

# HOW TO PRAY THROUGHOUT YOUR DAY

40 Days of Prayer - The King's Chapel – October 7, 2018

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*“Pray at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.”*

**Ephesians 6:18 (ESV)**

## BY DEVELOPING TWO HABITS:

1. \_\_\_\_\_

*“Pray at all times in the Spirit”*

**Ephesians 6:18 (ESV)**

*“Pray without ceasing.” (Pray all the time!)*

**1 Thessalonians 5:17 (ESV)**

2. \_\_\_\_\_

*“Seven times a day I praise You for Your righteous rules.”*

**Psalm 119:164 (ESV)**

## A DAILY SCHEDULE BUILT ON THE LORD'S PRAYER (MATTHEW 6:9-13):

1. (THANKSGIVING) \_\_\_\_\_

*(Jesus said) “Your Father knows what you need before you ask Him. Pray then like this: ‘Our Father in heaven’...”*

*“Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.”*

**James 1:17 (ESV)**

**I thank my Father in heaven for his consistent love & I recall**

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2. (PRAISE) \_\_\_\_\_

*“Hallowed be Your name...”*

*“Every day I will bless You and praise Your name forever and ever.”*

**Psalm 145:2 (ESV)**

I review God's names and \_\_\_\_\_

**GOD SAYS “I AM . . .”**

**Abba:** Loving Father!

**El Deah:** God Who Knows Everything!

**Jehovah-Rapha:** God Who Heals You!

**El Shaddai:** God Almighty – with all the power you need!

*“And those who know Your name put their trust in You, for You, O Lord, have not forsaken those who seek You.”*

**Psalm 9:10 (ESV)**

**3. (DEDICATION)** \_\_\_\_\_

*“Your kingdom come, Your will be done, on earth as it is in heaven.”*

**I align myself with God’s** \_\_\_\_\_ **for my life.**

*“But seek first the Kingdom of God and His righteousness, and all these things will be added to you.”*

**Matthew 6:33 (ESV)**

**4. (PETITION)** \_\_\_\_\_

*“Give us this day our daily bread.”*

**I ask for** \_\_\_\_\_ **I need. (Petition)**

*“You can ask for anything in My name”*

**John.14:13 (NLT)**

**I ask for what** \_\_\_\_\_ **(Intercession)**

*“far be it from me that I should sin against the Lord by ceasing to pray for you”*

**1 Samuel 12:23 (ESV)**

*“His divine power has granted to us all things that pertain to life and godliness, through the knowledge of Him who called us to His own glory and excellence.”*

**2 Peter 1:3 (ESV)**

**5. (CONFESSION)** \_\_\_\_\_

*“Forgive us our sins as we forgive those who sin against us.”*

**I admit my sins and I** \_\_\_\_\_

*I acknowledged my sin to You, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and You forgave the iniquity of my sin.*

**Psalm 32:5 (ESV)**

**6. (PROTECTION)** \_\_\_\_\_

*“And lead us not into temptation, but deliver us from evil.”*

**7. (BENEDICTION)** \_\_\_\_\_

*“For Yours is the Kingdom, the power, and the glory, forever! Amen!”*

# HOW TO PRAY THROUGHOUT YOUR DAY (ANSWERS)

## BY DEVELOPING TWO HABITS:

1. KEEP A RUNNING CONVERSATION WITH GOD

2. SCHEDULE PRAYER TIMES THROUGHOUT MY DAY

## A DAILY SCHEDULE BUILT ON THE LORD'S PRAYER (MATTHEW 6:9-13):

1. (THANKSGIVING) GET UP WITH GRATITUDE!

I thank my Father in heaven for his consistent love & I recall ALL OF THE WAYS THAT HE IS GOOD TO ME

2. (PRAISE) BLESS GOD'S NAME AT BREAKFAST

I review God's names and THE PROMISES THEY IMPLY

3. (DEDICATION) AT MIDMORNING, REMEMBER WHAT MATTERS MOST

I align myself with God's PURPOSE AND PLANS for my life.

4. (PETITION) LIST MY NEEDS AT LUNCH

I ask for ANYTHING I need. (Petition)

I ask for WHAT OTHER PEOPLE NEED (Intercession)

5. (CONFESSION) ASK FOR FORGIVENESS IN THE AFTERNOON

I admit my sins and I FORGIVE OTHERS WHO'VE FRUSTRATED ME.

6. (PROTECTION) ASK GOD TO HELP ME MAKE WISE DECISIONS

7. (BENEDICTION) END MY DAY WITH AN ENCOURAGING TRUTH