

2022  
DAILY TIME  
WITH GOD

Bible Reading &  
Prayer Guide

*Eaglemont*  
CHRISTIAN  
CHURCH

# DAILY TIME WITH GOD:

It is truly a privilege we have, to talk to God and listen to His whispers any time throughout any day. In addition to this communication with our Lord, it's important that we carve out dedicated time each day to spend with Him. This can involve numbers of different spiritual habits (a helpful read is the classic book, *'The Celebration of Discipline'* by Richard J. Foster). **Prayer** and **Bible** reading are two primary habits that are vital for developing spiritual health and strength in our lives. In John 15:4 (NLT) Jesus speaks to all His disciples and says, *"Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me."*

Spending time with God in prayer and His word will help us *'remain'* in Him. It will also bring outcomes like spiritual growth, character transformation, and life impact. Making this type of commitment together with your church family will also move us forward, collectively, in Eaglemont's God-given mission of growing in *knowing God, loving people and serving the world:*

**Know God** – Philippians 3:8–11 – *"...everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord."*

**Love People** – John 13:34 – Jesus: *"A new command I give you: Love one another. As I have loved you, so you must love one another."*

**Serve the World** – Galatians 6:9 – *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (also II Corinthians 5:15)

## A Few 'Tips' for Your Daily Time with God:

- **Start Somewhere:** If this is new territory for you, start by committing 10-minutes at the beginning of your day for this good purpose. If you already have a practice of a daily time with God, prayerfully consider ways that you can see that grow.
- **Prepare Your Heart:** As you begin your time of prayer and bible reading each day, take 60 seconds (or so) to be still (Ps. 46:10). Then express something like this to God: *"Lord, please open your word to my heart and open my heart to your word."*
- **Listen to God:** Every time we read God's word, with an open heart and a posture of surrender, we're hearing His voice.
- **Talk to God:** Prayer is communication, which involves speaking and listening. Here is a little outline that can help establish the habit of prayer, using the word, **'ACTS'**:

- **Adoration** (Psalm 95:6): Worship God; reflect on the many great aspects of His character.
- **Confession** (I John 1:9): Ask God to forgive your sin and help you turn from it.
- **Thanksgiving** (I Thessalonians 5:18): Express thanks to God for specific things – your family, your work, God’s presence, your church, His character, etc.
- **Supplication** (Psalm 4:1): ‘Supplication’ is simply calling on God for help. In our lives we constantly need God’s guidance, grace, strength, intervention, and provision – talk to God about these things, situations and people.

## PRAYER

Mark 6:46b – “...he [Jesus] went up into the hills by himself to pray.”

This booklet contains various tools and creative approaches to enhance our prayer life. You’ll see these starting on page 12.

Prayer Ideas for Parents:

- For parents with small children – teach your child to pray using the 5-Finger Prayer found on page 4.
- Book: ‘Prayer Works (Prayer Training and Strategy for Kids) by Stephen Kendrick & Alex Kendrick. Purchase online: <https://www.christianbook.com/prayerworks-a-prayer-strategy-for-kids/alex-kendrick/9781433688690/pd/688690>

## BIBLE READING

*The Bible has the truth to convict, the power to correct, and the wisdom to direct.*

Here are some Bible reading plans that you may consider for your engagement in God’s word through 2022:

**Plan #1:** Read through the New Testament plus Psalms & Proverbs. The reading plan for this begins on page 5 of this booklet.

**Plan #2:** Read the four Gospels (Matthew, Mark, Luke John). With a total of 89 chapters, you could read the Gospels through four times in the year (reading one chapter/day). Augment your reading of the Gospels by reading one chapter each day through Psalms, then Proverbs (with a combined total of 181 chapters you could do this twice in the year).

**Plan #3:** The whole Bible in a year. A great idea that Donald Whitney shares in his good book: ‘Spiritual Disciplines for the Christian Life’ – “I begin in Genesis (the Law), Joshua (History), Job (Poetry), Isaiah (the Prophets), and Matthew (the New Testament) and read an equal number of chapters in each section...The great advantage of such a design is its variety.”

So, with 1,189 chapters in the Bible, reading 5 chapters/day (one in each of the five sections listed above) will take you 238 days, so that leaves some 'wiggle room' if you occasionally miss a day or for those days when you may only read 3 or 4 chapters. Go for it – it's do-able!

## Monthly Bible Memory

Psalm 119 honours and elevates God's Word. Commit to memorize these 12 awesome verses in 2022. For those of you with children, this is a great opportunity to grow their love for God's Word this year. Spend a few minutes right after supper or before bedtime taking God's Word into your hearts together. These 12 verses are from the New Living Translation:

**January:** Psalm 119:11 – I have hidden your word in my heart that I might not sin against you.

**February:** Psalm 119:18 – Open my eyes to see the wonderful truths in your instructions.

**March:** Psalm 119:28 – I weep with sorrow; encourage me by your word.

**April:** Psalm 119:37 – Turn my eyes from worthless things, and give me life through your word.

**May:** Psalm 119:50 – Your promise revives me; it comforts me in all my troubles.

**June:** Psalm 119:93 – I will never forget your commandments, for by them you give me life.

**July:** Psalm 119:101 – I have refused to walk on any evil path, so that I may remain obedient to your word.

**August:** Psalm 119:105 – Your word is a lamp to guide my feet and a light for my path.

**September:** Psalm 119:133 – Guide my steps by your word, so I will not be overcome by evil.

**October:** Psalm 119:143 – As pressure and stress bear down on me, I find joy in your commands.

**November:** Psalm 119:147 – I rise early, before the sun is up; I cry out for help and put my hope in your words.

**December:** Psalms 119:165 – Those who love your instructions have great peace and do not stumble.

# 5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



# New Testament, Psalms and Proverbs Reading Plan

Q1	Jan. 1	Matthew 1 Psalm 1	Jan. 20	Matthew 14:22-36 Psalm 20	Feb. 8	Matthew 25:1-30 Psalm 39
	Jan. 2	Matthew 2 Psalm 2	Jan. 21	Matthew 15:1-20 Psalm 21	Feb. 9	Matthew 25:31-46 Psalm 40
	Jan. 3	Matthew 3 Psalm 3	Jan. 22	Matthew 15:21-39 Psalm 22	Feb. 10	Matthew 26:1-25 Psalm 41
	Jan. 4	Matthew 4 Psalm 4	Jan. 23	Matthew 16 Psalm 23	Feb. 11	Matthew 26:26-44 Psalm 42
	Jan. 5	Matthew 5:1-26 Psalm 5	Jan. 24	Matthew 17 Psalm 24	Feb. 12	Matthew 26:44-75 Psalm 43
	Jan. 6	Matthew 5:27-48 Psalm 6	Jan. 25	Matthew 18:1-20 Psalm 25	Feb. 13	Matthew 27:1-31 Psalm 44
	Jan. 7	Matthew 6 Psalm 7	Jan. 26	Matthew 18:21-35 Psalm 26	Feb. 14	Matthew 27:32-66 Psalm 45
	Jan. 8	Matthew 7 Psalm 8	Jan. 27	Matthew 19:1-15 Psalm 27	Feb. 15	Matthew 28 Psalm 46
	Jan. 9	Matthew 8 Psalm 9	Jan. 28	Matthew 19:16-30 Psalm 28	Feb. 16	Mark 1:1-20 Psalm 47
	Jan. 10	Matthew 9:1-17 Psalm 10	Jan. 29	Matthew 20:1-16 Psalm 29	Feb. 17	Mark 1:21-45 Psalm 48
	Jan. 11	Matthew 9:18-38 Psalm 11	Jan. 30	Matthew 20:17-34 Psalm 30	Feb. 18	Mark 2 Psalm 49
	Jan. 12	Matthew 10:1-23 Psalm 12	Jan. 31	Matthew 21:1-22 Psalm 31	Feb. 19	Mark 3 Psalm 50
	Jan. 13	Matthew 10:24-42 Psalm 13	Feb. 1	Matthew 21:23-46 Psalm 32	Feb. 20	Mark 4:1-20 Psalm 51
	Jan. 14	Matthew 11 Psalm 14	Feb. 2	Matthew 22:1-22 Psalm 33	Feb. 21	Mark 4:21-41 Psalm 52
	Jan. 15	Matthew 12:1-21 Psalm 15	Feb. 3	Matthew 22:23-46 Psalm 34	Feb. 22	Mark 5:1-20 Psalm 53
	Jan. 16	Matthew 12:22-50 Psalm 16	Feb. 4	Matthew 23:1-22 Psalm 35	Feb. 23	Mark 5:21-43 Psalm 54
	Jan. 17	Matthew 13:1-33 Psalm 17	Feb. 5	Matthew 23:23-39 Psalm 36	Feb. 24	Mark 6:1-29 Psalm 55
	Jan. 18	Matthew 13:34-58 Psalm 18	Feb. 6	Matthew 24:1-28 Psalm 37	Feb. 25	Mark 6:30-56 Psalm 56
	Jan. 19	Matthew 14:1-21 Psalm 19	Feb. 7	Matthew 24:29-51 Psalm 38	Feb. 26	Mark 7:1-13 Psalm 57

# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	Feb. 27	Mark 7:14-37 Psalm 58		Mar. 18	Luke 1:1-25 Psalm 77		Apr. 6	Luke 11:1-28 Psalm 96
	Feb. 28	Mark 8:1-21 Psalm 59		Mar. 19	Luke 1:26-56 Psalm 78		Apr. 7	Luke 11:29-54 Psalm 97
	Mar. 1	Mark 8:22-38 Psalm 60		Mar. 20	Luke 1:57-80 Psalm 79		Apr. 8	Luke 12:1-34 Psalm 98
	Mar. 2	Mark 9:1-29 Psalm 61		Mar. 21	Luke 2 Psalm 80		Apr. 9	Luke 12:35-59 Psalm 99
	Mar. 3	Mark 9:30-50 Psalm 62		Mar. 22	Luke 3 Psalm 81		Apr. 10	Luke 13:1-21 Psalm 100
	Mar. 4	Mark 10:1-31 Psalm 63		Mar. 23	Luke 4:1-30 Psalm 82		Apr. 11	Luke 13:22-35 Psalm 101
	Mar. 5	Mark 10:32-52 Psalm 64		Mar. 24	Luke 4:31-44 Psalm 83		Apr. 12	Luke 14:1-24 Psalm 102
	Mar. 6	Mark 11:1-19 Psalm 65		Mar. 25	Luke 5:1-16 Psalm 84		Apr. 13	Luke 14:25-35 Psalm 103
	Mar. 7	Mark 11:20-33 Psalm 66		Mar. 26	Luke 5:17-39 Psalm 85		Apr. 14	Luke 15:1-10 Psalm 104
	Mar. 8	Mark 12:1-27 Psalm 67		Mar. 27	Luke 6:1-26 Psalm 86		Apr. 15	Luke 15:11-32 Psalm 105
	Mar. 9	Mark 12:28-44 Psalm 68		Mar. 28	Luke 6:27-49 Psalm 87		Apr. 16	Luke 16:1-18 Psalm 106
	Mar. 10	Mark 13:1-13 Psalm 69		Mar. 29	Luke 7:1-30 Psalm 88		Apr. 17	Luke 16:19-31 Psalm 107
	Mar. 11	Mark 13:14-37 Psalm 70		Mar. 30	Luke 7:31-50 Psalm 89		Apr. 18	Luke 17:1-19 Psalm 108
	Mar. 12	Mark 14:1-25 Psalm 71		Mar. 31	Luke 8:1-21 Psalm 90		Apr. 19	Luke 17:20-37 Psalm 109
	Mar. 13	Mark 14:26-50 Psalm 72	Q2	Apr. 1	Luke 8:22-56 Psalm 91		Apr. 20	Luke 18:1-17 Psalm 110
	Mar. 14	Mark 14:51-72 Psalm 73		Apr. 2	Luke 9:1-36 Psalm 92		Apr. 21	Luke 18:18-43 Psalm 111
	Mar. 15	Mark 15:1-20 Psalm 74		Apr. 3	Luke 9:37-62 Psalm 93		Apr. 22	Luke 19:1-27 Psalm 112
	Mar. 16	Mark 15:21-47 Psalm 75		Apr. 4	Luke 10:1-24 Psalm 94		Apr. 23	Luke 19:28-48 Psalm 113
	Mar. 17	Mark 16 Psalm 76		Apr. 5	Luke 10:25-42 Psalm 95		Apr. 24	Luke 20:1-26 Psalm 114

# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	Apr. 25	Luke 20:27-47 Psalm 115		May 14	John 6:1-21 Psalm 131		June 2	John 14 Psalm 150
	Apr. 26	Luke 21:1-19 Psalm 116		May 15	John 6:22-44 Psalm 132		June 3	John 15 Proverbs 1
	Apr. 27	Luke 21:20-38 Psalm 117		May 16	John 6:45-71 Psalm 133		June 4	John 16:1-15 Proverbs 2
	Apr. 28	Luke 22:1-30 Psalm 118		May 17	John 7:1-31 Psalm 134		June 5	John 16:16-33 Proverbs 3
	Apr. 29	Luke 22:31-53 Psalm 119:1-40		May 18	John 7:32-53 Psalm 135		June 6	John 17 Proverbs 4
	Apr. 30	Luke 22:54-71 Psalm 119:41-88		May 19	John 8:1-20 Psalm 136		June 7	John 18:1-24 Proverbs 5
	May 1	Luke 23:1-25 Psalm 119:89-136		May 20	John 8:21-36 Psalm 137		June 8	John 18:25-40 Proverbs 6
	May 2	Luke 23:26-56 Psalm 119:137-176		May 21	John 8:37-59 Psalm 138		June 9	John 19:1-22 Proverbs 7
	May 3	Luke 24:1-35 Psalm 120		May 22	John 9:1-23 Psalm 139		June 10	John 19:23-42 Proverbs 8
	May 4	Luke 24:36-53 Psalm 121		May 23	John 9:24-41 Psalm 140		June 11	John 20 Proverbs 9
	May 5	John 1:1-28 Psalm 122		May 24	John 10:1-21 Psalm 141		June 12	John 21 Proverbs 10
	May 6	John 1:29-51 Psalm 123		May 25	John 10:22-42 Psalm 142		June 13	Acts 1 Proverbs 11
	May 7	John 2 Psalm 124		May 26	John 11:1-16 Psalm 143		June 14	Acts 2:1-13 Proverbs 12
	May 8	John 3:1-21 Psalm 125		May 27	John 11:17-44 Psalm 144		June 15	Acts 2:14-47 Proverbs 13
	May 9	John 3:22-36 Psalm 126		May 28	John 11:45-57 Psalm 145		June 16	Acts 3 Proverbs 14
	May 10	Johnb 4:1-30 Psalm 127		May 29	John 12:1-19 Psalm 146		June 17	Acts 4:1-22 Proverbs 15
	May 11	John 4:31-54 Psalm 128		May 30	John 12:20-50 Psalm 147		June 18	Acts 4:23-37 Proverbs 16
	May 12	John 5:1-24 Psalm 129		May 31	John 13:1-20 Psalm 148		June 19	Acts 5:1-16 Proverbs 17
	May 13	John 5:25-47 Psalm 130		June 1	John 13:21-38 Psalm 149		June 20	Acts 5:17-42 Proverbs 18



# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	June 21	Acts 6 Proverbs 19		July 6	Acts 15:1-21 Psalm 3		July 21	Acts 23:12-35 Psalm 18
	June 22	Acts 7:1-19 Proverbs 20		July 7	Acts 15:22-41 Psalm 4		July 22	Acts 24 Psalm 19
	June 23	Acts 7:20-43 Proverbs 21		July 8	Acts 16:1-15 Psalm 5		July 23	Acts 25 Psalm 20
	June 24	Acts 7:44-60 Proverbs 22		July 9	Acts 16:16-40 Psalm 6		July 24	Acts 26 Psalm 21
	June 25	Acts 8:1-25 Proverbs 23		July 10	Acts 17:1-15 Psalm 7		July 25	Acts 27:1-26 Psalm 22
	June 26	Acts 8:26-40 Proverbs 24		July 11	Acts 17:16-34 Psalm 8		July 26	Acts 27:27-44 Psalm 23
	June 27	Acts 9:1-22 Proverbs 25		July 12	Acts 18 Psalm 9		July 27	Acts 28:1-16 Psalm 24
	June 28	Acts 9:23-43 Proverbs 26		July 13	Acts 19:1-20 Psalm 10		July 28	Acts 28:17-31 Psalm 25
	June 29	Acts 10:1-24 Proverbs 27		July 14	Acts 19:21-41 Psalm 11		July 29	Romans 1 Psalm 26
	June 30	Acts 10:25-48 Proverbs 28		July 15	Acts 20:1-16 Psalm 12		July 30	Romans 2 Psalm 27
<b>Q3</b>	July 1	Acts 11 Proverbs 29		July 16	Acts 20:17-38 Psalm 13		July 31	Romans 3 Psalm 28
	July 2	Acts 12 Proverbs 30		July 17	Acts 21:1-16 Psalm 14		Aug. 1	Romans 4 Psalm 29
	July 3	Acts 13:1-12 Proverbs 31		July 18	Acts 21:17-40 Psalm 15		Aug. 2	Romans 5:1-11 Psalm 30
	July 4	Acts 13:13-52 Psalm 1		July 19	Acts 22 Psalm 16		Aug. 3	Romans 5:12-21 Psalm 31
	July 5	Acts 14 Psalm 2		July 20	Acts 23:1-11 Psalm 17		Aug. 4	Romans 6 Psalm 32

# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	Aug. 5	Romans 7 Psalm 33		Aug. 23	1 Corinthians 6 Psalm 51		Sep. 10	2 Corinthians 3 Psalm 69
	Aug. 6	Romans 8:1-18 Psalm 34		Aug. 24	1 Corinthians 7:1-24 Psalm 52		Sep. 11	2 Corinthians 4 Psalm 70
	Aug. 7	Romans 8:19-39 Psalm 35		Aug. 25	1 Corinthians 7:25-40 Psalm 53		Sep. 12	2 Corinthians 5 Psalm 71
	Aug. 8	Romans 9 Psalm 36		Aug. 26	1 Cxinthians 8 Psalm 54		Sep. 13	2 Corinthians 6 Psalm 72
	Aug. 9	Romans 10 Psalm 37		Aug. 27	1 Corinthians 9 Psalm 55		Sep. 14	2 Corinthians 7 Psalm 73
	Aug. 10	Romans 11:1-21 Psalm 38		Aug. 28	1 Corinthians 10:1-13 Psalm 56		Sep. 15	2 Corinthians 8 Psalm 74
	Aug. 11	Romans 11:22-36 Psalm 39		Aug. 29	1 Corinthians 10:14-33 Psalm 57		Sep. 16	2 Corinthians 9 Psalm 75
	Aug. 12	Romans 12 Psalm 40		Aug. 30	1 Corinthians 11:1-16 Psalm 58		Sep. 17	2 Corinthians 10 Psalm 76
	Aug. 13	Romans 13 Psalm 41		Aug. 31	1 Corinthians 11:17-34 Psalm 59		Sep. 18	2 Corinthians 11:1-15 Psalm 77
	Aug. 14	Romans 14 Psalm 42		Sep. 1	1 Corinthians 12 Psalm 60		Sep. 19	2 Corinthians 11:16-33 Psalm 78
	Aug. 15	Romans 15:1-13 Psalm 43		Sep. 2	1 Corinthians 13 Psalm 61		Sep. 20	2 Corinthians 12 Psalm 79
	Aug. 16	Romans 15:14-33 Psalm 44		Sep. 3	1 Corinthians 14:1-19 Psalm 62		Sep. 21	2 Corinthians 13 Psalm 80
	Aug. 17	Romans 16 Psalm 45		Sep. 4	1 Corinthians 14:20-40 Psalm 63		Sep. 22	Galatians 2 Psalm 81
	Aug. 18	1 Corinthians 1 Psalm 46		Sep. 5	1 Corinthians 15:1-32 Psalm 64		Sep. 23	Galatians 2 Psalm 82
	Aug. 19	1 Corinthians 2 Psalm 47		Sep. 6	1 Corinthians 15:33-58 Psalm 65		Sep. 24	Galatians 3 Psalm 83
	Aug. 20	1 Corinthians 3 Psalm 48		Sep. 7	1 Corinthians 16 Psalm 66		Sep. 25	Galatians 4 Psalm 84
	Aug. 21	1 Corinthians 4 Psalm 49		Sep. 8	2 Corinthians 1 Psalm 67		Sep. 26	Galatians 5 Psalm 85
	Aug. 22	1 Corinthians 5 Psalm 50		Sep. 9	2 Corinthians 2 Psalm 68		Sep. 27	Galatians 6 Psalm 86

# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	Sep. 28	Ephesians 1 Psalm 87		Oct. 15	1 Thessalonians 4 Psalm 104		Nov. 1	Titus 3 Psalm 119:89-136
	Sep. 29	Ephesians 2 Psalm 88		Oct. 16	1 Thessalonians 5 Psalm 105		Nov. 2	Philemon 1 Psalm 119:137-176
	Sep. 30	Ephesians 3 Psalm 89		Oct. 17	2 Thessalonians 1 Psalm 106		Nov. 3	Hebrews 1 Psalm 120
<b>Q4</b>	Oct. 1	Ephesians 4 Psalm 90		Oct. 18	2 Thessalonians 2 Psalm 107		Nov. 4	Hebrews 2 Psalm 121
	Oct. 2	Ephesians 5 Psalm 91		Oct. 19	2 Thessalonians 3 Psalm 108		Nov. 5	Hebrews 3 Psalm 122
	Oct. 3	Ephesians 6 Psalm 92		Oct. 20	1 Timothy 1 Psalm 109		Nov. 6	Hebrews 4 Psalm 123
	Oct. 4	Philippians 1 Psalm 93		Oct. 21	1 Timothy 2 Psalm 110		Nov. 7	Hebrews 5 Psalm 124
	Oct. 5	Philippians 2 Psalm 94		Oct. 22	1 Timothy 3 Psalm 111		Nov. 8	Hebrews 6 Psalm 125
	Oct. 6	Philippians 3 Psalm 95		Oct. 23	1 Timothy 4 Psalm 112		Nov. 9	Hebrews 7 Psalm 126
	Oct. 7	Philippians 4 Psalm 96		Oct. 24	1 Timothy 5 Psalm 113		Nov. 10	Hebrews 8 Psalm 127
	Oct. 8	Colossians 1 Psalm 97		Oct. 25	1 Timothy 6 Psalm 114		Nov. 11	Hebrews 9 Psalm 128
	Oct. 9	Colossians 2 Psalm 98		Oct. 26	2 Timothy 1 Psalm 115		Nov. 12	Hebrews 10:1-18 Psalm 129
	Oct. 10	Colossians 3 Psalm 99		Oct. 27	2 Timothy 2 Psalm 116		Nov. 13	Hebrews 10:19-39 Psalm 130
	Oct. 11	Colossians 4 Psalm 100		Oct. 28	2 Timothy 3 Psalm 117		Nov. 14	Hebrews 11:1-16 Psalm 131
	Oct. 12	1 Thessalonians 1 Psalm 101		Oct. 29	2 Timothy 4 Psalm 118		Nov. 15	Hebrews 11:17-40 Psalm 132
	Oct. 13	1 Thessalonians 2 Psalm 102		Oct. 30	Titus 1 Psalm 119:1-40		Nov. 16	Hebrews 12 Psalm 133
	Oct. 14	1 Thessalonians 3 Psalm 103		Oct. 31	Titus 2 Psalm 119:41-88		Nov. 17	Hebrews 13 Psalm 134

# New Testament, Psalms and Proverbs Reading Plan

	Day	Reading		Day	Reading		Day	Reading
	Nov. 18	James 1 Psalm 135		Dec. 6	2 John 1 Proverbs 3		Dec. 24	Revelation 16 Proverbs 23
	Nov. 19	James 2 Psalm 136		Dec. 7	3 John 1 Proverbs 4		Dec. 25	Revelation 17 Proverbs 24
	Nov. 20	James 3 Psalm 137		Dec. 8	Jude 1 Proverbs 5		Dec. 26	Revelation 18 Proverbs 25 & 26
	Nov. 21	James 4 Psalm 138		Dec. 9	Revelation 1 Proverbs 6		Dec. 27	Revelation 19:1-10 Proverbs 27
	Nov. 22	James 5 Psalm 139		Dec. 10	Revelation 2 Proverbs 7		Dec. 28	Revelation 19:11-21 Proverbs 28
	Nov. 23	1 Peter 1 Psalm 140		Dec. 11	Revelation 3 Proverbs 8		Dec. 29	Revelation 20 Proverbs 29
	Nov. 24	1 Peter 2 Psalm 141		Dec. 12	Revelation 4 Proverbs 9 & 10		Dec. 30	Revelation 21 Proverbs 30
	Nov. 25	1 Peter 3 Psalm 142		Dec. 13	Revelation 5 Proverbs 11		Dec. 31	Revelation 22 Proverbs 31
	Nov. 26	1 Peter 4 Psalm 143		Dec. 14	Revelation 6 Proverbs 12			
	Nov. 27	1 Peter 5 Psalm 144		Dec. 15	Revelation 7 Proverbs 13			
	Nov. 28	2 Peter 1 Psalm 145		Dec. 16	Revelation 8 Proverbs 14			
	Nov. 29	2 Peter 2 Psalm 146		Dec. 17	Revelation 9 Proverbs 15			
	Nov. 30	2 Peter 3 Psalm 147		Dec. 18	Revelation 10 Proverbs 16			
	Dec. 1	1 John 1 Psalm 148		Dec. 19	Revelation 11 Proverbs 17			
	Dec. 2	1 John 2 Psalm 149		Dec. 20	Revelation 12 Proverbs 18 & 19			
	Dec. 3	1 John 3 Psalm 150		Dec. 21	Revelation 13 Proverbs 20			
	Dec. 4	1 John 4 Proverbs 1		Dec. 22	Revelation 14 Proverbs 21			
	Dec. 5	1 John 5 Proverbs 2		Dec. 23	Revelation 15 Proverbs 22			

**PRAY  
ALWAYS**

Prayer Guide

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Dear Eaglemont Family,

As pastoral leaders, we long to grow in prayer in our own lives and also to be a part of a church family where prayer increasingly becomes a priority and a lifestyle. 'Pray Always' means that at the beginning of every day we dedicate some time to talk and listen to God and to commit everything about our life and our day to Him. It also means that there is ongoing communication and dialogue with God as we talk to Him and as we endeavour to listen to His promptings throughout each day. Then the last conversation we have before we lay down at night is with our loving Heavenly Father. This is what it practically means when it says, "**Pray without ceasing**" in I Thessalonians 5:17.

Understanding prayer as 'praying always' and as constant conversation with our loving Heavenly Father is life giving. Some of the prayer 'tools' we are offering here can help our prayer life be more personal and vibrant. When you discover the beauty of daily and ongoing conversation with God, you'll experience His life-changing presence in new ways.

There is an old saying, "Prayer changes everything". That is true but mostly prayer changes me, and that's what I need most!

Pastor Marlo Jenkins

## HOW TO USE THIS PRAYER GUIDE

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We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us connect to Him in deeper ways and experience more meaningful conversation.

The various prayer models and ideas shared here are just that - ideas. They are tools. Some you may find helpful, some maybe not, and that's OK. Maybe you want to select one to engage with for a week and then move on to try a different one. For those who are just learning the basics of prayer, these tools can help equip you so that eventually your conversation with God becomes more 'natural'. Remember, 'conversation' with God involves us talking and listening.

Get started by setting aside some dedicated time to spend with God and then choose one of the prayer models or tools in this guide to try (or a different one you may be aware of). If your mind wanders, use the model to bring your focus back to talking and listening to God.

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 could do things like write your prayer requests out to God in a journal, play worship music, and write notes on what you sense God is saying to you about various aspects of your life.

Praying always, throughout the various moments of our day, is important. However, it is also important to set aside dedicated time each day to be alone with God in prayer (and reading His Word).

Developing a vibrant prayer life that becomes a consistent part of our daily life does take commitment, but we must remember that it's a 'get to' not a "got to." It's a privilege to be able to talk to and/or listen to God in prayer, at any moment of any day.



## CREATING A LIFESTYLE OF PRAYER

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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. Jesus is our example, as always, to show us how to develop a lifestyle of prayer. Even though we can talk with God at any time as we go about our day (and that's a very good thing to create as a 'habit') it's still important to:

### HAVE A SPECIFIC TIME FOR PRAYER

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily 'appointment' with God and endeavour to build consistency in that commitment.

### HAVE A SPECIFIC PLACE FOR PRAYER

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 SPECIFIC PLAN FOR PRAYER

When Jesus taught His disciples how to pray, He gave them a prayer tool'. We call it "The Lord's Prayer." This tool, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary. It doesn't always have to look the same, but a plan can help to create a spiritually healthy habit in our times of regular conversation with God.

# THE LORD'S PRAYER

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The Lord's Prayer is not intended to be recited as some type of ritual. It's intended to provide an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live in dependence upon Him.

This prayer model, based on the Lord's Prayer, shows 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 NK JV [Read it in other Bible translations as well]

## 1. 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

Spend a moment or two thanking God for the personal relationship He has offered you, through Christ. Address Him lovingly as your Father, thanking Him that you are His child.

**PRAYER:**

*Use your own words to express a prayer like this:*

"Father, I come to You in prayer today, very 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."

## 2. WORSHIP HIS NAME

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### "Hallowed Be Your Name"

God loves when we worship Him because He knows what it will do for us. There is power in His name and in worship we can focus on 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 brings healing to our bodies

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:**

*Use your own words to express a prayer like this:*

"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."

### 3. 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 and loving who He loves. 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 spiritually lost
- Wisdom and guidance for those in authority –  
parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love in His body
- Justice & freedom for those in bondage
- Accomplishing His purpose in our lives

PRAYER:

*Use your own words to express a prayer like this:*

“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 or direction 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 Saviour. Empower me and give me wisdom as I show and share you with my friends and family who do not know you personally. I pray for the leaders in my life (*pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life*), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world - that those

who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the priorities of heaven be carried out on earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.”

#### 4. 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. 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:

*Use your own words to express a prayer like this:*

“Father, I acknowledge that everything I need today comes from You. You made the heavens and the earth by your great power. You are more than capable of handling any situation I’m dealing with, so I give each of them to You completely (*specifically talk to God about what is on your mind and heart right now and give it to Him*). I place my trust in 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.”

## 5. 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 hurt or offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER:

*Use your own words to express a prayer like this:*

“God, thank You so much for offering me Your 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 and mercy.

As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

## 6. 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 (John 10:10). 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 spiritual struggle happening in your life. Ask God 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 that if we resist the devil, he will flee from us (James 4:7). Through prayer, we can resist him and walk forward in freedom.

PRAYER:

*Use your own words to express a prayer like this:*

“God, I recognize that my struggles 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 (II Corinthians 10:4-5), and make all of my thoughts obedient to the truth of Your Word (*list out an 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 (Isaiah 54:17). 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 (I John 4:4).”

## 7. 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

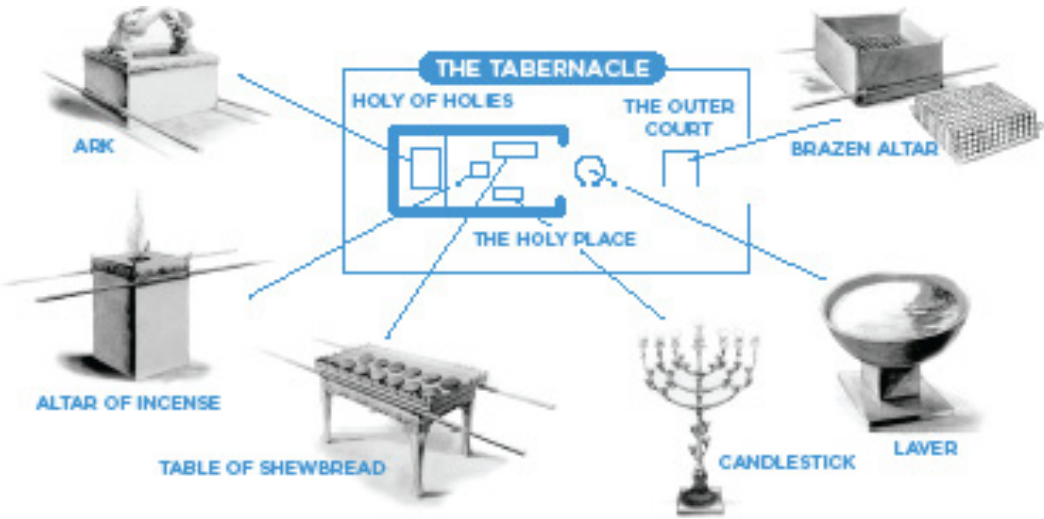
**PRAYER:**

*Use your own words to express a prayer like this:*

“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 ultimately be complete. You are amazing, and I worship You. I praise You for Your power, grace, 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.

# 1. 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 in your journal, sing songs of praise (or listen to a worship song you love), or just take some quiet moments reflecting on things you are grateful for and spend time thanking and praising God.

## PRAYER:

*Use your own words to express a prayer like this:*

“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, or write an expression of thanksgiving to Him in your journal*). 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 (Lamentations 3:22-23). I thank you for Who You are and all You have done for me.”

## 2. 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 sacrificial death on the cross for us.

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:

*Use your own words to express a prayer like this:*

“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 to have a personal and eternal relationship with You. I praise You for being my Healer. You have power over all sickness in my body (*list specific areas where you need to experience God's healing power*). Thank You for being my Redeemer

(in other words, He has ‘purchased’ us; we belong to Him). 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 – Galatians 5:22-23) 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*).”

### 3. THE LAVER

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#### CLEANSING AND PREPARING

The next step in the Tabernacle was a ‘laver,’ which 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

In the Old Testament the sacrificial system only temporarily covered sin, but because of what Jesus did on the cross, we are completely clean when we confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely repent (turn away) from your sins and allow God to cleanse and renew you. Then, express your ongoing commitment to surrender your life and every part of yourself to Him.

#### PRAYER:

*Use your own words to express a prayer like this:*

“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 that you would help me display love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in my life in increasing ways.”

## 4. 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. 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 to be His witness in our world.

### PRAYER:

*Use your own words to express a prayer like this:*

“Holy Spirit, I ask You to fill me up. I need Your presence in my life, empowering, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and God the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear (reverence 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*). Please empower me with Your spiritual gifts to strengthen the Church and to help serve people every day.

## 5. THE TABLE OF SHEWBREAD

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### THE WORD OF GOD

In the Tabernacle there was a table with twelve loaves of bread which 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. The Bible has great relevance and impact in our prayer life. Here is how you can incorporate God's Word into your prayer time:

- a. Take time to read and think about what is actually being said in the portion of the Bible you are reading
- b. Claim God's many great promises for your life and the world around you
- c. Ask Him for fresh illumination/understanding of His Word that you are reading
- d. Ask the Holy Spirit for a specific word of wisdom, encouragement, or guidance to help you as you go into your day
- e. Ask God to show you how to apply His Word in your daily life

**PRAYER:**

*Use your own words to express a prayer like this:*

“Thank You, God, for giving me Your Word. I commit to read it and prayerfully take time to meditate upon it. 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 prayerfully ponder 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 understanding from Your Word today and every day! Help me apply it so I can be Your representative for love and righteousness in the world.”

## 6. 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 worked in your life.

**PRAYER:**

*Use your own words to express a prayer like this:*

“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.”

## 7. 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.

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
- Those who are marginalized – those suffering injustice, the poor, the widowed, the weak



- Your family - both immediate and extended family members
- Your church - pastors, Small Group leaders, members, and global workers
- Your community - people in your city, nation, and world
- Your relationships - friends, co-workers, acquaintances
- Your adversaries – those with whom you disagree

**PRAYER:**

*Use your own words to express a prayer like this:*

“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, our government leaders, the leaders in my family, and my employers (*pray for these people by name*). Please give them wisdom and grace. Watch over and protect them and help them to know and love You more.

I also ask You to watch over those who are marginalized in my nation and in my community. Our world is desperate for justice and reconciliation. Please meet the needs of the poor, the widowed, the weak, and those suffering injustice (*pray specifically for people you know who need help, advocacy, and intervention*). Show me how I can be Your hands and feet to those who are hurting.

Heavenly Father, I lift my family up to You in prayer today. Bless them in Your own wise and loving ways. May they sense Your nearness every day (*pray for any specific needs in your family right now*). For those in my family who don’t know You, please meet them where they are and guide their hearts toward You.

I ask You to watch over my church, God. Give our pastors and leaders wisdom and strength in their roles that You have called them to fulfill in Your church. Please bless every ministry in Eaglemont Church. May our church family be known as a place who truly loves one another. I pray that You will bring the spiritually lost to hear Your good news message through our church and that they will surrender their lives to You and come to know You personally. Keep our church’s vision

rooted in Your Great Commandment (to love God and love people) and in Your Great Commission (to disciple people).

I ask You to work in my city and in Canada as You see best. I pray for justice and peace to be evident as people turn to You.

I pray for everyone who will cross paths with me today. May they see Your love and light in my life. I lift up my friends, neighbours, and coworkers. I thank You for them and pray for Your blessing over them (*pray for any specific needs of others*). I also pray for my adversaries, as the Bible teaches. Let me be a bridge through which You can bring unity and reconciliation.

Lastly, God, I ask You to provide for my needs, as You have promised to do (Philippians 4:19). 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, and everything that causes me anxiety, at Your feet. Thank You for loving me, choosing me, and calling me Yours.

Amen.”

# PRAYING SCRIPTURE

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The Word of God is one of the most valuable tools we have to build a dynamic and life-giving 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:

*Use your own words to express a prayer like this:*

“God, You are my Provider, and I know You will take care of me and those I love. 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, giving 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 and source of strength to me. I know that You are preparing the way for me You are there to lead me in the way and places You want me to walk. I know that You have blessed me in so many ways. 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:**

*Use your own words to express a prayer like this:*

“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 choosing to draw 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.”

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**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:**

*Use your own words to express a prayer like this:*

“Father God, I ask You to search my heart. If You find anything in me that is offensive to You and that I need to repent of, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that positively impacts eternity.”

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SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAYER:

*Use your own words to express a prayer like this:*

“Your Word tells me that if I seek You first and seek the things that are priorities to You, You will lead me and provide everything I need in my life in every way. I am Yours, God, and I give this day to You. Help me to focus on Your priorities first - sharing Your love, making Your message of love and grace known and displaying Your character in my world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace in return.”

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SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.

JAMES 4:10

PRAYER:

*Use your own words to express a prayer like this:*

“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*). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and guide everything about my day.”

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## SCRIPTURE:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

1 TIMOTHY 1:7

## PRAYER:

*Use your own words to express a prayer like this:*

“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 stability, that You give, fill me. Help me to look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear in my life. I receive the truth that You have given me a sound and healthy mind.”

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## 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:

*Use your own words to express a prayer like this:*

“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 (*talk to God about the specific situations that are causing you difficulty or pain*). I know that Your ultimate ‘good’ in my life is for me to become more like Jesus in my character. I know that as I continue to trust You through the difficulties I’m facing, Your ‘good’ will increasingly come about in my life. Help me to trust You in and through all of this. Even in situations that may seem hopeless, I know You are working for Your ultimate good in my life. Thank You for having a purpose for me and for working all my life circumstances for good.”

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**SCRIPTURE:**

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

PSALM 62:8

**PRAYER:**

*Use your own words to express a prayer like this:*

“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 I can bring to You. 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 and mind 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.”

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**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:**

*Use your own words to express a prayer like this:*

“Lord, I believe You have everything I need and You want to bless me in Your own wise and loving ways. You tell me in Your Word that You will open the heavens to bless the work I do in humble service to You. 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 Your blessing in anything I do for the honour of Your name (*surrender specific efforts to Him*). May it be for Your glory alone so that others may see Your power and goodness at work.”

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**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:**

*Use your own words to express a prayer like this:*

“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—for that 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. Thank You that this truth will help me to serve and honour You more faithfully with the way I live the life You have given me.”

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**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:**

*Use your own words to express a prayer like this:*

“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 nothing can overcome me and that any accusations that Satan tries to bring against me will be silenced. This truth is verified by Your love and saving power in my life.”

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## 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:

*Use your own words to express a prayer like this:*

“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; confess the things or people you have been trying to control*).

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. Thank You so much for Your gift of peace.”

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## 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

*NOTE: These words from Jeremiah can sometimes be applied without an understanding of the context at the time. Remember that these words were spoken to people in the midst of hardship and suffering; people who were likely desiring an immediate rescue. But God’s response, in this context, is not to provide immediate escape from the difficult situation.*

*Rather, God promises that He has a plan to prosper them in the midst of their current and difficult situation. Christians can take comfort in these biblical words that even though there might not be an immediate rescue from difficulty, this is a promise that God still has a plan for our lives. Regardless of our current situation, He can work through it to prosper us [in the ways He defines “prospering”] and to give us a hope and a future. [Taken from <https://www.gcu.edu/blog/theology-ministry/theology-thursday-god-has-plan-jeremiah-2911-context/>]*

#### PRAYER:

*Use your own words to express a prayer like this:*

“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 best plans for my life and future.”

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#### SCRIPTURE:

“Never will I leave you; never will I forsake you.”

HEBREWS 13:5

#### PRAYER:

*Use your own words to express a prayer like this:*

“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.”

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**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:**

*Use your own words to express a prayer like this:*

“Lord Jesus, I am so tired and worn out (*tell God the areas where 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.”

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**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:**

*Use your own words to express a prayer like this:*

“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.”

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**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:**

*Use your own words to express a prayer like this:*

“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 and what 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.”

# THE PRAYER OF JABEZ

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Jabez cried out to the God of Israel, “Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.

1 CHRONICLES 4:10

The Prayer of Jabez is a helpful model of a prayer we can pray any time.

## 1. BLESSING

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Jabez begins his prayer by asking God for His blessing. We need more of God’s blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, and greater understanding so that we can bless others with what God has given us. James 4:2-3 tells us, “You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.” God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and we get His attention when we ask for blessing with the motivation to help others.

“Oh, that You would bless me...”

1 CHRONICLES 4:10

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

### PRAYER:

*Use your own words to express a prayer like this:*

“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to

give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the Church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honour You. I ask You to help me grow in understanding of Your truth and Your heart for people so I can do my part to bring Your Kingdom to earth. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people."

## 2. INFLUENCE

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Next, Jabez asks for more influence. As God's blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His name.

"Enlarge my territory..."

1 CHRONICLES 4:10

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory. Ask Him for boldness to take the steps He lays out for you.

PRAYER:

*Use your own words to express a prayer like this:*

"God, make me effective in my sphere of influence, and open new doors for me to be able to impact and reach even more people for Your glory. Give me a heart to make a difference in the lives of people I have never reached out to before and boldness to walk in obedience to Your calling. Help me to be a good steward of the responsibility You've entrusted to me. I pray for greater territory to impact for Your glory."

### 3. PRESENCE

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In order to have lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

"Let Your hand be with me..."

1 CHRONICLES 4:10

In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your life today.

#### PRAYER:

*Use your own words to express a prayer like this:*

"Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You."

### 4. PROTECTION

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Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. Jesus has already won the victory, so we don't need to fear what Satan may try to bring our way. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

"Keep me from harm"

1 CHRONICLES 4:10

Trust God to protect you. Remember that as we consider the whole of the Bible, this prayer for “protection” doesn’t mean you will be immune to difficulties or pain in your life in this broken world. Sadly, North American Christianity has often become about loving and acquiring “comfort & ease.” That type of Christianity hasn’t been the case for most Christians in most of the world today and throughout history. For some further perspective, read the Apostle Paul’s list of difficulties he faced (II Corinthians 11:23-33; 12:7-10; then read II Corinthians 4:8-18). The primary meaning of Jabez’s prayer request for us as New Testament Christians is that we experience protection from the “schemes” of Satan (Ephesians 6:11) intended to stop us from serving God and derailing us spiritually. The greatest prayer for “protection” we can pray has to do with this.

**PRAYER:**

*Use your own words to express a prayer like this:*

“God, as I walk out the purpose You have for my life, I pray that You will protect me from every attack of the enemy. Help me to resist the enemy’s temptations and lies. You said if I resist him, he will flee (James 4:7). Empower me to never allow Satan to get any kind of ‘foothold’ or advantage in my heart and life (Ephesians 4:27). The One who is in me is greater than the one who is in the world (I John 4:4), so I have nothing to fear. Thank You, Heavenly Father.”



# WARFARE PRAYERS

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Prayer is primarily communion with God, but it is also confronting God's enemy, and ours, Satan. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the "Sword of Truth" to defend Himself from the enemy's attacks and to combat Satan's lies that the enemy brought to Him.

The term "spiritual warfare" simply means that there is a struggle between God and Satan over the eternal soul of every human being – yours, mine, those we love, and everyone in our world.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

## THE ARMOR OF GOD

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Based on Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armour and equips us for the spiritual battles that will come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. 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. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EPHESIANS 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armour described in Ephesians 6.

#### PRAYER:

*Use your own words to express a prayer like this:*

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth in each step I take in life. I choose to live for the Gospel in every moment. Show me where You are working and lead me accordingly. Give me strength to walk daily and faithfully with You. I believe that You are powerful against every lie and attack of Satan and I receive Your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the attempts of the enemy to ensnare me. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

## THE WEAPONS OF WARFARE

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Based on 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. Through the blood of Jesus, and the power of His name, God has given us victory and power to fight.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

1 CORINTHIANS 10:4-5

Anything that Satan attempts to use to trip you up spiritually or cause you to doubt God's love for you, or anything he uses to try and pull you away from God, can be overcome and dismantled in your life by speaking God's word and commanding the enemy to bow at the name of Jesus. Take a bold stand and call out his lies through declaring biblical truth. Confidently know that with God's armour you are equipped to effectively engage in spiritual battles like this through God's Word and the power of His Spirit.

**PRAYER:**

*Use your own words to express a prayer like this:*

“Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17). I declare in Jesus' name that Satan has no power over me that I don't give him. I declare in the name of Jesus that I am spiritually protected by trusting You. I stand on Your Word. The enemy is driven away from me. I declare that he is not able to gain a 'foothold' in my life. I declare these truths in the name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow in submission to the powerful name of Jesus. Father God, I give You all of my thanksgiving and praise. I give You the honour You are so worthy of and I worship You in deepest sincerity and love. Thank You for loving me, making me clean, and giving me purpose.

## PROTECTION PRAYER

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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 physical safety and protection. That's understandable, because who likes to suffer or see loved one suffer? God will help us. He will heal our body and provide miraculously for us. He will help us in and through any situation we may face. However, just because we are Christ-followers does not keep us from facing difficulties, disappointments, or pain in life. We live in a broken world that God is redeeming, and will redeem fully one day. Until then, praying for spiritual protection is of primary concern so that no matter what we face in life (that God CAN and WILL help us with) we know we will faithfully remain in Christ through to the end.

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. Trust Him for His protection and guidance in Your life. Lay everything down before Him trusting His good plans and His power over Your life and eternity and over the lives and eternities of those you love.

### PRAYER:

*Use your own words to express a prayer like this:*

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus, to be in Your eternal family. 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. May the mind of Christ protect me and those I love. May we all be fortified in our hearts and minds against the lies and destructive plans of Satan. All I am and all I have belongs to You – I declare that to be so! Satan will not be able to take what You have given. Thank You that we are protected and provided for by You, the Creator of the universe.”

## CONFESSION PRAYER

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

Our sin separates us from God, but Jesus made a way for us to be reunited eternally with God by cleansing our sin when He died on the cross, and proved His power to forgive us by rising from the dead. In confession and repentance we receive God's gift of salvation. Confessing and repenting of sin is something we continue to do as Christ-followers. By coming clean and repenting before God, He is able to work in our lives and continue to transform us to be more like Jesus in our character.

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

Without fear of condemnation, come humbly and sincerely to God, confessing your sin regularly. Whether your sin is "big" or "small," 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 that the blood of Jesus washes your heart and mind clean and makes you new. Confessing your sin to another Christ-follower that you trust will also help you gain freedom, especially with sins that continue to trip you up. It's what James 5:16 refers to. Confessing to a fellow Christian does not bring forgiveness (only confessing to God brings that), but it does help bring ongoing freedom from sin, as a loving Christian friend will encourage you, pray for you, and hold you accountable in your growth in Christ.

PRAYER:

*Use your own words to express a prayer like this:*

"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 back to You through 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.”

## FORGIVENESS PRAYER

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Based on Matthew 6:14-15; Leviticus 19:18

Forgiving those who hurt or wrong us can be challenging, but God freely forgives us and expects that we will do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

MATTHEW6:14-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord and in your heart 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.

### PRAYER:

*Use your own words to express a prayer like this:*

“Lord, I have a confession to make. I have harbored bitterness in my heart. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (*name them*). Thank You for creating a new heart in me so I can forgive others, in the name of Jesus.”

## PRIDE PRAYER

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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:

*Use your own words to express a prayer like this:*

“Father God, I come to You in the Name of Jesus. I know pride keeps me from You. I confess anything that would cause me to have pride in my heart in dealing with other people. Help me recognize where I lack knowledge and understanding of prideful ways in my life or thinking. God, I ask You to remind me 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.*

## HEALING PRAYER

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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 Jesus perform miraculous healing today. He is our healer, and He has invited us to seek Him for healing for ourselves or others.

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:**

*Use your own words to express a prayer like this:*

“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 humbly ask for Your healing touch. 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*). I know that nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen.”

**MARRIAGE PRAYER**


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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 be committed and 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 honour 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.



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. Ask Him to help you serve your spouse and consistently put their needs above your own. 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:**

*Use your own words to express a prayer like this:*

“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 honour, 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 express 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. This is our sincere prayer for the glory of Jesus.”

## RACIAL RECONCILIATION PRAYER

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Based on Ephesians 4:3-6; Mark 12:28-31; Psalm 139:23-24

God created every person in His image on purpose and for a purpose. We are all unique and have value in the eyes of God. As Christians, we are to love others as God loves them. We are to seek to serve others, so it's important for us to see the value that each person brings to the world. We need to do our part to foster reconciliation and ensure we display Christ's character by treating every single person with dignity, respect, and honour. As followers of Jesus, we have been commanded to do everything we can to promote peace. We are called to serve Him by loving and serving others in a spirit of unity.

Make every effort to keep the unity of the spirit through the bond of peace. There is one body and one spirit, just as you were called to one hope when you were called; One Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

EPHESIANS 4:3-6

Recognize the presence of racism in our world, and bring it before God today. Thank Him for creating every person in His image and for a purpose. Ask Him to help you embrace your unique design and the uniqueness of others. Pray for eyes to see the ways inequality is at work in the world around you, and pray for boldness to display love and foster unity in the face of injustice. Ask the Holy Spirit to bring to mind any ways you have failed Him by not honouring someone as God's creation or times when you have not shown the love of Christ to someone. Ask for forgiveness, and trust God to help you grow and become someone who loves unconditionally and who works for relational reconciliation.

**PRAYER:**

*Use your own words to express a prayer like this:*

"Father, I recognize that You created every person in Your image and that You have great purpose for each of us. I ask You to help me see every person as You see them. Help me to love others with the unconditional love of Jesus and to make

every effort to promote peace, unity, and equality for all people. Forgive me for the times that I have not valued others or spoken up for what is right. Give me boldness to confront inequity when I see it and to honour others in my thoughts, words, and actions. Help me to love my neighbour as myself and to be an ambassador for reconciliation. I ask You to break the spirit of racism wherever it exists in our nation or in our hearts, in Jesus' name."

# PRAYING FOR THOSE WHO NEED GOD

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God desires everyone to know Him. He says in His Word that He would leave the ninety-nine to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him in showing and sharing His good news message with those who don't yet know Jesus. We must also be committed to regularly praying for those who don't know God personally.

## 1. ASK THE FATHER TO DRAW THEM TO JESUS

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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:

*Use your own words to express a prayer like this:*

“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 that lovingly calls out to them.”

## 2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

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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:

*Use your own words to express a prayer like this:*

“Father, bind the evil one who works to blind the minds of 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 surrender their lives to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus.”

## 3. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

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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,” into His eternal family. Praying for people to have personal encounters with the living God makes a huge difference.

**PRAYER:**

*Use your own words to express a prayer like this:*

“Father, I pray that people will understand how much You love them. May many people in my world and in my sphere of influence desire a personal relationship with You as they observe my life. Please stir a deep longing in their hearts to want to know You personally, Heavenly Father. May they hear Your voice calling them into Your eternal family. Let them know You offer them Your gift of grace, and may they humbly receive it.”

#### 4. PRAY FOR BELIEVERS TO CROSS THEIR PATHS

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This is twofold: we can pray for other Christians to influence the people around them positively, and we must also look for opportunities to influence others positively ourselves. God’s plan to reach people involves those who already know and love Him. Jesus calls all of us, as His disciples, to pray for people to go into the world as “salt and light” (Matthew 5:13-16). Jesus 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 harvesters,” 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 them to Christ.

**PRAYER:**

*Use your own words to express a prayer like this:*

“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. This is my desire and prayer.”

## 5. PRAY THAT THE SPIRIT OF WISDOM AND ILLUMINATION OF TRUTH COME UPON THOSE WHO DON'T YET KNOW CHRIST

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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 or illumination that only comes from the Holy Spirit.

**PRAYER:**

*Use your own words to express a prayer like this:*

“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, spiritual insights from You, and the experiences needed to come to You, so they can understand all You have for them.”

# 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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PRIME MINISTER \_\_\_\_\_

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

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PREMIER & PROVINCIAL LEADERS \_\_\_\_\_

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

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## MY FAMILY

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## MY CHURCH

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PASTOR \_\_\_\_\_

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

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

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## MY LIFE

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EMPLOYER \_\_\_\_\_

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

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EMPLOYEES \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

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## THOSE WHO NEED GOD

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