

HOW TO PRAY THROUGHOUT YOUR DAY

PBC - 40 Days of Prayer – Part 5 – Matt 6:5-15

“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.” Eph 6:18 (NCV)

BY DEVELOPING 2 HABITS

A. KEEP A RUNNING CONVERSATION WITH GOD

“Pray on every occasion, as the Spirit leads.” Ephesians 6:18 (TEV)

“Never stop praying! (Pray all the time!)” 1 Thessalonians 5:17 (GW)

B. SCHEDULE PRAYERTIMES THROUGHOUT MY DAY

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

A DAILY SCHEDULE BUILT ON THE LORD’S PRAYER:

1. GET UP WITH GRATITUDE! (THANKSGIVING)

Jesus said, “...Your Father knows what you need before you ask him. 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 FATHER IN HEAVEN FOR HIS CONSISTENT LOVE & I RECALL ALL THE WAYS THAT HE IS GOOD TO ME

2. BLESS GOD’S NAME AT BREAKFAST! (PRAISE)

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

“Every day I will bless your name, + praise it forever + ever!” Ps 145:2

- I REVIEW GOD’S NAMES & THE PROMISES THEY IMPLY

	GOD SAYS “I AM . . .”
Abba	Your Loving Father!
El Deah	Your God Who Knows Everything!
Jehovah Rapha	Your God who Heals you!
El Shaddai	God Almighty – with all Power you need!

“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 (DEDICATION)

“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 & 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. LIST NEEDS AT LUNCH (PETITION and INTERCESSION)

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

- I ASK FOR ANYTHING I NEED (PETITION)
Jesus: “You can ask for anything in my name” John 14:13 (NLT)
- I ASK FOR WHAT OTHER PEOPLE NEED TOO (INTERCESSION)
“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 (NCV)

5. ASK FOR FORGIVENESS IN THE AFTERNOON (CONFESSION)

“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. BEFORE TEA ASK FOR PROTECTION FROM TEMPTATION BEFORE DINNER ASK FOR DELIVERENCE FROM EVIL (PROTECTION)

“And lead us not into temptation but deliver us from the evil one.” Matthew 6:13
see also 1 Corinthians 10:13

7. END MY DAY WITH AN ENCOURAGING TRUTH (BENEDICTION)

“For yours is the kingdom, and the power, and the glory, forever! Amen!” Matthew 6:13c (NAS)