



DAILY PRAYER GUIDE

*Prayer is a two-way conversation with God. **You cannot live in a growing relationship with God and not be in conversations with Him. You can't be led by the Spirit without prayer.** Prayer is the involvement of your heart with God... not just taking your shopping list to Him. It is in the "heart" experience of God that our **relationship with Him becomes real and takes shape.** Prayer is **worship, talking and listening.** It is a holy dialogue with a holy God. What higher privilege could we enjoy? It is this very fellowship with God that actually transforms us on the inside. The process of prayer is far more important to us in changing us into His image and achieving the goals of God's Kingdom than many of the "answers" that we typically look for when we pray (e.g. "Please, God, give me a new car and find me a job.").*

*Many **people struggle with prayer, frustrated** much of the time because they do not know how to pray. For them, prayer time becomes an exercise in **futility** and frustration. Your **mind wanders.** You do not know what to pray for. You feel **repetitive.** You get **discouraged.** You quit and then feel **guilty** every time someone mentions prayer.*

*While a pattern or outline for prayer can become lifeless form, it can also **provide the tracks on which the Holy Spirit can help me pray.** If any outline ever gets in the way of prayer for you, drop it for a season until you get a freshness back in your soul... and then return to it, if you need to. This following outline comes from the pattern for prayer that Jesus gave His disciples and I've used for years in my own daily times of prayer. – Alec Rowlands*

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME

Your prayer time is best started with worship and the acknowledgment of who God is, in all His greatness. The only reason that He is "our Father" is because of the blood sacrifice of Jesus, His Son. So, begin your worship with **thanksgiving for the blood of Jesus** because it is only by His blood that we enter into fellowship with the Father. Then, according to the pattern for prayer that Jesus taught His disciples, **hallow His name** by worshiping Him for who He is. God is revealed in Scripture by means of His works. Often the specific Name used in scripture reflects who He is:

- He is Jehovah Tsidkenu . . . our righteousness. (II Corinthians 5:21) All our sins, past, present and future, are washed away in Him. In Him, we are (present tense) clothed in righteousness and acceptable in His presence. Spend time worshipping Him for that. By faith, see every stain removed from your life.
- He is Jehovah M'Kaddesh . . . our sanctification. (I Corinthians 6:11; I Thessalonians 5:22) God makes us holy in our daily lives by His power within. Spend time worshipping Him for that. Thank Him, by faith, for areas of your life in which you believe He is sanctifying you.
- He is Jehovah Shalom . . . our Peace. (Colossians 1:20-22) All hostility between God and man is removed by the blood of Jesus. We can, therefore, know His peace both in our vertical and horizontal relationships. Spend time worshipping Him for that . . . think of specific examples of His peace in your life.



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- He is Jehovah Shamma . . . the present One. (I Corinthians 3:16) He is with you, and in you, right now. Worship Him for that honor. You are His temple. He brings all that He is to you, right now.
- He is Jehovah Rophe . . . your Healer. (Isaiah 53:5; I Peter 2:24) He makes us whole in mind, soul, body and spirit. Worship Him for that, in faith.
- He is Jehovah Jireh . . . your Provider. (Philippians 4:19) All your needs (not wants) are provided in Him. Worship Him that He is everything you need . . . and that His provision has nothing to do with your circumstances.
- He is Jehovah Nissi . . . your Banner of Victory. (Isaiah 11:10; I Corinthians 15:57) He has gone before you, in victory, over every enemy of your soul. The final and ultimate victory flag of God flies over your life and family. Praise Him that, in Him, you are more than a conqueror.
- He is Jehovah Rohi . . . your Shepherd. (John 10:11; Hebrews 13:20) You will never go astray, following Him. Worship Him for that truth, revealed in scripture.

If at any time, during this worship, you become aware of sin in your life, (this is very often a result of worship.. as you lift Him up, He reveals sin) just **stop and repent** and ask His forgiveness. As you begin this section of the pattern for prayer, ask the Holy Spirit to worship the Father through you. Take time to let each element of who God is to sink in and worship with your understanding and with the Spirit. (I Corinthians 14:15)

YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

In this section of the prayer outline, you move from worship/prayer into **supplication**/prayer. Pray, here, that just as **God's will is accomplished in heaven, it will be readily fulfilled in your world**:

- In **yourself**. Pray that God's perfect will be done through you today. Lay your day out before Him. Listen as well as pray. Believe His will to be done through you . . . and His Kingdom established through you.
- In **your family**. Lift up each member of your family by name. Pray God's will be done through them that day. Be specific.
- In **your church**. Your pastor, leadership, and ministry departments.
- In **your city, state**, nation and world. For your government officials.

GIVE US THIS DAY OUR DAILY BREAD

Prayer for personal needs is usually what most people think of when they think of prayer. However, in this pattern for prayer, you have been occupied with other Kingdom priorities before you get to your own needs. This is a good thing. This is the section of the pattern for prayer in which you **take your needs to the Lord**. As you do, make sure that you....

- Are in the will of God . . .
 - by in fellowship with Jesus. (James 1:25)
 - by being in fellowship with one another. (Hebrews 10:24,25)
 - be diligent, with balanced work habits. (I Thessalonians 4:11,12)
 - by obeying the Word in your giving. (Malachi 3:10)





- Believe that it is God's will to supply all your needs . . . and to bless His Kingdom work through you. (Philippians 4:19)
- Are specific in your requests . . . This will make it easier to identify and to give thanks for answers. (Philippians 4:6)
- Are tenacious. (Luke 18:1-8)

FORGIVE US OUR DEBTS, AS WE ALSO FORGIVE OUR DEBTORS

Unconfessed sin can block your prayers from being answered. Ask the Holy Spirit to reveal sin in your life. Wait on Him to do that. When you hear from Him, agree that it is sin, **confess** it to Him and turn from your sin in **repentance**. Ask Him to forgive you by the blood of Jesus, and believe that **you are forgiven**.

Unforgiveness can block God's work and provision in your life. It can even hinder your ability to receive forgiveness from your Father (Matthew 6:14,15). **Forgive** anyone who has offended you, past, present and future. Decide now that the next person who does offend you will be forgiven. (Matthew 18:21, 22) As the Holy Spirit reveals past hurts to you, you need to forgive them and ask those you may have offended for forgiveness.

AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Temptation can come directly from Satan, or it can be a result of the weakness and lustful activity of the flesh. All believers are subject to temptation. The believer is called to walk in the Spirit and in holiness. Forgiveness for sin is provided in the blood atonement of Jesus, but sin still cannot be tolerated. So **the battle is on**. **Our weapons** are not carnal, but **mighty**. Ephesians 6 spells them out. The place of prayer is a great time to put these weapons on, by faith.

- Belt of Truth- protection and strength of the Word of God in the inner man.
- Breastplate of Righteousness- protection for the "heart of man" that comes from God's imputed righteousness and righteous living. It is a commitment to obedience to the Word, by the power of the Spirit, in daily life.
- Feet Fitted With The Readiness That Comes From The Gospel Of Peace- "readiness" and swiftness that gives you solid footing in any situation, offensive or defensive, through Christ in you. Nothing catches Him and, consequently, you, off guard.
- Shield of faith- strength of God's faith within you that protects you from all attacks of the enemy.
- Helmet of salvation- protection of your mind and thoughts by the grace of God, resident in you.
- Sword of the Spirit- power and authority available for all situations, through the Word of God.

FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER

Always end with **praise**. It prepares your heart to receive from God.

