

WEEKLY PRAYER GUIDE

REQUESTS



PRAISE

THANKS

NEEDS

FORGIVENESS

HELP

GUIDANCE

GROWTH

CHURCH



ELDERS

Bryan
Graham
Daniel

DEACONS

Nichole
Megan
Carlene

DGROUPS

MEMBERS

MINISTRIES

Kids/Youth
Men/Women
Hospitality

OUTREACH

YMCA

OTHER CHURCHES

FAMILY



SPOUSE

CHILDREN

PARENTS

SIBLINGS

EXTENDED

SPIRITUAL

OTHER

FRIENDS



OIKOS

Acts 17:26

NEIGHBORS

CO-WORKERS

HOBBIES

CLASSMATES

TEAMS

CLUBS

THE LOST



IN THE WORLD

Mt. 13:38

LABORERS

Mt. 9:37-38

SENT

Rom. 10:15

OPEN EYES

Acts 26:18

OPEN DOOR

Col. 4:2-4

WORDS

Eph. 6:19-20

PREPARED

1 Pet. 3:15

AUTHORITY



WORK

SCHOOL

NATIONAL

Pres. Biden
VP Harris

NATIONAL

Senate
House
Sup. Court

STATE

Gov. Abbott
Lt. Gov. Patrick
Senate/House

LOCAL

Mayor Ross (Arl)
Mayor Evans (Man)
City Councils

LOCAL

Law Enforcement

NATIONS



PFTN

MISSIONARIES

Andersons, Riggs,
Browns, Alex

ORGANIZATIONS

SBC, SBTC
IMB, NAMB
Pillar, CITY

ORGANIZATIONS

Metro Womens,
Living Hope
Lifesong, YMCA

TRIPS

Talsi, Latvia

PROJECTS

Burundi YMCA

CHURCH PLANTS

Weekly Prayer Guide

Instructions

- Use the guide in a way that works best for you and your family.
- Take time to fill in the blanks and make it your own personal prayer guide.
- You may not have something in each category, but this will change over time.
- Choose a verse or passage from your daily reading and try to pray that scripture to God for each of these categories.
- Attempt to pray for one column each day so that you are praying well rounded prayers.

Practical Suggestions

Commit to "LAPS" while making laps around your neighborhood, workplace, or YMCA.

Be Devoted - Give attention, time, & energy

Set Goals - Laps, miles, minutes, etc.

Eliminate Distractions - Phone, watch, etc.

Go Outdoors - Look up to God in awe

Pray Aloud - Have a conversation with God

Use a List - Weekly Prayer Guide

Categories

Requests - Matthew 6:11-13, James 5:14, Philippians 4:6-7

Church - 1 Timothy 3, Col 1:18, Ephesians 4:4-6, Matthew 16:18

Family - 1 Peter 3:7, Ephesians 5:22-6:4, 2 Timothy 2:1

Friends - John 15:12-15, James 2:23

The Lost - 2 Corinthians 5:17-21, Acts 17:26-27

Authority - 1 Timothy 2:1-4, Romans 13:1-7

Nations - Matthew 28:28-20, Acts 1:8, Psalm 2:8

Scriptures about Prayer

- 2 Chronicles 7:14 - Humility in prayer
- Jeremiah 33:3 - Call to me and I will answer
- Matthew 26:41 - Prayer against temptation
- Mark 11:24 - Believe what you ask
- Luke 11:9 - Ask, seek, knock
- Philippians 4:6-7 - Pray about everything
- 1 Thess. 5:17-18 - Pray without ceasing
- 1 Timothy 2:1-4 - Pray for all peoples
- James 5:16 - Prayer has great power

Prayers in the Scripture

Old Testament

- Genesis 32:9-12 - Jacob's Prayer in Distress
- Numbers 6:24-26 - Aaron's Blessing
- 1 Samuel 2:1-10 - Hannah's Prayer of Praise
- Nehemiah 1:4-11 - Nehemiah's Confession
- Nehemiah 9:6-37 - Ezra's Historical Prayer
- The Psalms - A Book of Praises and Prayers
- Jonah 2:2-9 - Jonah's Prayer for Deliverance

New Testament

- Matthew 6:9-13 - The Lord's Prayer
- John 17 - Jesus' High Priestly Prayer
- Acts 4:24-30 - Believer's Prayer for Boldness
- Ephesians 1:15-23 - Blessing God
- Ephesians 3:14-21 - Strengthened in Spirit
- Philippians 1:9-11 - Love may Abound
- Colossians 1:9-12 - Filled with Knowledge
- 1 Thess. 3:11-13 - Blameless and Holy
- Hebrews 13:20-21 - Prayer for Equipping



Taking words that originated in the heart and mind of God and circulating them through your own heart and mind back to God.

DON WHITNEY

Open the Bible, start reading it, and pause at every verse and turn it into a prayer.

JOHN PIPER

L - Listening

Allow the Spirit of God to use the Word of God to guide and direct your prayers.

A - and

P - Praying

As a child of God, speak to God according to the will of God revealed in his Word.

S - Scripture

Ask yourself, "Does the Scripture tell me..."

- About God?" Praise him.
- About what God has done?" Thank him.
- How I have sinned?" Confess to him.
- How I ought to live?" Ask him for help.