

PRAYER GUIDE

Personal
Prayers

Dear Reader,

Before our church launched January 8, 2023, we set our hearts to be a people of prayer. Something we've strived towards is to always "Pray First." In every situation, whether good or bad, we try to pray before we act. Many times, people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. For it to become a part of our life, it needs to become something we look forward to. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this guide is designed to help bring joy into your time with God.

When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life. And then...

Before the day begins —

Before you go to bed —

Before you go to work or school —

Before you send that text —

Before you react —

Before bad things happen —

Before you eat, drive, or travel —

In every situation of life — PRAY FIRST!

Our hope is that the more you pray the more you experience the joy of a closer walk with the Lord and be in awe as you watch Him work in your life.

Prayer changes everything!

HOW TO USE THIS GUIDE

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 to Him through our prayer time.

This guide is designed to help you use prayers in Scripture to guide how you pray. While there are several different models of how we can pray, for this specific guide we'll be using The Lord's Prayer as our model. Our goal is for you to learn how to pray personally to the Lord each day.

As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with adding prayer to your everyday life, and for prayer 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 most 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. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

CREATING A LIFESTYLE OF PRAYER

“And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.”

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we 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 CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN 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 CERTAIN 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

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, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

"Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."

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 also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."

MATTHEW 6:9-13

USING THE LORD'S PRAYER PERSONALLY

STEP ONE: CONNECT WITH GOD RELATIONALLY

"Our Father in heaven,"

Notice how we're to refer to God. "Our Father." This shows us something important about who we're talking to in our prayers. God 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.

“For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

ROMANS 8:15

Believe what God’s Word says. You have an intimate relationship with God. So, when you pray, address Him lovingly, as your Father, and thanking Him that you are His child.

SAMPLE 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. Amen.”

STEP TWO: WORSHIP HIS NAME

“Hallowed Be Your Name”

God loves when we worship Him, and there is power in His Name. Here is a 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

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

SAMPLE 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. Amen.”

STEP THREE: 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.

“Instead, seek his kingdom, and these things will be added to you.”

LUKE 12:31

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

SAMPLE 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 desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (*pray specifically over parents, spiritual leaders, government leaders, employ- ers, and any other leaders in your life*), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! 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. Amen”

STEP FOUR: DEPEND 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 lift up my eyes to the hills. From where does my help come?
My help comes from the Lord, who made heaven and earth.”*

PSALM 121:1-2

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.

SAMPLE PRAYER

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the 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. Amen.”

STEP FIVE: FORGIVE AND BE FORGIVEN

“and forgive us our debts, as we also have forgiven 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 to forgive us our sins and to cleanse 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.

SAMPLE 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. Amen.”

STEP SIX: ENGAGE IN SPIRITUAL WARFARE

“And lead us not into temptation, but deliver us from evil.”

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 through Jesus as we’re empowered by His Holy Spirit. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth.

“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

EPHESIANS 6:12

By recognizing that 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’re believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and

receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. 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.

SAMPLE 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. I know that no weapon formed against me will prosper, because you will always be victorious. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world. Amen.”

STEP SEVEN: EXPRESS FAITH IN GOD’S ABILITY

When we read through The Lord’s Prayer there’s a unifying thread throughout the entire prayer. Believers are called to have faith in all six sections of the prayer. We’re called to trust that God is more than able to move in every situation.

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““Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your 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:

- All authority belongs to You
- All mightiness flows from You
- Your victory will be complete

SAMPLE PRAYER

“Father God, nothing is too hard for You! Through Your great power, 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. Amen.”

PRAY WITH 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.

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the 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). Pray for God's Will to be done in your life. And watch God work in you and through you for His Honor and His Glory!

“To our God and Father be glory forever and ever. Amen.”

PHILIPPIANS 4:20

