



WHEN YOU  
PRAY

# WEEK NINE

## DAY 1

1. Begin your study time with prayer.
2. Read Matthew 6:5-18
3. Read 1 Timothy 2:1. What types of prayers are mentioned in this verse?
  
4. While all prayer is a "conversation" between you and the Lord, the Bible describes a variety of reasons to pray. In the verse above we see Paul instruct us both to present our requests to God and also to offer prayers of thanksgiving. Does your prayer life focus more heavily on one than the other?
  
5. What does Colossians 4:2 say our "attitude" should be, regardless of the type of prayer we are praying? Does this verse describe your prayer life? Why or why not?
  
6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.)

*With all  
PRAYER and  
PETITION  
pray at  
all times  
in the Spirit,  
and with this in view,  
be on the alert  
with all  
perseverance  
and  
petition  
for all the Saints.  
EPHESIANS 6:18*

I'm praying about:

---

---

---

## DAY 2

1. Begin your study time with prayer, asking God to help you be devoted to prayer in your daily life.
2. The first type of prayer we examine is a prayer of repentance. Repentance literally means "to change one's mind." It is a recognition that you have sinned and intend to turn from that sin. Simply feeling sorry about something is not true repentance. True repentance begins as sorrow in our hearts over our sin, but always results in outward action. Read Psalm 32:3-4 and Psalm 38:2-8; & 39:11. What is the result of attempting to hide or remain in sin?
3. Read through Psalm 51 as David confesses his sin before the Lord. What relief does confession of sin and genuine repentance bring in our lives?
4. According to Isaiah 55:7; Ephesians 1:7; and 1 John 1:9; what are God's promises toward us when we repent of our sin? Is there anything in your life you need to repent of?
5. Pray through Psalm 139:23-24 and ask the Lord to reveal any areas of hidden sin and forgive you for any areas He reveals to be an issue.
6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

## DAY 3

1. Begin your study time with prayer, repenting of sin as necessary.
  2. Read Psalm 100:1-4 & Psalm 109:30. What do these verses instruct us to do? In what attitude should we enter the "gates" of the Lord?
  3. Hebrews 13:15 tells us we should continually offer up a "sacrifice of praise" unto the Lord. God is pleased with our praises just as he was pleased by the sacrifices Israel offered. However, there are times in our lives when praise is difficult to offer. Why is it important to continue to praise and adore the Lord even in those times? How might adoration and praise keep our hearts encouraged in trial and our perspective properly focused on Christ?
  4. Read Psalm 103. David praises the Lord in this Psalm for who He is and what He has done. Notice none of these things are dependent on circumstances. Regardless of what we are going through we can find reasons to praise and thank God. What are some things you can praise God for today?
  5. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:
-

## DAY 4

1. Begin your study time with prayer, praising the Lord for who He is and what He has done for you.
2. Read Psalm 42. As we walk through this broken world there are times we feel weak, discouraged or alone. In the Psalms we see David describe in detail various times he felt afraid or dismayed. He was honest with God about how he felt and what he struggled with. Is there anything in particular you are especially struggling with? What are your honest feelings about that situation?
3. In Psalm 42 David says, "tears have been my food day and night." He is in an extremely difficult situation that is hard to bear emotionally. However, he still spends time actively seeking the Lord and asking Him for help. What does David remind himself of in verse 11? Why is it important to look directly to the Lord for help and not just to people?
4. As we face trial and hardship it is important to ask God to be our strength, our help, our hope and our encouragement. We must face trial by His power and not our own. Read Exodus 15:2, Joshua 1:9, Psalm 121:1-2 and Isaiah 41:10. Reflect on these verses and then spend time in prayer asking God to be your help.
5. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

## DAY 5

1. Begin your study time with prayer, asking God to give you strength and encouragement today.
  2. One thing we see people pray in Scripture is for protection. Who and/or what things do we need protection from?
  3. Read Psalm 32:7, 35:10 and Psalm 91. What things are promised to us as believers as we face various attacks and frightening situations?
  4. The Bible says, "if God is for us, who can be against us?" If we truly believe the Lord is a refuge who will guide and protect us, then we have nothing to fear. Read Psalm 46:1-3 and 73:23-28. Do you have confidence that these verses are true? Why or why not? If you struggle with anxiety consider writing these verses out and memorizing them.
  5. Take a few moments and pray for protection for yourself, your family and your loved ones.
  6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:
  7. How have you seen God answer prayer in your life this week?
-