

PRAY FIRST



PRAYER GUIDE



CR FIRST

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Dear CR First,

As a church we are committed to building everything through prayer. As we move forward I want to encourage us to adopt a powerful moto, “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. In order for it to become a part of our life, it needs to become something we look forward to doing. 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 booklet is designed to 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 eat, drive or travel —

When bad things happen —

Before bad things happen —

In every situation — PRAY FIRST!

Prayer changes everything!



PASTOR BRIAN PINGEL

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 to Him 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 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 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 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. 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

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

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 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

01. 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.”

02. 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 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.”

03. 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 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, employers, 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.”

04. **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 look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

PSALM 121:1-2 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 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."

05. **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."

06. **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 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 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 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.

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 speak the name of Jesus over my life and declare that no weapon formed against me will prosper. 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.”

07. 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.*

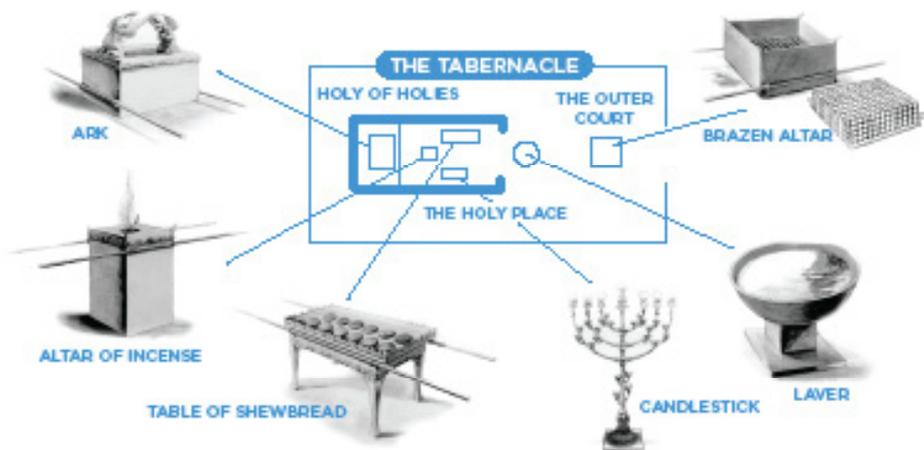
JEREMIAH 32:17

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:

“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.”



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 meet with God, these same steps can help us 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.

01. 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:

“Father 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.”

02. 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 the gift of Jesus. Thank Jesus 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 through Your Son. 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).”

03. 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 You 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.”

04. THE CANDLESTICK

THE HOLY SPIRIT

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, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “advocate.” We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and empowers us.

PRAYER:

“Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). I honor You and ask You to

empower me with Your spiritual gifts for the good of the church.”

05. 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 you as you go throughout your day

“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

more in love with Your Word and to be more dependent on it. 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.”

06. 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 Names. 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 Names 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

(As you pray through the different Names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love you, God.”

07. 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:

“Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. 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 Small 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.

I ask You to watch over my city, my nation, and our world. Bring peace and help us all take steps toward You (name areas where you feel a burden for your city, nation, and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors, and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). Lastly God, I ask You to provide for my needs. I know that You sustain me, and that You care for me. I lift up my physical, emotional, and spiritual needs to You (share the needs on your mind right now). I lay my cares at Your feet. Thank You for loving me, choosing me, and calling me Yours.

Amen.”

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

PRAYER:

“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:

“Father 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:

“Father, 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

in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.”

SCRIPTURE:

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

PSALM 62:8

PRAYER:

“Father, 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:

“Father, 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:

“Father, 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 Your Holy Spirit 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.”

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.

MY GOVERNMENT

PRESIDENT _____

NATIONAL LEADERS _____

STATE LEADERS _____

CITY LEADERS _____

MY FAMILY

SPOUSE _____

CHILDREN _____

PARENTS _____

SIBLINGS _____

EXTENDED FAMILY _____

MY CHURCH

PASTOR _____

SMALL GROUP LEADER _____

SMALL GROUP MEMBERS _____

MY LIFE

EMPLOYER _____

CO-WORKERS _____

EMPLOYEES _____

TEACHERS/PROFESSORS _____

CLOSE FRIENDS _____

THOSE WHO NEED GOD

A landscape photograph of a mountain range, possibly the Sierra Nevada, with a red overlay. A large, semi-transparent number '5' is visible in the lower right quadrant of the image. The text is centered in the middle of the image.

“Never stop praying.”
1 Thessalonians 5:17 NLT