

“God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.”

3. PRAY HIS AGENDA FIRST

“Your Kingdom come. Your will be done on earth as it is in Heaven.

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

***He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.
Luke 12:31 TLB***

Spend time focusing on what God is focused on.

His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority- parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives

Prayer:

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that you give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give you control of my life today! Anything you want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps.

4. CLAIM YOUR DEPENDENCE ON HIM FOR EVERYTHING

“Give us this day our daily bread”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains- does my help come from there? My help comes from the Lord, who made heaven and earth!

Psalm 122:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

Prayer:

“Father, I acknowledge that everything I need today will come from You, you made the heavens and earth; You are more than capable of handling any situation I’m dealing with, so I give it to you completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me your peace. Remind me of your hope and power today. Thank you in advance for taking care of my needs.

5. FORGIVE AND BE FORGIVEN

“Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well .

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

Prayer:

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

6. ENGAGE IN SPIRITUAL WARFARE

“And do not lead us into temptation, but deliver us from the evil one”

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory. There is power in His name, and every lie the enemy has told us can be replaced with God’s truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6:12

By recognizing the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life. **Ask God to show you any lies you are believing or areas of warfare happening in your life.** Ask Him to expose the enemy and to help you understand and receive His truth. Speak the name of Jesus over any adverse circumstance! The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

Prayer:

“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest.

7. EXPRESS FAITH IN GOD’S ABILITY

“For yours is the Kingdom and the power and the glory forever.”

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

Jeremiah 32:17

Remind yourself of God’s limitless power and then return to praising Him and declaring your faith in Him:

- Yours is the kingdom- all authority belongs to you
- Yours is the power- all mightiness flows from you
- Yours is the glory- Your victory will be complete

Prayer:

“God, nothing is too hard for You! Through you all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.

Notes & Prayer Requests for The Lord’s Prayer

PLAN 2: TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

THE OUTER COURT: (THANKSGIVING AND PRAISE)

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

PSALM 100:4

Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

PRAYER:

"God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank you that Your mercies are new every day. I thank you for Who You are and all You have done for me."

THE BRAZEN ALTAR:(THE CROSS OF JESUS)

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all

His benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

Thank God for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.

The cross provides us with five major benefits:

- Salvation - God forgives all my sin
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes me into His likeness
- Blessing - God provides everything I need

PRAYER:

“Thank You, God, for making a way for me. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God’s healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life).”

THE LAVER:(CLEANSING AND PREPARING)

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

ROMANS 12:1 ESV

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.

PRAYER:

“God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:

- I give You my tongue, to speak good and not evil
- I give You my eyes, to focus on You and the needs of others
- I give You my ears, to be sensitive to Your voice
- I give You my hands, to do good for others
- I give my feet, to walk in Your ways and follow Your footsteps
- I give You my mind, to be transformed and used by You

I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.”

THE CANDLESTICK: (THE HOLY GHOST)

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world’s darkness.

The Spirit of the LORD will rest on him — the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

ISAIAH 11:2

When Jesus left the earth, the Holy spirit poured out on his believers (Acts 2). Jesus promised that his spirit would be a supernatural empowerment to all who received it. His spirit comforts, guides, and empowers every born again believer.

PRAYER:

God I am asking you to fill me with your spirit today! Give me a holy fear of the you, Lord, helping me to be in awe of who you are. Have your way in me. Teach and transform me (pray through any areas where you feel the need for transformation today).

THE TABLE OF SHEWBREAD: (THE WORD OF GOD)

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God’s Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

JOSHUA 1:8

God’s Word is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life. Here is how you can incorporate God’s Word into your prayer time:

- Take time to read and think about the Word
- Claim God’s many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word
- Ask Him for a Word to help as you go throughout your day

PRAYER:

“Thank You, God, for giving me Your Word. I commit to reading it, and I ask You to reveal Yourself to me through it. I want to know You more. Help me to grow. I claim the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me fresh revelation from your Word today and every day! I am hungry to see You more clearly through Your Word.”

THE ALTAR OF INCENSE: (WORSHIP)

A small altar of burning incense stood at the entrance to the Holy of Holies, where God’s presence dwelled. The people of God entered God’s presence as they worshipped His Name. This altar represents worship and the pleasure it gives God when we worship Him.

The name of the LORD is a strong tower; the righteous run to it and are safe.
PROVERBS 18:10 NLT

Thank God for making His presence available to you. Praise His Name and worship Him personally and specifically for Who He is and how He has moved in your life.

PRAYER:

“Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know God, that You are:

- My Righteousness - Jeremiah 23:6
- My Sanctifier - Leviticus 20:7-8
- My Healer - Exodus 15:26
- My Provider - Genesis 22:14
- My Banner of Victory - Exodus 17:15
- My Peace - Judges 6:24
- My Shepherd - Psalm 23:1

THE ARK OF THE COVENANT: (INTERCESSION)

The final place in the Tabernacle was the Holy of Holies, where God’s presence dwelled. There, the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - leaders in church, government, family, and workplace
- Your family - both immediate and extended family members
- Your church - pastors, Small Group leaders, members, and missionaries
- Your community - people in your city, nation, and world
- Your relationships - friends, co-workers, acquaintances

PRAYER:

“I want to specifically ask You to watch over those in authority over me - my spiritual leaders, the leaders of our government, the leaders in my family, and my employers (pray for these people by name). I ask that You give them wisdom and grace, watch over and protect them, help them to know and love You more. I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, I ask that You meet them where they are and guide their hearts toward You. I ask You to watch over my church, God. Give my pastor wisdom and vision, bless the Life Groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your goals.

Notes & Prayer Requests for The Tabernacle Prayer

PLAN 3: PRAYING SCRIPTURE

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

SCRIPTURE:

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

PSALM 23

PRAYER:

"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever."

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

SCRIPTURE:

Come near to God and He will come near to you.

JAMES 4:8

CPRAYER:

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

SCRIPTURE:

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

PSALM 139:23-24

PRAYER:

“God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity.”

SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAYER:

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace.”

SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.

JAMES 4:10

PRAYER:

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

SCRIPTURE:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 TIMOTHY 1:7

PRAYER:

“Jesus, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus’ mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”

SCRIPTURE:

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

ROMANS 8:28

PRAYER:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me.

I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”

SCRIPTURE:

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

PSALM 62:8

PRAYER:

“Jesus, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is ok to bring to You. Knowing that You are a safe

place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I'm afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus' Name."

SCRIPTURE:

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.

DEUTERONOMY 28:12

PRAYER:

"Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work."

SCRIPTURE:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

ROMANS 8:38-39

PRAYER:

"God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You."

SCRIPTURE:

"No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.

ISAIAH 54:17

PRAYER:

“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”

SCRIPTURE:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

PRAYER:

“Jesus, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”

SCRIPTURE:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

JEREMIAH 29:11-13

PRAYER:

“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”

SCRIPTURE:

"Never will I leave you; never will I forsake you."

HEBREWS 13:5

PRAYER:

"Jesus I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I'm comforted by knowing I'm not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through and remind me that I am never alone because You, the Almighty God, have promised to always be with me."

SCRIPTURE:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

MATTHEW 11:28-30

PRAYER:

"Lord Jesus, I am so tired and worn out (tell God the areas that you're tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can't keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You."

SCRIPTURE:

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

PSALM 91:1-2

PRAYER:

"God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life."

SCRIPTURE:

The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down.

PSALM 145:13-14

PRAYER:

“Almighty God,as I claim the promises in Your Word through my prayer time, I praise You for Your character.Trustworthy,faithful—that is who you are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”

Notes & Prayer Requests While Praying Scripture

PLAN 4: THE PRAYER OF JABEZ

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

1 CHRONICLES 4:10

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

BLESSING

Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention.

"Oh, that You would bless me..."

1 CHRONICLES 4:10

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

PRAYER:

"Jesus, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people."

INFLUENCE

Next, Jabez asks for more influence. As God's blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

"Enlarge my territory..."

1 CHRONICLES 4:10

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

PRAYER:

“God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you’d like to have more influence). Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”

PRESENCE

In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

“Let Your hand be with me...”
1 CHRONICLES 4:10

In humility, acknowledge your need for God’s presence. Depend on Him and ask for more of Him in your life today.

PRAYER:

“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”

PROTECTION

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory so we don’t need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear.

“Keep me from harm”
1 CHRONICLES 4:10

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can’t yet see.

PRAYING FOR THE LOST

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that He would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws them...
JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER:

"Jesus, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Give them the desire to know you. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice."

BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.
2 CORINTHIANS 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

PRAYER:

"Bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who

You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus."

PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with his children.

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

ROMANS 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

PRAYER:

"Father, I pray that people will understand how much You love them. Loose the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

PRAYER:

"Jesus, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know you. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

EPHESIANS 1:17

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light.

He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

***Ask the Lord of the harvest, therefore, to send out workers into his harvest field.
MATTHEW 9:38***

As his "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw someone to Jesus.

PRAYER:

"Jesus, I pray for the people around me to experience the spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition. Help them to have the information and experiences needed to come to You, so they can understand all You have for them."

PERSONAL PRAYER FOCUS

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you're connected to). Write down the names of specific people and pray for them.

