

40 Days of Prayer

Praying Throughout Your Day

Ephesians 6:18

“praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,” (Ephesians 6:18)

Quick Observations:

- You can pray _____
- Pray according to the _____ of the Holy Spirit (Jude 20, Romans 8:26)
- Pray with all _____
- Be _____
- Be _____
- Pray for your needs and the needs of _____

How To Pray Throughout Your Day

1. _____ Prayer

“Evening and morning and at noon I utter my complaint and moan, and he hears my voice.”
(Psalm 55:17)

“He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.” (Daniel 6:10)

“And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.” (Mark 1:35)

“Now Peter and John were going up to the temple at the hour of prayer, the ninth hour.” (Acts 3:1)

One Way To Apply This In Our Lives:

- _____ Prayer

- _____ on God’s presence

“Open my eyes, that I may behold wondrous things out of your law.” (Psalm 119:18)

- _____ on God’s Word - Observation, Meditation, Application

- _____ - Praying from the scripture that you have been interacting with

- _____ - Pouring your heart out to God - Balance between Adoration, Confession, Thanksgiving and Supplication/Intercession

- _____ Prayer

- _____

- _____ - Reading and Reflection (Psalms or a Devotional Reading)

- _____ - Out of the Word, out of your day or out of a sense of urgency

2. _____ Prayer

“pray without ceasing,” (1 Thessalonians 5:17)

“Then the king said to me, “What are you requesting?” So I prayed to the God of heaven.”

(Nehemiah 2:4)

Some Ways To Apply This In Our Lives:

Principle: Let the events and circumstances of your day trigger a _____

- _____

“Commit your way to the LORD; trust in him, and he will act.” (Psalm 37:5)

- _____

“Give us this day our daily bread,” (Matthew 6:11)

“casting all your anxieties on him, because he cares for you.” (1 Peter 5:7)

- _____

*“giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,”
(Ephesians 5:20)*

- _____

“Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.” (Psalm 55:22)

“Bear one another’s burdens, and so fulfill the law of Christ.” (Galatians 6:2)

- _____

“and call upon me in the day of trouble; I will deliver you, and you shall glorify me.” (Psalm 50:15)

- _____

*“do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
(Philippians 4:6-7)*

- _____

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.” (Matthew 6:33)

Making It Personal

- What will it look like for me to be more consistent in scheduled prayer?
 - When (What time(s) of day)?
 - Where (physical location)?
 - What will I need to have (Resources)?
 - Who do I need to communicate/coordinate with?
 - How? What plan will I use to begin with?
- How can I prompt and remind myself to practice spontaneous prayer?
- Who can I share these truths with?