# My
# Prayer Journal

*By Mary Lowman*

THE CHRISTIAN Working Woman®

# My
# Prayer Journal

*"Lord, teach us to pray..."*

Luke 11:1

Name:_____

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Prayer is the way we communicate with the God of the universe. What could be more important? And yet few of us who have become children of God really communicate regularly and personally with our heavenly Father.

Why not? There are many reasons, but probably the most common one is we don't know how. Somehow we've gotten the idea that prayer is something that is dull or difficult or only for those who have some special gift. We get confused about the privilege of prayer and think of it as a duty.

It's not difficult to understand why our enemy would want to confuse us about prayer. If we don't pray effectively, we don't live effectively. So, if we see prayer as something beyond us or confusing or mysterious, we won't pray correctly or significantly. The truth is, we need to learn how to pray.

Therefore, the purpose of this simple journal is to help you discover for yourself how to pray better, to know the power and joy of prayer. I am sharing with you some things that have been helpful to me in my journey as one who is learning to pray.

This is not a book on prayer. Certainly you can find wonderful books written by people much more qualified than I am. I would not presume to write such a book, because I am not an expert on prayer. But I think that for the very reason I do struggle to find practical ways to make prayer an effective and meaningful daily time with God and because I'm not a "natural" at it, I am able to share these suggestions with you who also need some practical help.

This is a journal; it is intended to give you a basis and structure from which you develop your own prayer journal. The guidelines and methods for prayer given here are things that have helped me, but they are not sacred.

I encourage you to use the parts of this journal which you find helpful. Innovate and adapt it to your own methods of prayer which you find effective.

**The purpose of this simple journal is to help you discover for yourself how to pray better and to know the simplicity and joy of prayer.**

No two of us pray alike. Every relationship is unique and that certainly is true in our relationship with God through Jesus Christ. Therefore, we'll each have our own unique ways of communicating with our Lord, and that's the way it should be.

If this journal is of any help to you in your desire to learn how to pray, I will be very thankful.

*Mary*

Mary Lowman

# Why A Prayer Journal?

When something is important to our lives, we plan and prepare and give it a lot of attention. In our business lives, we wouldn't dare "wing it" with an important sales presentation, where a big order was at stake. Yet, many Christians approach prayer very carelessly and undisciplined and then wonder why their prayers seem lifeless and humdrum.

In Luke 11 one of the disciples asked Jesus, "Lord, teach us to pray, just as John taught his disciples." If prayer was something so essential and important that Jesus prayed a lot and John taught his disciples to pray, they reasoned, and rightly so, that it would be important for them to pray and pray well. Hence their request "Lord, teach us to pray."

**We need to be constantly in the school of prayer, learning to pray more effectively and with more power.**

Notice that Jesus didn't respond by saying, "Oh, prayer is a personal thing. It can be done in any way as long as you are sincere." No, he said, "Here's the way to pray," and he gave them a format for prayer which we have called The Lord's Prayer.

In other words, by his response he said, "Learning to pray is a very worthwhile thing; you need to learn. And I will teach you."

I believe we need to be constantly in the school of prayer, learning to pray more effectively and with more power. That's the reason for this prayer journal—to give you a practical way to enroll in "Prayer 101" and help you pursue the study of prayer.

Actually, it's presumptuous of me to even suggest I could teach anyone how to pray, since I haven't graduated or received my degree as yet! Let me make it clear from the beginning that the Holy Spirit is the teacher in "Prayer 101," and he alone can teach us how to pray.

But what I hope to do is, first, make you aware that you need to learn how to pray. It is something to be studied and practiced, and we improve our ability to pray the more we determine to learn to pray better. Then I want to give you a basic structure that has been helpful to me. I find that many Christians stumble in their attempts to pray for lack of any structure or procedure.

I believe the use of a prayer journal will help you in many ways, including these:

1. It will structure your praise and prayer time so that you won't forget the many prayer needs and praise items.

2. It will give you a record of answered prayer.

3. It will help you pray, especially on those days when you don't want to pray or the feelings are missing.

4. It will help you pray with purpose and eliminate "shallow praying."

5. It will generate new enthusiasm and excitement for prayer on your part.

## Our Biblical Format

Since Jesus is the master teacher, his prayer instructions are the most important ones. The model he gave us for prayer is the best. You'll find it in Matthew 6 and Luke 11.

Briefly, The Lord's Prayer teaches us that prayer should contain:

**Praise and Adoration**
"'Our Father in heaven, hallowed be your name,

**Commitment**
"'your kingdom come, your will be done on earth as it is in heaven.

**Petition**
"'Give us today our daily bread.

**Repentance and Forgiveness**
"'Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'" —Matthew 6:9-13

# A Time and Place for Prayer

While prayer is not a legal requirement and should not be approached in some legalistic, follow-the rules, do-it-by-the-book manner, it does nonetheless require discipline. We have to be disciplined to accomplish anything important, and I urge you to set a certain time aside every day for prayer and meditation.

I strongly recommend morning time, because you have more control over your early morning hours and your mind is more alert. If you don't set aside a time in your schedule that is reserved for prayer and you don't discipline yourself to stick to it no matter what, you will not be likely to ever discover the real power and privilege of prayer.

I also encourage you to determine a consistent place for prayer in your home. I find it very conducive to my prayer life to have a certain place where my Bible and devotional books are close by. It has become my "prayer chair" and it helps me focus my mind on God more quickly.

This prayer journal will not teach you to pray. It is simply a tool to use. Prayer is like swimming—you'll never learn until you get in the water! You learn to pray by praying. This journal will hopefully help you "get in the water" and enter the school of prayer.

# How to Use Your Prayer Journal

This is your prayer journal and you can use it in any way that best suits you. In fact, you may eventually abandon this actual journal and start one in another book, structured to suit your style of praying more. That's fine, because this journal is intended to be a guide and to get you started in "Prayer 101."

The journal is divided into four sections, following the pattern of The Lord's Prayer:

## Section 1: Praise and Thanksgiving

The first part of my prayer time is directed toward getting my mind off of me and onto God, so I usually begin with a time of praise and adoration. As I've read scripture, I've listed the attributes of the Triune God for which I am thankful and for which he is worthy of praise. I have divided this section into the three persons of the Godhead: God the Father, Son, and Holy Spirit, and I go through this list in my praise of God.

In this journal I have listed a few of these attributes, but I've left room for you to discover more for yourself and write down your own reasons to praise God. Mine has been in process for over twenty years, so it has grown. It will be much more meaningful to you as you discover and make your own list of what to praise God for.

In addition, in this section I have a list to remind me of all that I personally have to be thankful for. You can list in that section God's blessings in your life.

## Section 2: Confession and Dedication

Usually after praise, I confess any known, specific areas of sin, and also ask God to show me hidden sins of which I'm not aware. Then, I commit my life to him for the day ahead and dedicate anew my time and resources to his service.

As scripture speaks to me and convicts me of areas in my life which need improvement, I have noted those things in my prayer journal, and I frequently go through the list (now numbering over 60) and ask God to change me and make me more and more like Jesus in these specific areas.

## Section 3: Intercession

I used to be frustrated because I tried to pray for a lot of people and organizations every day. Then I realized that isn't necessary—nor is it possible—so I have assigned them to different days of the week.

For example, Mondays I pray for my family, Tuesdays for close friends, Wednesdays for staff, board members, and other close friends, Thursdays for the needs of our ministry and its listeners, Fridays for other ministries and organizations, and Saturdays for world needs. In this way, I can get around to everyone I want to intercede for on a regular basis. These are all written down in my prayer journal to help me remember.

Of course, I can be totally flexible in this routine and pray for anyone and anything at any time. So, the structure for intercessory prayer is not "set in concrete," but simply helps organize my intercession and allows me to pray for others with more depth and less haste.

This is one section where you will want to customize it to suit your life and the people for whom you intercede. But intercession should be a major part of your prayer time. Not only is it important for the welfare of others, but it helps you get your focus off of yourself when you pray for other people. Your problems seem much smaller after intercessory prayer.

## Section 4: Personal Requests and Answers

In this section I bring to God all the needs I have personally, the needs of my ministry, etc. And I have a list of specific requests I've brought to God, with a notation when and how he answered. This list goes back several years now, and what a blessing and encouragement it is to me to review all the answers to prayer over the years.

# Pray Scripture

I want to encourage you to pray scripture into your life. More and more I'm praying scripture, because then I know I'm praying in the right way for the right things. I pray scripture in several ways:

1. I use praise passages, which have been written down in my journal to offer praise and thanksgiving. It's hard to improve on the way those saints of old praised God, and so I often use their words.

2. As God speaks to me through his Word, I write down those verses in my journal to address any area of need in my life. And then I pray them often. These are in the *Confession and Dedication Section* and you'll find some examples on pages 44 and 45.

3. The third way I pray scripture is to use the prayers of the great people in the Bible to pray for others and for myself. Have you ever felt like you didn't know how to pray for other people? Maybe you end up with lots of "Lord, bless so and so" prayers. Well, for your friends and relatives who are believers, the best thing you can do for them is pray some of the Apostle Paul's prayers.

4. I "pray back" the scripture I read for the day. For example, if your Bible reading takes you to Proverbs 11, you can "pray back" much of that chapter. Verse two says, "When pride comes, then comes disgrace, but with humility comes wisdom." Pray it back by saying, "Lord, reveal any pride in my heart. I don't want to bring disgrace to your name. Teach me how to be truly humble; grant me the wisdom that comes through humility."

Or, if you are reading Psalm 94, you can "pray back" verse 18 which says, "When I said, 'My foot is slipping,' your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul." That leads to a wonderful prayer of praise: "Oh God, my feet have slipped so often but you have always been there with your steadfast love. (You could recite a specific incidence of this nature.) Lord, I have often been anxious and worried about various situations, but you have consoled me and brought joy to my soul. Thank you, Lord."

It is a great blessing to "pray back" the scriptures as you read them.

Throughout this journal you will see scripture included which you can pray into your life and pray for others. But I urge you to keep adding scripture in your journal that you use for your prayer time. You're going to be amazed how often you read something in the Bible that you know needs to be prayed, and that's when you stop and write it in your journal.

I have also included some hymns, songs, poems, and quotations that have been meaningful to me in my prayer life. I'm sure you'll have many others with special meaning for you that you'll want to add.

# My
# Prayer Journal

In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly." —Psalm 5:3

"Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."
—Psalm 90:14

"Let the morning bring me word of your unfailing love, for I have put my trust in you." —Psalm 143:8a

"And pray in the Spirit on all occasions with all kinds of prayers and requests." —Ephesians 6:18a

"Pray continually." —1 Thessalonians 5:17

"Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord." —James 5:13-14

"To pray is to change. Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our lives." —Richard Foster

"Prayer is not conquering God's reluctances but taking hold of God's willingness." —Phillips Brooks

**Remember**, this is a journal for you to write in, not just once but many times. Use it as you would taking notes in class at school when you write down what you need to remember. As you pray and as God speaks to you through his Word, write down in your prayer journal those things of significance—so that you won't forget and you'll continue to pray those things into your life.

I met God in the morning
When my day was at its best
And His presence came like sunrise,
Like a glory in my breast.

All day long His presence lingered,
All day long He stayed with me,
And we sailed with perfect calmness
O'er a very troubled sea.

Now I think I've found the secret,
Found o'er many a troubled way;
You must meet Him in the morning
If you want Him through the day.

—Author unknown

## Section 1

# Praise and Thanksgiving

# Praise and Thanksgiving

“When you begin your petitions, use such various expressions of the attributes of God, as may make you most sensible of the greatness and power of the Divine Nature....

“For these representations of the Divine attributes, which show us in some degree the majesty and greatness of God, are an excellent means of raising our hearts into lively acts of worship and adoration....

“For such representations, which describe so many characteristics of our Saviour’s nature and power, are not only proper acts of adoration, but will, if they are repeated with any attention, fill our hearts with the highest fervour of true devotion.”
—William Law

# Praise and Thanksgiving

*Recognize and praise God for who he is*

## God the Father

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
—Psalm 100:4

Only to sit and think of God,
Oh what a joy it is!
To think the thought, to breathe the Name,
Earth has no higher bliss.
—F. Faber

"Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy." —Micah 7:18

"'Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come.'" —Revelation 4:8b

"Your love, Lord, reaches to the heavens, your faithfulness to the skies. Your righteousness is like the highest mountains, your justice like the great deep."
—Psalm 36:5-6a

# I praise God the Father

List the attributes and characteristics of God the Father for which you are thankful.

## He is:

Holy (Psalm 30:4, 77:13)

Creator (Isaiah 40:28)

Awesome (Psalm 47:2)

Familiar with all my ways (Psalm 139:3)

Personal—He numbers the hairs on my head (Matthew 10:30)

# I praise God the Father

# I praise God the Father

# Praise and Thanksgiving

"God is so vastly wonderful, so utterly and
completely delightful that He can, without anything other than Himself, meet and overflow the deepest demands of our total nature, mysterious and deep as that nature is."
—A. W. Tozer, *The Pursuit of God,* p. 42

"This is what the Lord says: 'Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight,' declares the Lord."
—Jeremiah 9:23-24

*Recognize and praise God for who he is*

## God the Son

"Jesus, my Shepherd, Brother, Friend
My Prophet, Priest and King;
My Lord, my Life, my Way, my End,
Accept the praise I bring."
—Author unknown

"In a loud voice they sang 'Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!'"
—Revelation 5:12

"And they sang a new song, saying: 'You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation. You have made them to be a kingdom and priests to serve our God, and they will reign on the
earth.'" —Revelation 5:9-10

"You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."
—Revelation 4:11

Amazing love! How can it be?
That Thou, My God, should die for me?
—Charles Wesley, from the hymn, *And Can It Be?*

# I praise God the Son

List the attributes and characteristics of God the Son for which you are thankful.

## He is:

My High Priest (Hebrews 4:14)

The same yesterday, today, and forever (Hebrews 13:8)

With me, nothing can separate me from his love (Rom.8:38-39)

# I praise God the Son

# I praise God the Son

"Do I think of Jesus Christ, my Savior and my Lord, as my brother too, bearing to me not only a divine authority but also a divine-human sympathy? Do I think daily how close he is to me, how completely He understands me, how much as my kinsman-redeemer, He cares for me?"
—J. I. Packer, *Knowing God*, p. 208

**Jesus is:**
King of the Jews
King of Israel
King of Heaven
King of Glory
King of Righteousness
King of the Ages
King of Kings and Lord of Lords

# Praise and Thanksgiving

*Recognize and praise God for who he is*

## God the Spirit

Holy Spirit, we adore Thee!
Paraclete and heavenly guest!
Sent from God and from the Savior,
Thou hast led us into rest.
We adore Thee! We adore Thee!
By Thy grace forever blest!
—Author unknown

"When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance...."
—Ephesians 1:13b-14a

"But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come." —John 16:13

"But you will receive power when the Holy Spirit comes on you...."
—Acts 1:8a

# I praise God the Spirit

List the attributes and characteristics of God the Spirit
for which you are thankful.

The Holy Spirit makes my body his temple. (1 Cor. 6:19)

He intercedes for me. (Romans 8:26-27)

# I praise God the Spirit

# Scriptural Prayers of Praise and Thanksgiving

"'Who am I, Lord God, and what is my family, that you have brought me this far? And as if this were not enough in your sight, my God, you have spoken about the future of the house of your servant.... What more can David say to you for honoring your servant? For you know your servant, Lord.... There is no one like you, Lord, and there is no God but you....'"
—1 Chronicles 17:16b-20a

"He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear
and put their trust in him." —Psalm 40:2-3

"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. Lord my God, I will give you thanks forever." —Psalm 30:11-12

"When we were overwhelmed by sins, you forgave our transgressions!" —Psalm 65:3

# Praise and Thanksgiving

# Praise and Thanksgiving

An easy thing, O power Divine,
To thank Thee for these gifts of Thine!
For summer's sunshine, winter's snow,
For hearts that kindle, thoughts that glow;
But when shall I attain to this
To thank Thee for the things I miss?

For all young fancy's early gleams,
The dreamed-of joys that still are dreams,
Hopes unfulfilled, and pleasures known
Through others' fortunes, not my own,
And blessings seen that are not given,
And ne'er will be—this side of heaven.

Had I, too, shared the joys I see,
Would there have been a heaven for me?
Could I have felt Thy presence near
Had I possessed what I held dear?
My deepest fortune, highest bliss,
Have grown, perchance, from things I miss.

Sometimes there comes an hour of calm;
Grief turns to blessing, pain to balm;
A Power that works above my will
Still leads me onward, upward still;
And then my heart attains to this
To thank Thee for the things I miss.

—Thomas Wentworth Higginson
from *Springs in the Valley*

# Praise and Thanksgiving

I thank God for the following blessings in my life.

# Praise and Thanksgiving

## Section 2

# Confession and Dedication

# Confession

Spirit of God, descend upon my heart,
Wean it from earth, through all its pulses move,
Stoop to my weakness, mighty as Thou art,
And make me love Thee as I ought to love.
—Hymn, *Spirit of God, Descend Upon My Heart*

"Create in me a pure heart, O God, and renew a steadfast spirit within me.... Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."
—Psalm 51:10,12

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
—1 John 1:9

"Since Satan always attacks and attempts to corrupt what God is doing, it is not surprising that he will try to corrupt genuine conviction, perverting it with an imitation conviction, which is called 'condemnation.'

Since conviction and condemnation are very much alike, many sincere Christians suffering from condemnation think they are under conviction."
—Author unknown

## Conviction by the Holy Spirit

1. Definite and specific. The Lord tells me exactly what I have done.

2. Recognizable. It is something unconfessed and unforgiven that I recognize—usually in the immediate past.

3. Definite solution. The Holy Spirit tells me how to take care of the sin. When I obey, I get relief from soul-pain guilt.

## Condemnation by the enemy

1. Indefinite and vague. I feel guilty but cannot identify any specific sin.

2. Imaginary. I have a hard time putting my finger on this—unless it is in the past that I have already taken care of.

3. Usually no solution. If any solution is offered, it is irrational and unscriptural. The soul-pain intensifies.

"He (God) will correct your behavior, but he never condemns your worth."
—from *Hearing God* by Peter Lord

"O merciful heart of God, in true penitence and contrition I would now open my heart to Thee. Let me keep nothing hidden from Thee, while I pray. Humbling as the truth about myself may be, let me yet take courage to speak it in Thy presence. What I did not think shame to commit, that let me not think shame to confess. And in Thy wisdom use this pain of confession as a means to make me hate the sins confessed."
—John Baillie, *A Dairy of Private Prayer*, p.51

"Then I said: 'O Lord, God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and obey his commands, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's house, have committed against you.'"
—Nehemiah 1:5-6

Pray about areas in your life where you fail and sin. Be very specific. Cite any of your attitudes or words or actions which you know to be un-Christlike. But make certain you are dealing with God's conviction in your life and not Satan's condemnation.

As you read scripture, list verses or passages which speak to you about areas in your life that need to be improved or changed. Pray that scripture into your life. Here are two examples based on scripture:

*Lord, I confess that my tongue frequently is out of control. May nothing unwholesome come out of my mouth today but only what builds others up (based on Ephesians 4:29).*

*Lord, the motives and intents of my heart are often not pure and kind. Please create in me a pure heart and renew a steadfast, faithful spirit within me*
*(based on Psalm 51:10).*

# Confession

"Make known to me, and take from my heart every kind and form and degree of pride, whether it be from evil spirits, or my own corrupt nature; and awaken in me the deepest depth and truth of that humility which can make me capable of his light and Holy Spirit." —Andrew Murray

# Confession

"The only sure defense against self-righteousness is to cultivate a quiet state of continual penitence. A sweet but sobering memory of our past guilt and a knowledge of our present imperfections are not incompatible with the joy of the Lord; and they are of inestimable aid in resisting the enemy." —A. W. Tozer

# Confession

"There is tremendous relief in knowing that His love to me is utterly realistic, based at every point on prior knowledge of the worst about me, so that no discovery now can disillusion Him about me, in the way I am so often disillusioned about myself, and quench His determination to bless me...for some unfathomable reason, He wants me as His friend, and desires to be my friend...."
—J. I. Packer from *Knowing God*, p. 37

# Dedication

## Here are some examples of how to personalize scripture into prayers of dedication.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."
—Romans 12:1-2

A personalized prayer

*Lord, today I present my body as a living sacrifice, that it may be holy and acceptable to you, which is only reasonable. And I pray that I shall not be conformed to this world today, but transform me by renewing my mind, so that I can prove your perfect will in my life today.*

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
—Philippians 4:8

A personalized prayer

*Lord, I want to think only about things that are true, noble, right, pure, lovely, and admirable. Please help me.*

# Dedication

Have Thine own way, Lord, have Thine own way.
Thou are the Potter, I am the clay;
Mold me and make me after Thy will
While I am waiting, yielded and still.
—Hymn, *Have Thine Own Way, Lord!*

"Delight yourself in the Lord and he will give you the desires of your heart." —Psalm 37:4

Only one life to offer—Jesus, my Lord and King;
Only one tongue to praise Thee & of Thy mercy sing;
Only one heart's devotion—Savior, O may it be
Consecrated alone to Thy matchless glory,
Yielded fully to Thee.
—Author unknown

"I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death...."
—Philippians 3:10

"God never gives feelings to enable us to trust him; God never gives feelings to show that we have already utterly trusted him. God gives feelings only when he sees that we trust him apart from all feeling, resting on his own word, and on his own faithfulness to his promise."
—From *Streams in the Desert*

Ephesians 6:14-17 lists the armor of God. You can personalize this scripture as follows:

### A personalized prayer

*Lord, today I put on the helmet of salvation; please protect my mind from wrong thoughts.*

*I put on the breastplate of righteousness; please protect me from the onslaughts of my enemy who will try to discourage and dishearten me.*

*I put on the belt of truth; please help me to be totally truthful with everyone I deal with today, and give me discernment to know truth from error.*

*I put on the shoes of the gospel of peace; help me to keep marching today in these peaceful shoes, no matter what happens.*

*I take the shield of faith; please strengthen my faith so that I am not vulnerable to any of the fiery darts of my enemy.*

*And I take the sword of the Spirit, the Word of God; please bring to my mind scripture verses that will defeat my enemy and bring me victory.*

# Additional verses to use as confession and dedication prayers:

Psalm 19:12
Psalm 86:11
Psalm 119:66
Psalm 141:3
Proverbs 11:25
Luke 18:14
John 5:44
Romans 12:11
1 Corinthians 10:12
2 Corinthians 3:18
2 Corinthians 7:1
Philippians 2:3
Philippians 4:12
Colossians 3:12-14
1 Timothy 4:16
James 1:5
James 1:19
1 Peter 3:4

You'll find others passages as you read God's Word and the Holy Spirit brings certain scripture to your attention. Include them in this section.

When you start to pray scripture like this into your life, you will see remarkable results. First, little by little progress is made in all these areas. Second, you drill these passages into your mind because you pray them often. They are written down for your eyes to see frequently; therefore, you remember them. Then throughout the day, the Holy Spirit brings them back into your mind when you need them. What a difference this kind of praying makes in everyday life.

# Dedication

List areas of dedicatin of yourself and your life to the Lord.

# Dedication

"O God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need of further grace. I am ashamed of my lack of desire. O God, the Triune God, I want to want Thee; I long to be filled with longing.... Show me Thy glory that so I may know Thee indeed...."
—A. W. Tozer

# Dedication

"O Eternal God, though Thou art not such as I can see with my eyes or touch with my hands, yet grant me this day a clear conviction of Thy reality and power. Let me not go forth to my work believing only in the world of sense and time, but give me grace to understand that the world I cannot see or touch is the most real world of all. My life today will be lived in time, but eternal issues will be concerned in it. The needs of my body will be clamant, but it is for the needs of my soul that I must care most. My business will be with things material, but behind them let me be aware of things spiritual. Let me keep steadily in mind that the things that matter are not money or possessions, not houses or lands, not bodily comfort or bodily pleasure; but truth and honour and meekness and helpfulness and a pure love of Thyself."
—John Baillie, *A Dairy of Private Prayer*, p.53

# Dedication

"Master me so thoroughly that I may be mastered by nothing else."
—Amos Wells

# Dedication

"Grant me…the peace that is not in bondage to any event."
—Amos Wells

## Section 3

# Intercession

# Intercession

When Jesus prayed for his disciples, as recorded in John 17, he prayed for these specific things:

1. That they would be protected by the power of God's name (vs. 11).

2. That their joy would be full (vs. 13).

3. That they would be protected from the evil one (vs. 15).

4. That they would be sanctified by the truth of the Word (vs. 17).

5. That they would be brought to unity as a witness to the world (vs.23).

Use this as a guide to praying for other believers.

There are many individuals and groups that we need to intercede for regularly. You may want to set aside certain days for certain people and groups, so that you can intercede for everyone on your list at least weekly. Remember to include family members, close friends, friends and acquaintances who are not yet believers, coworkers and managers, employers, churches and ministries you support, the government and those in authority, and world needs.

# My Intercessory Prayer Schedule:

Mondays _____

Tuesdays _____

Wednesdays _____

Thursdays _____

Fridays _____

Saturdays _____

Sundays _____

# Friends and Family Who Are Believers

Personalize these wonderful intercessory prayers from scripture for your friends and family:

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."
—Philippians 1:9-11

"Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen."
—Hebrews 13:20-21

"With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ."
—2 Thessalonians 1:11-12

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."
—Ephesians 3:16-19

"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience...."
—Colossians 1:9-11a

# Intercession for family members

List family members that you want to regularly pray for.

# Intercession for family members

# Intercession for friends

List friends who are believers that you want to pray for.

# Intercession for friends

# Intercession

## People in my life who need to know Jesus

"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God." —2 Corinthians 4:4

I have a Savior, He's pleading in glory,
A dear, loving Savior tho' earth-friends be few;
And now He is watching in tenderness o'er me,
But oh, that my Savior were your Savior, too!

I have a Father; to me He has given
A hope for eternity, blessed and true;
And soon He will call me to meet Him in heaven,
But oh, that He'd let me bring you with me, too!

For you I am praying,
I'm praying for you!
—Hymn, *For You I Am Praying*

"This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth." —1 Timothy 2:3-4

# People in my life who need to know Jesus

List family, friends and acquaintances who need to come to a saving faith in Christ.

# People in my life who need to know Jesus

# Intercession

## Ministries, Authorities and World Concerns

“Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”
—Matthew 9:37-38

“Pray for the peace of Jerusalem: ‘May those who love you be secure. May there be peace within your walls and security within you citadels.’”
—Psalm 122:6-7

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”
—1 Timothy 2:1-2

# Ministries

List ministries, churches, missionaries and workers who you want to support in prayer.

# Those in Authority

List those in authority who you want to pray for.

# World Concerns

List countries and world situations you want to pray for.

# Intercession

# Intercession

## Section 4

# Personal Prayer Requests and Answers

# Personal Prayer Requests and Answers

"'We do not make requests of you because we are righteous, but because of your great mercy. Lord, listen! Lord, forgive! Lord, hear and act!'" —Daniel 9:18b-19a

"'Blessed is she who has believed that what the Lord has said to her will be accomplished.'" —Luke 1:45

Come,my soul, your plea prepare,
Jesus loves to answer prayer.
He himself has bid you pray
Therefore will not turn away.

You are coming to a King,
Large petitions therefore bring.
For His grace and power are such
None can ever ask too much!
—Author unknown

"Prayer is the power by which something comes to pass which otherwise would not have taken place. Our prayer is like pipes, through which water is carried from a large mountain stream to a town some distance away. Such water pipes don't make the water willing to flow, nor do they give it its power of blessing and refreshment. This is its very nature. All they do is to determine its direction." —Andrew Murray

"Prayer is not in itself meritorious. It lays God under no obligation nor puts Him in debt to any. He hears prayer because He is good and for no other reason. Nor is faith meritorious; it is simply confidence in the goodness of God, and the lack of it is a reflection upon God's holy character." —A. W. Tozer

"'Lord, there is no one like you to help the powerless against the mighty. Help us, Lord our God, for we rely on you, and in your name we have come against this vast army. Lord, you are our God; do not let mere mortals prevail against you.'" —2 Chronicles 14:11b

"'O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you.'" —2 Chronicles 20:12

"The more we are cut off from human help, the greater claim we can make on Divine help. The more impossible a thing is to human or mortal power the more at peace can we be when we look to Him for deliverance." —from *Streams in the Valley*

“'All these things are against me!' Yet those things,
Those very things, were God’s machinery
For working out your heart’s imaginings,
For turning hope to blessed certainty.
Oh, man who walked by sight,
You should have known the darkest hour of night
Is just before the earliest streak of grey.
Your wagons, all the time, were on their way.

“Faith? Yes, but with a flaw.
Here was a man who trusted when he saw! And yet,
The Holy One has set
His Name beside two men of saintly will
And calls Himself the “God of Jacob” still!
That you and I,
Lacking in faith, maybe, or gentleness
May yet stretch out weak hands of hopelessness,
And find the God of Jacob very nigh.

“Oh, sorrowful soul, trust just a little longer.
Who knows, but o’er your bare, brown hill
The wagons may be coming nearer still?
Give faith a chance. For soon, how soon it may
Give place to sight; and then never again
Will you have opportunity to show
That you can trust, albeit you cannot know.”

—Fay Inchfawn from *Streams in the Valley*
(based on Genesis 42-45)

# Personal Prayer Requests and Answers

"For every joy thou hast given me as an answer to prayer, I must count it as another joy that part of my prayers have not been answered." —Amos Wells

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