



presents...

# P.R.A.Y.

Praying as Jesus taught us...

<b>P</b>	<b><i>Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.</i></b>
	Present yourself to God, our Father
	Praise the name of God, our Father
	Pursue the kingdom of God, our Father
<b>R</b>	<b><i>Forgive us our debts as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.</i></b>
	Repent: Receive and grant forgiveness
	Resist: Forsake sin and follow God
	Rest: find refuge and strength in God
<b>A</b>	<b><i>Give us today our daily bread.</i></b>
	Acknowledge with thanksgiving how God meets your needs
	Ask with simple faith for God to meet specific needs
	Accept with complete confidence the will of God for your needs
<b>Y</b>	<b><i>For yours is the kingdom and the power and the glory forever. Amen.</i></b>
	Yield to the kingdom of God
	Yoke with the power of God
	Yearn for the glory of God
	Yes! to the will of God

# P

*Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven.*

## **P**RESENT YOURSELF TO GOD OUR FATHER

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* (Hebrews 4.16)

Make and keep daily, regular times with God.

At the appointed time, enter his presence with confidence, knowing that he is **Abba** Father and loves you.

*Our Father*: Confess your solidarity with all God's children.

Set all hindrances aside and give yourself fully to God and this encounter with him in prayer.

Spend time in quiet wonder, awaiting his arrival.

Pray for God to remove any obstacles keeping you from him:

- Fear
- Anger
- Distraction
- Doubt
- Wrong desires
- ???

## **P**RAISE THE NAME OF GOD OUR FATHER

*Blessed be your glorious name, and may it be exalted above all blessing and praise.* (Nehemiah 9.5)

Take a few moments to listen to or sing or reflect on worship themes or music.

Praise God for his attributes: Love, Mercy, Forgiveness, Holiness, Eternity, Power, Presence, Knowledge, Sovereignty, and Others.

Remember and rejoice in the names of God (see back panel).

## **P**URSUE THE KINGDOM OF GOD OUR FATHER

*As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?* (Psalm 42.1-2)

Pray for the salvation of lost people (list the names of at least 3 people):

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Pray for your local church:

- To fulfill the Great Commission: "Make disciples of all nations".
  - To be a house of prayer for all nations.
  - For repentance, revival, and spiritual awakening to take place.
  - For leaders and workers to be holy as God is holy, to have deeper intimacy with Christ and greater power through the Holy Spirit.
  - For you to fulfill your purpose in and through the local church.
- Surrender your will fully to his: "Not my will, but yours..."

# R

*Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from evil.*

## **REPENT: RECEIVE AND GRANT FORGIVENESS**

*Judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment. (James 2.13)*

Examine yourself:

- Do I have any un-confessed sin or doubtful practices?
- Have I been obedient to God's Word?
- Have I been sensitive to and following the leadership of the Holy Spirit?
- From whom do I need to seek forgiveness?
- To whom do I need to offer forgiveness?
- Ask God for genuine life-change and cleansing from sin.

Pray for forgiveness and healing of relationships.

Repent for every fragment of racial prejudice.

Repent for church / denomination divisions.

Pray for unprecedented biblical unity of the church.

## **RESIST: FORSAKE SIN AND FOLLOW GOD**

*Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. (James 4.7-8)*

Renounce all sin and determine that you will not return to it.

Put on your spiritual armor:

- Belt of truth
- Breastplate of righteousness
- Gospel sandals
- Shield of faith
- Helmet of salvation
- Sword of Spirit (God's Word)
- Prayer in the Spirit
- Covering of spiritual authority

Deny yourself, take up your cross, and follow Jesus!

## **REST: FIND REFUGE AND STRENGTH IN GOD**

*Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11.28)*

Receive the fullness of the Holy Spirit.

Turn to God to deliver you from *your specific* temptations and thank him for the ability to overcome them.

Pray that the temptation and the opportunity to sin do not come at the same time.

Thank God that he helps you in trials, in frustrations, and in tribulations.

# A

*Give us today our daily bread.*

## **ACKNOWLEDGE WITH THANKSGIVING GOD'S BLESSINGS**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

(Philippians 4.6)

Thank God for the privilege of prayer.

Thank God for answered prayers and for those who are praying for you.

Thank God for each member of your family: for your love, your health, your home, your heritage, your jobs and income.

Thank God for your church and its heritage, pastor, leaders, workers, building, finances, opportunities, and foundation (Jesus Christ!).

Thank God for your small group / SS class and its members.

## **ASK WITH SIMPLE FAITH FOR GOD TO MEET SPECIFIC NEEDS**

*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Matthew 7.7-8)*

Bring your and others' personal needs and requests before God:

- Prayers for healing
- Prayers for miracles
- Prayers for comfort
- Prayers for strength
- Help for the day at work, school, and home

Pray for the needs of your church:

- Thank God that he meets the needs of your local church.
- That everyone in your church will experience obedience and victory in stewardship.
- For God's wisdom and leadership in areas of Christian service, decision-making, new ministries, setting priorities and spending resources.
- For denominational concerns and leaders

## **ACCEPT WITH COMPLETE CONFIDENCE THE WILL OF GOD**

*Godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. (1 Timothy 6.6-8)*

State your trust in God and in his love and ability to meet these needs according to his will and knowledge.



*For yours is the kingdom, and the power, and the glory, forever.  
Amen*

## **YIELD TO THE KINGDOM OF GOD**

*Seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6.33)*

Pray for the nations to come to Christ:

- For nations of people to know Jesus as the Way, Truth, and Life
- For kings, political leaders, and tribal leaders to know Jesus
- For missions to reach the unreached people-groups
- For specific missions and missionaries you know

Pray for God to work in this generation of youth and children:

- For radically committed young disciples for Jesus
- For relevant ministries to reach children and youth
- For youth and children to develop deeper intimacy with God
- For God to raise up young, godly leaders for the church and nations
- For revival in our schools, colleges, and universities
- For the fire of God in the hearts of young adults

## **YOKE WITH THE POWER OF GOD**

*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 11.29-30)*

Pray for God to break down strongholds of evil:

- Addictions to drugs, alcohol, gambling, pornography, materialism
- Darkness of crime, racism, ethnic hatred, witchcraft, and idolatry
- Ungodly and unwholesome entertainment venues
- Global injustice, genocide, abortion, global pandemic(s)
- Apathy, lethargy, compromise, and shallowness in the church

Confess the Name of Jesus and the power of the blood over all your family, your life, your church, and your service!

## **YEARN FOR THE GLORY OF GOD**

*For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done.*

*Truly I tell you, some who are standing here will not taste death before they see the Son of Man coming in his kingdom. (Matthew 16.27-28)*

Before you conclude your prayer time, express your desire to experience God's glory and to give God glory!

Spend time simply receiving God's love and thinking about his glory and majesty.

## **YES! TO THE WILL OF GOD**

*For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. (2 Corinthians 1.20)*

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3.20-21)*

### **Names of God:**

Yahweh (Jehovah): *I am that I am!*  
Yahweh-Elohim: *The LORD God*  
Yahweh-M’Kaddish: *The LORD Our Sanctifier*  
Yahweh-Tsidkenu: *The LORD Our Righteousness*  
Yahweh-Jireh: *The LORD Our Provider*  
Yahweh-Rophe: *The LORD Our Healer*  
Yahweh-Rohi: *The LORD My Shepherd*  
Yahweh-Sabaoth: *The LORD Almighty*  
Yahweh-Shalom: *The LORD My Peace*  
Yahweh-Shamah: *The LORD Is There*  
Yahweh-Nissi: *The LORD My Banner over Me*  
El Roi: *the God Who Sees Me*; Elohim: *Creator*  
El Elyon: *God Most High*; El Shaddai: *The All-Sufficient God*  
Adonai: *Lord*; Awman: *Faithful God*  
Makhseh: *My Refuge*; *Our Dwelling Place*  
Immanuel: *God with us*  
Father, Son, Holy Spirit  
Son of God, Son of Man  
Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace  
Wonderful, Beyond Understanding  
My Sacrifice, All-Consuming Fire  
My Bridegroom Friend, Redeemer  
Hope of Glory, Anchor of My Soul  
Messiah, The Christ, The Servant of the Lord  
Jesus – Savior – The Lamb of God - The Word  
Alpha and Omega, The First and the Last, The Beginning and the End  
The Ancient of Days, The Firstborn from the Dead  
The Resurrection and the Life, The Way, The Truth, The Life, Light  
Living Bread, The Good Shepherd, The Door, The Vine  
The Lily of the Valley, the Bright and Morning Star  
Lion of the Tribe of Judah, Faithful and True Witness  
Wisdom from God, our Holiness, Righteousness, and Redemption  
Advocate with the Father, Comforter, Counselor, Spirit of Truth  
King of Kings and Lord of Lords

For this prayer guide, I am indebted to Richard Burr’s book: *Developing Your Secret Closet of Prayer* and to Carla Sunberg’s guide: “A Delightful Hour with God.” Scripture quotations are from NIV

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