

## Prayer Guides

Dear Disciple of Jesus Christ,

We have set our hearts as a church to a “prayer filled church.” In every situation, whether good or bad, should pray before we act. Most people act first and then want God to bail them out. Prayer should be our first response, not our last resort.

In order for prayer to become a large part of our life, it should be something we look forward to doing. Most people have never been taught how to pray. That’s what this simple prayer guide is about. It is designed to bring joy into your daily time spent with Jesus. When you experience His presence every day, you will discover the difference that will change your life.

So let’s pray:

Before the day begins  
Before you go to bed  
Before you go to school  
Before you send that text  
Before you eat  
Before you drive  
Before bad things happen

In every situation...PRAY!! Prayer changes everything!

Pastor Tom Foster

## Prayer Guides

How do we make prayer a part of everything we do? Look at what Jesus did.

“And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.” Mark 1:35

- A Certain Time
  - Jesus got up early to pray. In order for prayer to work we should have a daily appointment with Him and keep it.
- A Certain Place
  - Jesus had a prayer place. Your prayer place needs to be where you can pray out loud and not be distracted
- A Certain Plan
  - Have a plan for your prayer. This prayer guide follows the prayer outline Jesus gave His disciples in Matthew 6:9-13

## I The Disciples Prayer Outline

Luke 11:1 – “And it came to pass, that as He was praying in a certain place, when He ceased, one of His disciples said unto him, Lord teach us to pray...

### Matthew 6:9-13

<sup>9</sup> After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.<sup>10</sup> Thy kingdom come, Thy will be done in earth, as it is in heaven.<sup>11</sup> Give us this day our daily bread.<sup>12</sup> And forgive us our debts, as we forgive our debtors. <sup>13</sup> And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

#### 1. “Our Father which art in heaven...”

Connect with God relationally as your Father. He is not distant, He is close to you.

Romans 8:15 - For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

Establish an intimate and warm relationship with your heavenly Father.

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### 2. "Hallowed Be thy Name..."

Worship His name.

Proverbs 18:10 - The name of the LORD is a strong tower: the righteous runneth into it, and is safe.

Jehovah-Tsidkenu – Righteousness – He cleanses me  
Jehovah-Mekoddishkem – Sanctifier – He calls me and sets me a part  
Jehovah-Rapha – Healer – He heals me  
Jehovah-Raah – Shepherd – He leads Me  
Jehovah-Jirah – Provider – He supplies all my needs  
Jehovah-Nissi – Banner of Victory – He has defeated my enemy  
Jehovah-Shalom – Peace – He is my peace in every storm  
Jehovah-Shammah – There – He is there, He is with me.

Psalms 139:7-10 - <sup>7</sup> Whither shall I go from thy spirit? or whither shall I flee from thy presence? <sup>8</sup> If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. <sup>9</sup> If I take the wings of the morning, and dwell in the uttermost parts of the sea; <sup>10</sup> Even there shall thy hand lead me, and thy right hand shall hold me.

### 3. "They Kingdom Come, thy will be done..."

Pray God's agenda first.

Luke 12:31 - But rather seek ye the kingdom of God; and all these things shall be added unto you.

Matthew 6:33 - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

God's Prayer List

- Others – John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
  - Saving those who are lost
  - Guiding Authorities
  - His will in us

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### 4. **“Give us this day our daily bread”**

Depend on God for everything

Psalms 121:1-2 - I will lift up mine eyes unto the hills, from whence cometh my help.<sup>2</sup> My help cometh from the LORD, which made heaven and earth.

Ask God for what you want and need and then trust Him for the answer.

### 5. **“Forgive me as I forgive others”**

Get your heart right with God and people. Ask God to check your motives and your heart. Forgive anyone who has offended you in any way. Even forgive people in advance.

1 John 1:9 - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

### 6. **“Lead us not into temptation and deliver us from evil.”**

Engage in spiritual warfare.

Ephesians 6:10 - Finally, my brethren, be strong in the Lord, and in the power of his might.

Take your stand against the enemy and fight the good fight of faith. Work harder than the devil.

### 7. **“Yours is the kingdom and power and glory forever.”**

Jeremiah 32:17 - Ah Lord GOD! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:

End your prayer by reminding yourself of God's ability. Return to praise and make your faith declarations.

Yours is the kingdom – All rule belongs to you Lord!  
Yours is the power – All strength belongs to you Lord!  
Yours is the glory – My victory is complete in Jesus!

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## II Prayer and Scriptural Devotional

This is a great prayer outlined mixed with scripture

### 1. Thanksgiving and Praise - Present your whole self to God

Mark 12:30 - And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

- **Think of a fresh reason to thank Him**

- Psalm 100:4 - Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
- Psalm 118:24 - This is the day which the LORD hath made; we will rejoice and be glad in it.

- **Present your body in worship**

- Romans 12:1 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.
- Psalm 63:3-4 - Because thy lovingkindness is better than life, my lips shall praise thee. Thus will I bless thee while I live: I will lift up my hands in thy name.

Kneel, lift your hands, stand, clap your hands, dance with joy, bow your head.

- **Sing to Him**

- Psalm 96:1-2 - O sing unto the LORD a new song: sing unto the LORD, all the earth.<sup>2</sup> Sing unto the LORD, bless his name; shew forth his salvation from day to day.
- Colossians 3:16 - Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

- **Invite the Holy Ghost to assist you**

- Jude 1:20 - But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,
- I Corinthians 14:15 - What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.

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### 2. Confession and Cleansing – Present your heart to God

Proverbs 4:23 – Keep thy heart with all diligence; for out of it are the issues of life.

- **Ask God to search your heart**

- Psalm 139:23-24 - Search me, O God, and know my heart: try me, and know my thoughts:<sup>24</sup> And see if there be any wicked way in me, and lead me in the way everlasting.

Sin, selfishness, stress, sickness

- **Remember the danger of self-deception**

- Jeremiah 17:9 - The heart is deceitful above all things, and desperately wicked: who can know it?
- I John 1:6-10 - <sup>6</sup> If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: <sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. <sup>8</sup> If we say that we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. <sup>10</sup> If we say that we have not sinned, we make him a liar, and his word is not in us.

- **Set a monitor on your mouth and heart**

- Psalm 19:14 - Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.
- Psalm 49:3 - My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

- **Ask God to help you keep His purposes and goals**

- Psalm 90:12 - So teach us to number our days, that we may apply our hearts unto wisdom.
- Philippians 3:13-14 - <sup>13</sup> Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,<sup>14</sup> I press toward the mark for the prize of the high calling of God in Christ Jesus.

### 3. Order and Obedience – Present your day to god

Psalm 37:5 - Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

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- **Present the days details**

- Psalm 37:4-5 - Delight thyself also in the LORD: and he shall give thee the desires of thine heart.<sup>5</sup> Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.
- Psalm 31:14-15 - <sup>14</sup> But I trusted in thee, O LORD: I said, Thou art my God. <sup>15</sup> My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me.
- Deuteronomy 33:25 - Thy shoes shall be iron and brass; and as thy days, so shall thy strength be.

Choose the fear of the Lord. Commit your works to God

- **Indicate your dependence on God**

- Proverbs 3:5-7 - <sup>5</sup> Trust in the LORD with all thine heart; and lean not unto thine own understanding. <sup>6</sup> In all thy ways acknowledge him, and he shall direct thy paths. <sup>7</sup> Be not wise in thine own eyes: fear the LORD, and depart from evil.
- Psalm 131:1-3 - Lord, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me. <sup>2</sup> Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child. <sup>3</sup> Let Israel hope in the LORD from henceforth and for ever.

- **Request specific direction for actions and decisions**

- Psalm 25:4-5 - <sup>4</sup> Shew me thy ways, O LORD; teach me thy paths. <sup>5</sup> Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.
- Isaiah 30:21- And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.

- **Choose to obey God's explicit instructions**

- Matthew 6:11 - Give us this day our daily bread.
- Matthew 7:7-8 - <sup>7</sup> Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:<sup>8</sup> For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

We are choosing to do His will, when we get in the Word of God.

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### III Pray Scriptural (Spiritual Warfare)

- **Armor of God – Weapons of Warfare**

- Ephesians 6:11-18 - <sup>11</sup> Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

<sup>12</sup> For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

<sup>13</sup> Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

<sup>14</sup> Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

<sup>15</sup> And your feet shod with the preparation of the gospel of peace;

<sup>16</sup> Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

<sup>17</sup> And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

<sup>18</sup> Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

- II Corinthians 10:4-5 - <sup>4</sup> (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)<sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

- **Protection Prayer**

- II Corinthians 6:14-17 - <sup>14</sup> Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

<sup>15</sup> And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?

<sup>16</sup> And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.

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<sup>17</sup> Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.

- II Corinthians 10:3-5 - <sup>3</sup> For though we walk in the flesh, we do not war after the flesh:

<sup>4</sup> (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

<sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

- Romans 12:1-2 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

- **General Confession**

- Romans 10:10 - For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.
- James 5:16 - Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
- I John 1:7-9 - <sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.<sup>8</sup> If we say that we have no sin, we deceive ourselves, and the truth is not in us.<sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
- I John 3:8 - He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

- **Forgiveness**

- Matthew 6:14-15 - <sup>14</sup> For if ye forgive men their trespasses, your heavenly Father will also forgive you:<sup>15</sup> But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

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- Leviticus 19:18 - Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.
- **Pride Prayer**
  - Proverbs 11:2 - When pride cometh, then cometh shame: but with the lowly is wisdom.
  - Proverbs 16:18 - Pride goeth before destruction, and an haughty spirit before a fall.
  - Proverbs 26:2 - As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.
  - I Timothy 3:6 - Not a novice, lest being lifted up with pride he fall into the condemnation of the devil.
- **General Bondage Prayer**
  - Exodus 20:4-6 - <sup>4</sup>Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.<sup>5</sup>Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;<sup>6</sup>And shewing mercy unto thousands of them that love me, and keep my commandments.
  - Exodus 34:7 - Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.
  - Numbers 14:18 - The LORD is longsuffering, and of great mercy, forgiving iniquity and transgression, and by no means clearing the guilty, visiting the iniquity of the fathers upon the children unto the third and fourth generation.

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## IV Personal Prayer Targets

I Timothy 2:1-4 - I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;<sup>2</sup> For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. <sup>3</sup> For this is good and acceptable in the sight of God our Saviour; <sup>4</sup> Who will have all men to be saved, and to come unto the knowledge of the truth.

- Government
  - President
  - National Leaders
  - State Leaders
  - City Leaders
  
- My Family
  - Spouse
  - Children
  - Parents
  - Siblings
  - Extended Family
  
- My Church
  - Pastor
  - Elders
  - Ministry Leaders
  - Vineyard Leaders
  
- My Life
  - Employer
  - Co-Workers
  - Employees
  - Teachers
  - Professors
  - Those I Influence
  - Friends
  - Those who need God
    - Pray that God would draw them to him
      - John 6:44 - No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

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- Bind the spirit that blinds their minds
  - II Corinthians 4:4 - In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.
- Loose the spirit of adoption
  - Romans 8:15 - For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.
- Pray that other believers will cross their path and have a positive influence on them
  - Matthew 9:38 - Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.
- Loose the spirit of wisdom and revelation on them so they may know God better
  - Ephesians 1:17- That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:
- My Needs
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