"How to Pray…

40 days of Prayer

…Throughout Your Day"



God’s expectation…

“Pray all the time. Ask God for anything in line with the Holy Spirit’s wishes. Plead with him, reminding him of your needs, and keep praying earnestly for all Christians everywhere..”

- **Ephesians 6:18** TLB

Two Habits *for Communing with God*

1. **Keep a Running conversation with God**

2. **Schedule Prayertimes Throughout My Day**

A Daily Schedule Built on the **Lord’s Prayer**

1. Get up WITH gratitude!
(Thanksgiving)

1 Corinthians 4:7

“What do you have that God did not give you? Everything is a gift from God! And if it was given to you, how can you brag about it?”

Matt 6:8-9

Your Father knows what you need before you ask Him. So then, this is how you should pray: 'Our Father in Heaven’…”

James 1:17

And Every good gift and every perfect present comes from your Father of light in heaven

Lamentations 3:22-25

22 It is of the LORD'S mercies that we are not consumed, because his compassions fail not. 23 They are new every morning: great is thy faithfulness

2. Bless God's NAME at breakfast
(Praise)

Ps 145:2

Every day I will bless your name, and praise it forever and ever!

Psalm 9:10

Those who know Your name trust in You, for You, Lord, have never abandoned those who truly seek You."

3. At MIDMORNING, remember what matters most (Dedication)

Matthew 6:10

May your kingdom come, and may your will be done, on earth as it is in heaven.

Thy kingdom come. Thy will be done in earth, as it is in heaven.

MIDMORNING



I align myself with God's
PURPOSE & **PLANS**
For my life

MIDMORNING

Matthew 6:33

If you seek first God’s kingdom and his righteousness, all the other things will be given to you as well.

4. List NEEDS at lunch (Petition)

Matthew 6:11

Give us today our daily bread.

John 14:13

Jesus: “You can ask for anything in my name”

– I ASK FOR **ANYTHING** I NEED

Needs… at lunch

1 Samuel 12:23

I'd be sinning against the Lord if I failed to pray for you.

– I ask for what other people need too (Intercession)

2 Peter 1:3 (NCV)

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.

5. Ask for FORGIVENESS in the afternoon (Confession)

Matt 6:12

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

Psalm 32:5

I confessed my sins to you and didn't try to hide them… Then you forgave me and now all my guilt is gone!

I ADMIT MY SINS AND I **FORGIVE** OTHERS WHO'VE FRUSTRATED ME

6. Ask God to help me make WISE decisions (Protection)

Matthew 6:13

And lead us not into temptation but deliver us from the evil one.

1 Corinthians 10:13

Remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

7. End my day with an ENCOURAGING truth (Benediction)

Matthew 6:13c

For yours is the kingdom, and the power, and the glory, forever! Amen!

Proverbs 10:27 *NIV*

The fear of the LORD adds length to life, but the years of the wicked are cut short.

Praying through your day

- Get up with gratitude! (Thanksgiving)
- Bless God's Name at breakfast (Praise)
- At midmorning, remember what matters most (Dedication)
- List needs at lunch (Petition)
- Ask for forgiveness in the afternoon (Confession)
- Ask God to help me make wise decisions (Protection)
- End my day with an encouraging truth (Benediction)

This Week's Prayer Challenge...

- Growing spiritually depends on building habits and disciplines, which come from steady practice and repetition. No shortcuts exist.

- Pick one prayer habit from today's Lord's Prayer–based daily schedule and commit to it every day. Start with thankfulness, then take up another habit later in the day. Tell someone else about your commitment.