

**PRAY ALL DAY**  
**40 Days of Prayer – Part 5**

*“Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. And always pray for all God's people.” Ephesians 6:18*

**Two Ways to Pray All Day:**

**1.** Keep an **ON-GOING** conversation with God.

*“Never stop praying!” 1 Thessalonians 5:17*

**2.** **SCHEDULE** prayer times throughout the day.

*“Seven times a day I praise you!” Psalm 119:164*

*“So then, this is how you should pray...” Matthew 6:9a*

**A Daily Schedule Based on the Lord's Prayer**

**1.** I get up with **GRATITUDE!**

*“8 ...Your Father knows what you need before you ask him. 9 So then, this is how you should pray: 'Our Father in heaven'...” Matthew 6:8-9*

*“Every good gift and every perfect present comes from your Father of light in heaven...” James 1:17*

- I thank my Heavenly Father for His **CONSISTENT** love and I **RECALL** all the ways that He is good to me.

**2.** I **HONOR** God's name at breakfast!

*“Hallowed be your name...” Matthew 6:9b*

*“Every day I will bless your name and praise it forever and ever!” Psalm 145:2*

*“Those who know your name trust in you, for you, Lord, have never abandoned those who truly seek you.” Psalm 9:10*

**3.** At midmorning, remember what matters **MOST.**

*“May your kingdom come, and may your will be done, on earth as it is in heaven.” Matthew 6:10*

- I **ALIGN** myself with God's purpose and plans for my life.

*“If you seek first God's kingdom and his righteousness, all the other things will be given to you as well.” Matthew 6:33*

**4.** I list my **NEEDS** at lunch.

*“Give us today our daily bread.” Matthew 6:11*

**#1:** I ask for **ANYTHING I** need.

*“You can ask for anything in my name...” John 14:13*

**#2:** I ask for what other **PEOPLE** need.

*“I'd be sinning against the Lord if I failed to pray for you.” 1 Samuel 12:23*

*“Jesus has the power of God, by which he gives us everything we need to live, and to serve God. We have these things because we know him.” 2 Peter 1:3*

**5.** I ask for **FORGIVENESS** in the afternoon.

*“23 Search me, O God, and know my heart: try me, and know my thoughts. 24 See if there be any wicked way in me and lead me in the way everlasting.” Psalm 139:23-24*

*“Forgive us our sins as we forgive those who sin against us.” Matthew 6:12*

- I **ADMIT** my sins and I **FORGIVE** others who've frustrated me.

*"I confessed my sins to you and didn't try to hide them... Then you forgave me and now all my guilt is gone!"*  
Psalm 32:5

6. I ask God to help me make **WISE** decisions in the evening.

*"And lead us not into temptation but deliver us from the evil one." Matthew 6:13*

7. I end my day with an **ENCOURAGING TRUTH**.

*"For yours is the kingdom, and the power, and the glory, forever! Amen!" Matthew 6:13c*

**KEY TRUTH #1:** God is in **CONTROL**.

*"The heart of the king is in the hand of the Lord...and he can turn it wherever he wishes." Proverbs 21:1*

**KEY TRUTH #2:** This is not the **END** of the story. God and His family **WIN** in the end.

*"Seek first the Kingdom of God, and all these other things will be added unto you." Matthew 6:33*

*"Reverence for God adds hours to each day." Proverbs 10:27*