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## HOW TO USE THIS BOOK

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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. You don’t have to follow a specific formula to talk with God, but practicing different ways to pray can help you find a new level of effectiveness and enjoyment in your 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, read scripture and play worship music. The important step is committing to regularly entering God’s presence through prayer.

## A GUIDE TO FASTING

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Fasting and prayer are often linked together. Fasting is a way to demonstrate to God, and to ourselves, our seriousness about our relationship with Him - and the depth of our desire when praying for something.

### WHAT IS FASTING?

To “fast” is to voluntarily abstain from eating and/or drinking for a significant length of time. Fasting is not intended to punish the flesh, but to redirect attention to God. Fasting can extend beyond mere food and drink to abstaining from any thing or any activity that is holding you back. What do you “consume” in terms of social food, intellectual food, spiritual food, and emotional food?

Are these things detracting from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day?

If you have medical issues, in which limiting food or drink may cause problems, consider fasting from types of media or some other activity. What can you abstain from for three weeks so that you can see God more clearly? Don’t cheat yourself by missing out on the power of this season of fasting and prayer.

### THE PURPOSE OF FASTING

Yes, you may experience many benefits from fasting such as detoxing your body, breaking habits or addictions, losing weight, etc., but the goal of fasting is to experience God and

life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food)... so that you may see that life is all about Him.

## **FASTING PREPARATION**

### **Prepare your heart:**

Open your heart and mind to hear what God says you need to change, and be willing to change it. Remember that fasting is not “earning” an answer to prayer. God cannot be bribed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God’s answer. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God you surrender your life to Him and that you want more of Him and His way.

### **Prepare your motives:**

Ephesians 1:3 says there are inexhaustible spiritual blessings assigned to us! Gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement may be yours. When you eliminate things that keep you from focusing on God, He is able to help you experience things in new ways.

### **Prepare your body:**

If you decide to eat only fruits and vegetables for your fast, it may result in a cleansing of your physical body. You may feel sick as your body detoxes, but you’ll make it! This isn’t a mind game to see if you can survive eating less or not watching ESPN, but about experiencing God. People ask, “What does not eating have to do with my relationship with God?” Stop eating and find out!

**Prepare your schedule:**

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. The fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

**Fasting Guidelines:**

- Explain to your family in advance what you are doing
- Never complain or brag about your fast. Avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that the flesh cannot be trained, it must be crucified.
- Journal your experience as you pray and meet with the Lord.

**TYPES OF FASTS****Complete Fast**

- Drinking only liquids, typically water and/or light juices.
- Broth or soup may be included as options.

**Selective Fast**

- Removing certain elements from your diet, such as, meat, sweets, or bread
- Drink water and juice, and eat a variety of fruits & vegetables.

### **Partial Fast**

- Abstaining from eating any food in the morning & afternoon.
- Fast during specific times of the day like from sunup to sundown.

### **Soul Fast**

- Those new to fasting food or those with health issues can fast in specific areas other than food such as social media, shopping, watching TV, etc.

Remember, your personal fast should present a level of challenge, but it is very important to know your body and your options. (Consult a doctor and follow what the Holy Spirit leads you to do.)

## **ENDURING YOUR FAST**

### **To Eat or Not To Eat is NOT The Question**

As you continue your fast, you may not experience hunger pains as often as you thought you would. You will be surprised at your ability to be sustained for a number of days without eating and how you will take advantage of your time to seek Jesus more diligently. There is no magic in simply missing meals in the name of spirituality. The important thing to remember is to hear God speak and obey what you hear.

### **Prayer Life During The Fast**

As you separate from dependence on the world, your time alone with God may become more frequent than you originally planned, and your prayer life will greatly improve. You will hear His voice throughout the day in a powerful way: when you are driving, talking on the phone or counseling a friend.

Expect to hear Him loud and clear.

### **Defeating Doubt and Fighting The Good Fight**

During your fast, your mind and emotions will constantly try to get you to return to your old behavior. Eating at certain times each day has been part of your life training. Fasting will disrupt that pattern. There will be times when your mind will realize how far out on a limb your faith has taken you and you will have to decide to give up or keep moving forward.

When you feel like giving up, ask yourself... Is the pain you are experiencing worth the prize you are pursuing? If you do give up, to where and to what will you go back?

In John 6:66-68, Jesus asked the disciples if they wanted to go back to their old lifestyle. Peter said, "Lord, to whom shall we go? You alone have the words of life."

### **Social Tensions**

Since fasting is a discipline of self-denial and consecration unto the Lord, constant discussion about it will be a distraction. People will pelt you with questions about your health, offer suggestions about your diet, and tell you horror stories about the dangers of fasting. This type of input will be a major distraction. For maximum benefit, it is best not to discuss the details of your fast with anyone.

Do your best to avoid looking disheveled and keep yourself well groomed. There is a tension between drawing attention to yourself and giving glory to God.

## **SAMPLE MENUS**

### **1. Liquid only**

Breakfast - Fruit smoothie with protein

Mid-morning Snack - Herbal tea or vegetable broth soup

Lunch - Raw juiced vegetables

Mid-afternoon Snack - Fruit juice or fruit smoothie with protein

Dinner - Vegetable juice or vegetable broth soup

### **2. Fruits, vegetables, juices & water**

Breakfast - Fruit smoothie with protein powder

Mid-morning Snack - Fresh fruit or fresh vegetables

Lunch - Raw vegetables with light dressing & vegetable broth

Mid-afternoon Snack - Fresh fruit or fresh vegetables

Dinner - Fresh salad with light dressing & steamed vegetables

### **3. Modified fast**

Breakfast - Whole grains with fresh fruit juice

Mid-morning Snack - Fresh fruit or fresh chopped vegetables

Lunch - Whole grains, fresh salad with legumes, and light dressing

Mid-afternoon Snack - Fruit juice or fruit smoothie with protein

Dinner - Whole grains, fresh salad with legumes, and light dressing



## **AFTER YOUR FAST**

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.

Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons I have learned?
- What new habits or disciplines do I want to keep?
- What new dietary rules will I follow?
- What foods will I begin eating and not eat anymore?
- What have I seen pertaining to my personal walk with the Lord or my ministry?

Before you end your fast and establish a regular eating schedule, it will be important to plan to set aside time to fast on an ongoing basis. This is vital if you are going to apply and live out the lessons learned during your fast. Fasting regularly will help you keep the flesh in submission and serve as a reminder of who is in charge of your life.

You might choose to fast one twenty-four hour period per week. Or fast from sun up to sun down, one day per week. You must pray and design a format that you feel you can be faithful to and consistent with.

After your fast, you will feel that you deserve “a break today,” tomorrow, and the next day. You may want to celebrate by eating the things you have abstained from or by eating a lot. But if you allow food to take its place back on the throne of your heart, you are allowing bad habits to return and push God farther from the center of your heart than He was before you began your fast.

### **Physically**

Once you begin to eat again, you may feel uncomfortable. Your stomach will feel bloated and full. Introduce solid food slowly. There is a very good chance you will experience stomach-aches and diarrhea from the shock on the digestive system.

### **Emotionally**

Satan will be working to regain the ground he has lost in your life. He will use your emotional vulnerability to accomplish his goals. You may face an intense time of discouragement leading to depression. Spiritual highs are often followed by spiritual lows. So be on your guard for this roller coaster effect and remember to eat wisely once you break your fast.

### **Scripture References**

- Matthew 6:16-18 & 9:14-15
- Acts 13:2-3
- Luke 18:9-14
- Nehemiah 1:4
- Exodus 34:28
- 2 Chronicles 20:2-3
- Daniel 21-22

# THE LORD'S PRAYER

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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

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### *“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

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### *“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

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*“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**

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***"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**

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*"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

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***"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 humble ourselves before God, when 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

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*"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:

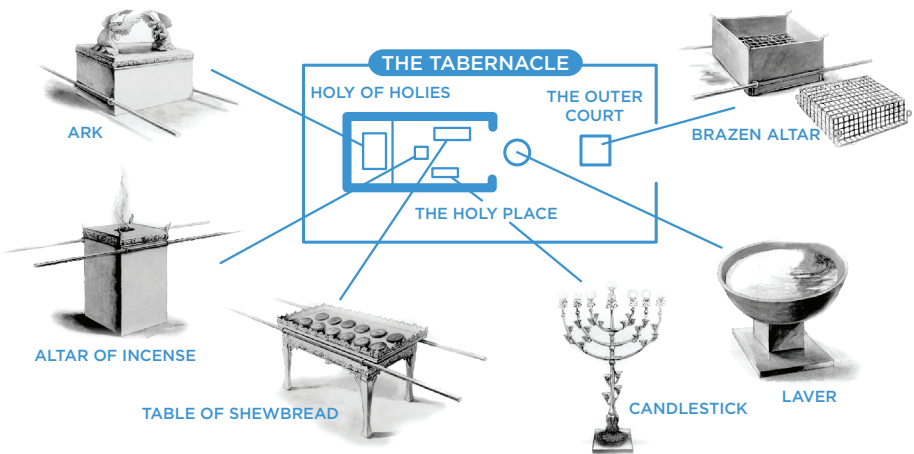
- "Yours is the Kingdom" – *all authority belongs to You*
- "Yours is the Power" – *all mightiness flows from You*
- "Yours is the Glory" – *Your victory will be complete*

### 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

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### 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

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### 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

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### 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

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### 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

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### 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

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### 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.”*

# PSALM 23: THE PRAYER OF THE SHEEP

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*The LORD is my Shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Yea, though I walk through the valley of the shadow of death, 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 runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.*

**PSALM 23:1-6 NKJV**

## 01. THE LORD IS MY SHEPHERD

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*The LORD is my Shepherd...*

**PSALM 23:1A**

*I am the good shepherd; I know my sheep and my sheep know me.*

**JOHN 10:14 NIV**

**PRAYER:**

*“Thank You Lord for being my Shepherd. Guide me. Speak to me. I want to have ears only for Your voice. I want to know Your voice... recognize it and follow it. You are not just ‘a’ shepherd or ‘the’ shepherd. You are “MY” Shepherd.”*

## 02. THE LORD IS MY PROVIDER

---

*The LORD is my Shepherd; I shall not be in want.*

**PSALM 23:1**

*And my God will meet all your needs according to His glorious riches in Christ Jesus.*

**PHILIPPIANS 4:19 NIV**

**PRAYER:**

*“Lord, as my Shepherd you are also my Provider so I thank You for my ‘daily bread.’ Help me to have an attitude of gratitude about what You have given me. May I focus on the sufficiency of Your grace rather than on the scarcity of my stuff.”*

## 03. THE LORD IS MY PEACE

---

*He makes me to lie down in green pastures; He leads me beside the still waters.*

**PSALM 23:2**

*Jesus said, ‘Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your*



*hearts be troubled and do not be afraid.'*

**JOHN 14:27 NIV**

**PRAYER:**

*"In this moment, I rebuke any spirit of dread and fear that may be hanging over my life. Instead, I replace that fear with the peace of Christ. Lord, let the peace of Christ settle into my spirit, calm my heart and mind, and let the confidence of Christ rule in me!"*

## 04. THE LORD IS MY HEALER

---

*He restores my soul.*

**PSALM 23:3A**

*He personally carried our sins in His body on the cross so that we can be dead to sin and live for what is right. By His wounds you are healed. Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls.*

**1 PETER 2:24-25 NLT**

**PRAYER:**

*"Thank You, Lord, for both the physical and spiritual life that You have given me. Thank You for the healing that You have done in my body year after year. I offer up to You my aches and pains and present my body as a living sacrifice to You. God, please heal my body AND my soul! Give me a sound mind. Create a right spirit within me."*

## 05. THE LORD IS MY RIGHTEOUSNESS

---

*He leads me in the paths of righteousness for His name's sake.*

**PSALM 23:3B**

*As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as He who called you is holy, so be holy in all you do.*

**1 PETER 1:14-15 NIV**

### PRAYER:

*“God, thank You for the clear instruction in Your Word on how to live. You have not left us to stumble around in the dark wondering which way to go or what to do. Your Word provides us with clear guardrails and boundaries that will keep us safe if we stay within them. Jesus is the Way, the Truth, and the Life. Help me to follow Him in each decision that I make.”*

## 06. THE LORD IS MY CONSTANT COMPANION

---

*Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.*

**PSALM 23:4 NIV**

*God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, ‘The Lord is my helper; I*

*will not be afraid. What can mere mortals do to me?*

**HEBREWS 13:5-6 NIV**

**PRAYER:**

*“Lord, thank you for being my constant companion whether I’m enjoying life or facing death or everything in between. In every high and every low, Jesus is with me wherever I go! He’s my constant companion.”*

## 07. THE LORD IS MY DEFENDER

---

*You prepare a table before me in the presence of my enemies.*

**PSALM 23:5**

*But the Lord is faithful, and He will strengthen you and protect you from the evil one.*

**2 THESSALONIANS 3:3 NIV**

**PRAYER:**

*“Lord, thank you for defending me even in the very presence of my enemies. I rejoice in the fact that I can depend on you even in times of trouble and opposition.”*

## 08. THE LORD IS MY SANCTIFIER

---

*You anoint my head with oil; my cup overflows.*

**PSALM 23:5**

*But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare*

*the praises of Him who called you out of darkness into His wonderful light.*

**1 PETER 2:9 NIV**

**PRAYER:**

*“God, thank you for the call that You have placed on my life. Show me the things that You want me to do. Show me the fruit that You want me to bear. Reveal to me the purpose You want me to fulfill. What difference you want me to make. What praises You want me to declare.”*

## 09. THE LORD IS MY HOPE AND REWARD

---

*Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.*

**PSALM 23:6**

*And so we will be with the Lord forever.*

**1 THESSALONIANS 4:17B NIV**

**PRAYER:**

*“Thank You, God, for Your goodness and mercy in this life and for the hope of heaven with You forever in the next. Lord Jesus, You are my hope and my reward! I look forward to Your soon return!”*

# PRAYING GOD'S PURPOSES FOR YOUR CHILDREN

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*I pray for them. I am not praying for the world, but for those you have given me, for they are yours.*

**JOHN 17:9 NIV**

Jesus reflected the father heart of God when He prayed for the disciples. As a father or mother, you can pray that your children will focus on the five purposes of God.

God's five purposes for your children are the same as God's five purposes for your life and the church. (Worshiping, Belonging, Growing, Serving, Sharing)

Jesus prayed for all five purposes in the lives of those He was leading. We can pray these purposes over those we lead, specifically our children.

## 01. WE CAN PRAY THAT OUR CHILDREN WILL LIVE FOR CHRIST JOYFULLY.

---

*I say these things while I'm still in the world so that they will have the same joy that I have.*

**JOHN 17:13B GW**

### PRAYER:

*"God, I can point my child to You, but only You can save them. I ask that You would supernaturally draw their hearts to You, that they may know You. Send Your Holy Spirit to them, and give them the desire to surrender their lives to You and worship You alone. Help them to remember that while the enemy comes to steal, kill and destroy, Christ has come to bring them life and life to the full. Help them understand how much You love them."*

## 02. WE CAN PRAY THAT OUR CHILDREN CULTIVATE GODLY RELATIONSHIPS.

---

*My prayer . . . is that they will be of one heart and mind, just as you and I are, Father . . . and the world will believe you sent me.*

**JOHN 17:21 TLB**

### PRAYER:

*"Father, surround my child with the fellowship of other believers. Put people in their path who will be godly friends. Friends who will help them find freedom from life's problems. Friends who will ease the burden of life."*

*Friends with whom they can be real. Friends who will spur them onto love and good works. Help them be this kind of friend to others.”*

### 03. **WE CAN PRAY THAT OUR CHILDREN WILL GROW STRONG SPIRITUALLY.**

---

*I’m not asking you to take them out of the world, but to keep them safe from the evil one.*

**JOHN 17:15 NLT**

**PRAYER:**

*“Heavenly Father, You love my children even more than I do. So, I’m trusting You with their life, their safety and their future. Use me any way You can to build their faith and disciple them. Help our home be a safe place to make mistakes, grow and fortify our faith. Help our home be a place where we can rest in Christ’s work for salvation.”*

### 04. **WE CAN PRAY THAT OUR CHILDREN WILL SERVE CHRIST EFFECTIVELY.**

---

*Make them ready for your service through your truth; your teaching is truth.*

**JOHN 17:17 NCV**

**PRAYER:**

*“God, help my child learn, even from a young age, the fulfillment that comes through serving and ministering to others. Help me set the example with a life that is not*

*about me. Help my child to continually find their place to make a difference. Give them eyes to see the lonely and the hurting.”*

## 05. **WE CAN PRAY THAT OUR CHILDREN WILL SHARE CHRIST WITH OTHERS.**

---

*I pray not only for them, but also for those who believe in me because of their message.*

**JOHN 17:20 GNT**

### **PRAYER:**

*“God, thank you for the people You have put in our lives that have led us to You. Help our family to also lead other people to You. We don’t want to be consumers, we want to be contributors to the work of evangelism in our world. Help my child to be salt and light in their school, their friend group, their workplace and their neighborhood.”*



# PRAYING FOR THOSE WHO NEED GOD

---

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the 1 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.

## 01. 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 the Father 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:**

*“Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to 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.”*

## 02. **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:**

*“Father, 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.”*

### 03. **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.”*

#### 04. **PRAY FOR BELIEVERS TO CROSS THEIR PATHS**

---

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 Christ.

**PRAYER:**

*“Father, 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 the God I serve. 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.”*

## 05. **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.

**PRAYER:**

*“Father, 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 and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them.”*

# PRAYER RESOURCES

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## THE SERENITY PRAYER

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God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is, not as I would have it;  
trusting that You will make all things right  
if I surrender to Your will;  
so that I may be reasonably happy in this life  
and supremely happy with You forever in the next.  
Amen.

– *Reinhold Niebuhr*

## A DAILY PRAYER OF SURRENDER

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Praying with your palms up symbolizes that you are bringing your requests and cares to God. Turning your palms down symbolizes that you are letting go and releasing your cares into God's hands. Turning your palms up again symbolizes that you are receiving God's grace, and that your hands are now available to him to be used for his purposes.

### WITH YOUR PALMS TURNED UP, PRAY:

Father, I come to you today in Jesus' name. Thank you for your kindness that has brought me to another day. Thank you for your love and faithfulness. Thank you for accepting me as I am and for transforming me into the likeness of Christ. I present myself before you - body, soul, and spirit. I bring you my strengths and my weaknesses, my hopes and my fears, my successes and my failures, my dreams and my nightmares...

(Now take a moment to tell God what's on your mind.)

### WITH YOUR PALMS TURNED DOWN, PRAY:

Now, Father, by faith I release all of these things into your lap of grace and I surrender to your sovereignty. I cast all of my cares upon you, and I pray, "Let your will be done in my life today."

### WITH YOUR PALMS TURNED UP, PRAY:

Father, I now receive from you all that your grace will afford to me today: strength for my weaknesses, peace for my fears, forgiveness for my sins, and the grace to forgive those who sin against me. I look to you to meet all of my needs. Guide my



steps, direct my thoughts, and protect me from evil. I invite you to fill me today with your Holy Spirit. Let me be an extension of your grace and mercy to the world around me.

Use my life, I pray, to bring glory to your name.  
In Jesus' name, amen.

*From The Way of a Worshiper by Buddy Owens. Used by permission.*

## A PRAYER OF CONFESSION

---

**Based on Romans 10:10; James 5:16; 1 John 1:7-9, 3:8**

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin by dying on the cross. When we accept the gift of salvation we confess our sin, and as Christians, confessing and repenting of sin is something we continue to do. By coming clean and repentant before God, He is able to work in our lives and transform us to be more like Him.

*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**

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from that sin to follow Him. After you confess, remind yourself and claim the

power of the blood of Jesus in your life to wash you clean and make you new.

**PRAYER:**

*“Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I’m sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.*

*Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.”*

## A PRAYER OF FORGIVENESS

---

Forgiveness can feel challenging, but God makes it clear that He freely forgives us and others. Therefore, we are expected to do the same for others. Come before the Lord with humility, honesty and sincerity. Even if you are unable to settle a situation with that person, you can settle it with the Lord, letting go of your grudges by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn’t deserve it.

*And when you stand praying, if you hold anything against*

*anyone, forgive them, so that your Father in heaven may forgive you your sins.*

**MARK 11:25 NIV**

**PRAYER:**

*“Dear Lord, I may not be able to forget, but I’m choosing to forgive \_\_\_\_\_.*

*Help me to let go of bitterness or anger in my heart, so that I may live in freedom.*

*Give me your grace so that I may relinquish my “right” to get even.*

*Help me to understand that you have forgiven me and that I can forgive \_\_\_\_\_ through you.  
I trust in your power to do that.*

*Now, Lord, I ask you to bless \_\_\_\_\_.  
In particular, I ask you to bless them with these things:  
\_\_\_\_\_.*

*God, please replace my hurt with your healing.  
Replace my pain with your peace.  
Replace my loss with your love.  
May the past truly be the past.  
In Jesus’ name I pray, amen.”*

## A PRAYER FOR HUMILITY

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Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

*When pride comes, then comes disgrace, but with humility comes wisdom.*

### PROVERBS 11:2

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

### PRAYER:

*“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less. I humble myself before You and come to You like a child.”*

Note: One of the best ways to humble ourselves is to mix prayer with fasting.

## A PRAYER FOR HEALING

---

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

*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**

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you’re praying to be healed.

### **PRAYER:**

*“Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive*

*our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen."*

## A PRAYER FOR PROTECTION

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**2 Thessalonians 3:3; 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2**

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, asking for and claiming protection for ourselves and our families in Jesus' Name.

*But the Lord is faithful, and He will strengthen and protect you from the evil one.*

### **2 THESSALONIANS 3:3**

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.

### **PRAYER:**

*"God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus.*

*I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ.*

*Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us and we are protected and provided for by You, God, and You alone.”*

## A PRAYER FOR MARRIAGE

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**Based on Ephesians 5:25-30**

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage.

Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

*Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.*

**EPHESIANS 5:25-30 ESV**

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your behalf.



**PRAYER:**

*“Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose.*

*We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always.”*

## PERSONAL PRAYER FOCUS

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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

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PRESIDENT \_\_\_\_\_

NATIONAL LEADERS \_\_\_\_\_

\_\_\_\_\_

STATE LEADERS \_\_\_\_\_

\_\_\_\_\_

CITY LEADERS \_\_\_\_\_

\_\_\_\_\_

## MY FAMILY

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SPOUSE \_\_\_\_\_

CHILDREN \_\_\_\_\_

PARENTS \_\_\_\_\_

SIBLINGS \_\_\_\_\_

EXTENDED FAMILY \_\_\_\_\_

\_\_\_\_\_

## MY CHURCH

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PASTOR \_\_\_\_\_

SMALL GROUP LEADER \_\_\_\_\_

SMALL GROUP MEMBERS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MY LIFE

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EMPLOYER \_\_\_\_\_

CO-WORKERS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMPLOYEES \_\_\_\_\_

\_\_\_\_\_

TEACHERS/PROFESSORS \_\_\_\_\_

\_\_\_\_\_

**CLOSE FRIENDS** \_\_\_\_\_

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## THOSE WHO NEED GOD

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