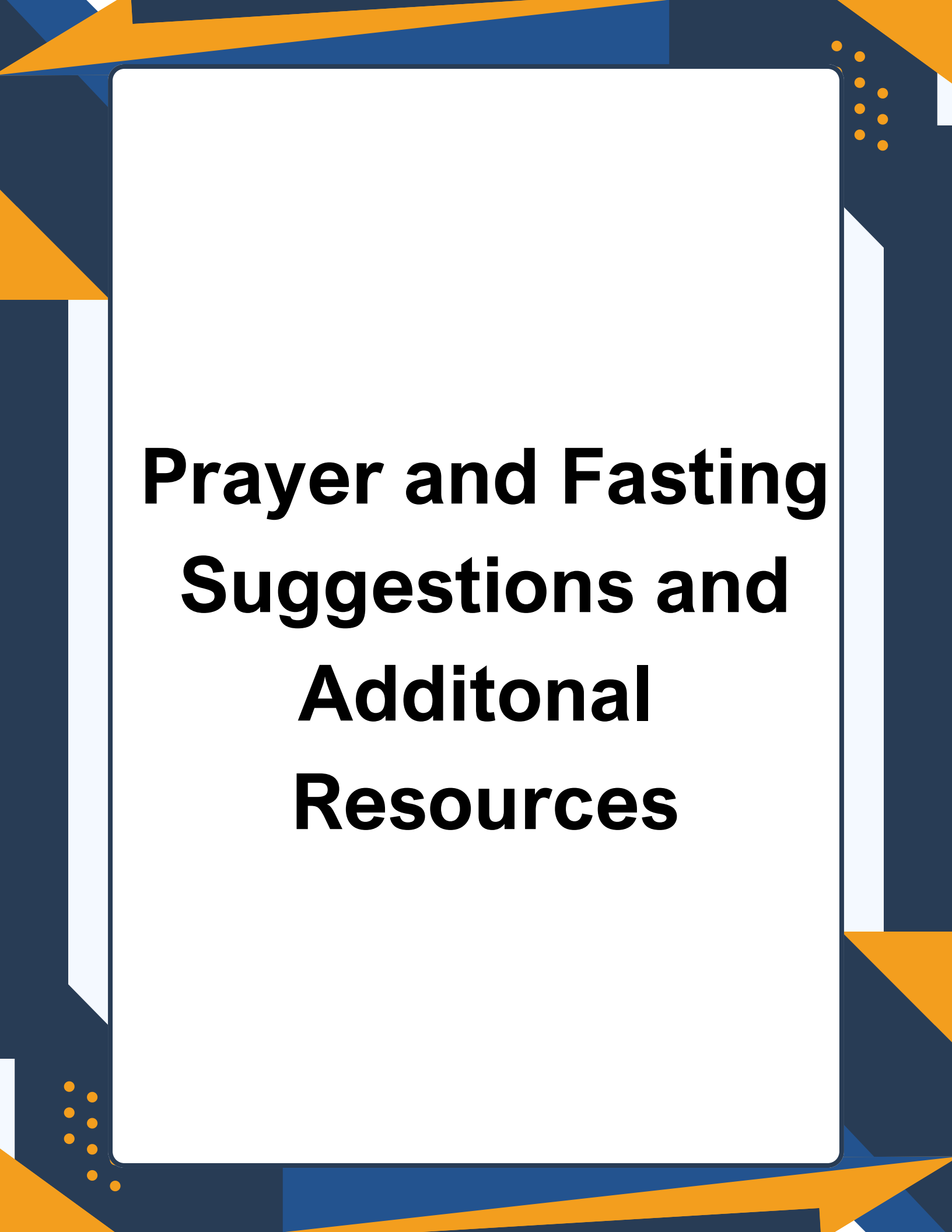




Prayer and Fasting Suggestions and Additional Resources

The goal of **fasting** is to draw near to God.

It hits the reset button of our soul and renews us from the inside out.

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives. When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

SCRIPTURE REFERENCES

Matthew 6:16-18 New International Version (NIV)

16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15 New International Version (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Nehemiah 9:1-3

New International Version (NIV)

1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshiping the Lord their God.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

DISCLAIMER: If you have a medical condition, talk to your doctor before embarking on a food or beverage fast of any length of time.

DANIEL FAST FOOD LIST

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

FOODS TO EAT

Whole Grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and Legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and Seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butter, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives).

All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS TO AVOID

Animal Products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added Sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast. (For an explanation on why it's excluded, see #1 under "Food" on my FAQs page.)

Refined Grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed Food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-Fried Food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid Fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and Alcoholic Beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

Renewal Church

21 Day Fast |

Jesse Comrie

5 Days | Intermittent Fasting: 12PM, 2PM, 4PM, 6PM, 8PM

4 Days | Liquids

3 Days | Water

4 Days | Liquids

5 Days | Intermittent Fasting: 8PM, 6PM, 4PM, 2PM, 12PM

The Prayer of Jabez

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. 1 Chronicles 4:10

Blessing:

"OH, THAT YOU WOULD BLESS ME..."

Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention. Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

Prayer:

Father, God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective so that I never become self-serving but stay focused on using what You've given me to serve other people."

Influence:**“ENLARGE MY TERRITORY...”**

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience a greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name. Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

Prayer:

God, make me effective in my sphere of influence and open new doors for me to be able to influence and reach even more people (name any particular areas where you’d like to have more influence). Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for a greater territory to impact for Your glory.”

Presence:**“LET YOUR HAND BE WITH ME...”**

In order to have a lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

In humility, acknowledge your need for God's presence. Depend on Him to ask for more of Him in your life today.

Prayer:

Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You.”

Protection:

“KEEP ME FROM HARM”

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand that the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory, so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear. Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

Prayer:

God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.

Warfare Prayers

Prayer is not only communion with God; it is also a confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

The Armor of God

BASED ON EPHESIANS 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

Prayer:

Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You."

THE WEAPONS OF WARFARE:

Based on 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. God has given us victory and the power to fight through the blood of Jesus.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought and make it obedient to Christ.

2 Corinthians 10:4-5

You can command anything that comes against the truth of God and His word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

Prayer:

Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' Name. Your Word says that trouble will not arise a second time (Nahum 1:9). SO I declare in Jesus' Name that satan cannot make trouble for me again as he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care of by trusting You.

I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.

PROTECTION PRAYER:

Based on 2 Thessalonians 3:3, 2 Corinthians 6:14-7:1, 10:3-5, Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenlies by asking for and claiming protection for ourselves and our families in Jesus' Name.

But the Lord is faithful, and He will strengthen and protect you from the evil one.

2 Thessalonians 3:3

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him, trusting His good plans and His power to protect you and those you love.

Prayer:

God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ. Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us, and we are protected and provided for by You, God, and You alone."

CONFESSION PRAYER:

Based on Romans 10:10, James 5:16, 1 John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sins and by dying on the cross. When we accept the gift of salvation, we confess our sins, and as Christians, confessing and repenting of sin is something we continue to do. By coming clean and repentant before God, He is able to work in our lives and transform us to be more like Him.

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

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God, confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from that sin to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

Prayer:

Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.

Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.

FORGIVENESS PRAYER:

Based on Matthew 6:14-15, Leviticus 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us, and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:15-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

Prayer:

Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus.

PRIDE PRAYER:

Based on Proverbs 11:2, 16:18, 26:12, 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

When pride comes, then comes disgrace, but with humility comes wisdom. Proverbs 11:2

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

Prayer:

Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you, God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child.

NOTE: One of the best ways to humble ourselves is to mix prayer with fasting.

GENERATIONAL BONDAGE PRAYER:

Based on Exodus 20:4-6, 34:7, Numbers 14:18, 2 Corinthians 5:17, Romans 8:1, 12:1

Generational bondage is a sin that can be passed down from generation to generation. Whether it's pride, addiction, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation not passing it on to anyone else in your family.

You shall not make for yourself an image in the form of anything in heaven above or on earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents of the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. Exodus 20:4-5

Recognize the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now, with you, and rebuke any sin or anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

Prayer:

Father God, I understand that I have inherited certain consequences from my family, and in the Name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, and anything else on me and my family that is a result of sin being passed down through parents, grandparents, or other family members (if specifics come to mind, talk to God about it). I proclaim that all generational sin ends here and now and that I will not pass these on to anyone in my family. Thank You, Lord for setting me free and making a new way for me and my family.

HEALING PRAYER:

Based on 1 Peter 2:24, Psalm 103:2-5, Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him, asking for healing for ourselves or someone we know.

Praise the Lord, my soul, and forget not all his benefits--who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

Prayer:

Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You, including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' Name, Amen.

MARRIAGE PRAYER:

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way, husband should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church. Ephesian 5:25-30

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your behalf.

Prayer:

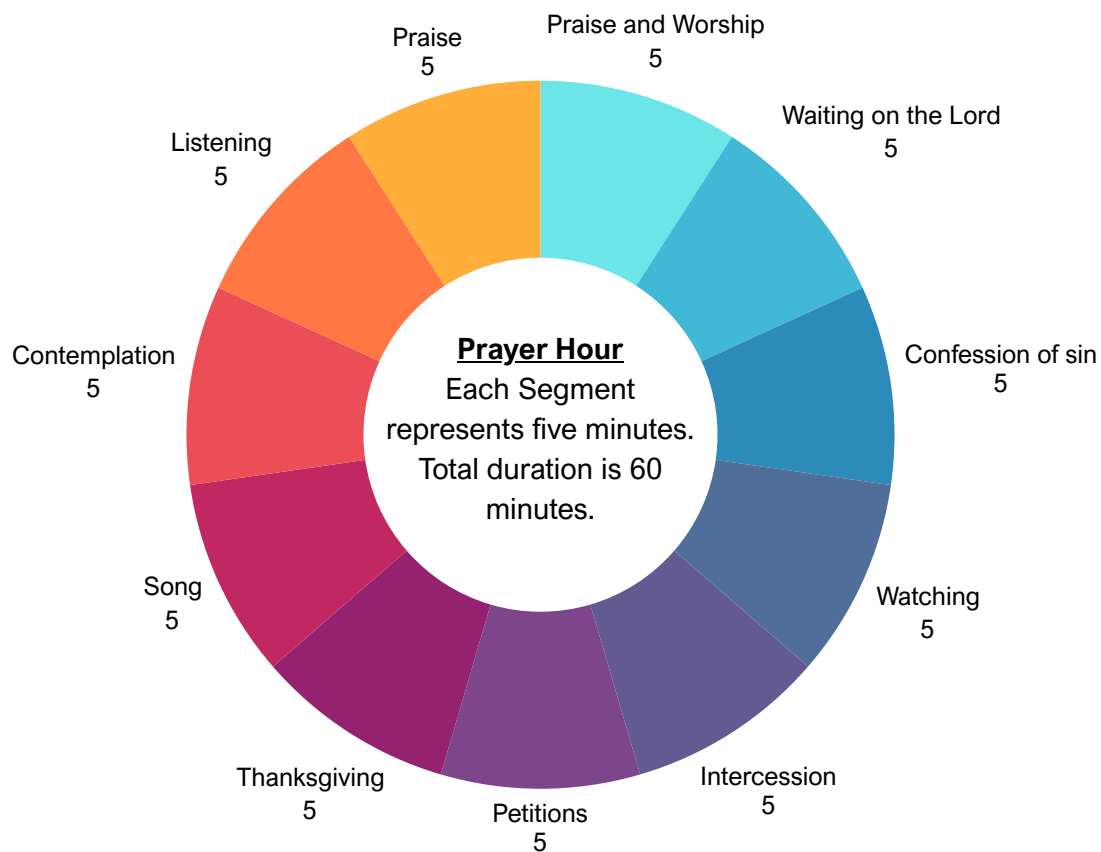
Thank you, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us, God, build us up to be an example of what Godly marriage can look like.

Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose.

We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always.

The Hour That Changes the World

In his book, The Hour That Changes the World, Dick Eastman suggests that one divide an hour into 12 periods of 5 minutes each. After 5 minutes you change to another form of prayer.



1. Praise and Worship

Spend 5 minutes expressing admiration and devotion to God.

Not to us, Lord, not to us but to your name be the glory, because of your love and faithfulness. Psalm 115:1

2. Waiting on the Lord

Spend 5 minutes in a time of silence before the Lord.

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10

3. Confession

Spend 5 minutes confessing your sin to God.

Not to us, Lord, not to us but to your name be the glory, because of your love and faithfulness. Psalm 115:1

4. Praying Scripture

Spend 5 minutes praying the truth of God's Word.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness... 2 Timothy 3:16-17

5. Watching

Spend 5 minutes asking for insight and wisdom on what to focus on and what your priorities should be.

Devote yourselves to prayer, being watchful and thankful. Colossians 4:2

6. Intercession

Spend 5 minutes praying for others.

I urge you, 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

7. Petition

Spend 5 minutes praying for your personal needs.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

8. Thanksgiving

Spend 5 minutes thanking the Lord for who He is.

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18

9. Song

Spend 5 minutes in worship.

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Psalm 100:1-2

10. Meditation

Spend 5 minutes in reflection.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8

11. Listening

Spend 5 minutes listening to the Holy Spirit.

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. Ecclesiastes 5:2

12. Worship

Spend 5 minutes exalting and glorifying God in prayer.

I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom. Psalm 145:1-3

Praying for those who need God

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him, praying for those who don't know Him to come to know Him.

Ask the Father to draw them to Jesus

God draws people to Him. It's not something we can make happen on our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws them...John 6:44

Think about people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

Prayer:

Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice.

Pray for Believers to cross their paths

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world and to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Matthew 9:38

As his "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw someone to Christ.

Prayer:

Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice.

Release the Spirit of Wisdom and Revelation on Them, so they may know God better

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. Ephesians 1:17

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

Prayer:

Father, I pray for the people around me to experience the spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them.

Acronym Prayer Models

If you are new to structured prayers, acronym models are a great place to start. Each of the following acronyms will aid you as you talk to God, helping you to remember what to pray.

ACTS Prayer Model

PRAY Prayer Model

HEART Prayer Model

SOAP Method

ACTS Prayer Model

A - Adoration

A is for Adoration. Adoration is the act of worshipping, praising, and honoring God. Praise God for who He is and what He has done.

Shout for joy to the Lord, all the earth. Worship the Lord with Gladdness; come before him with joyful songs. Know that the Lor is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations. Psalms 100:1-5

C - Confession

Confession is the act of laying bare your sins before God. As 1 John 1:9 tells us, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." So, step 2 of praying ACTS is bringing your sins before God, and asking for and accepting His forgiveness.

Then I acknowledge my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin. Psalm 32:5

T - Thanksgiving

After receiving God's forgiveness, it's time to express your gratefulness. Thank God for what He has done.

Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things. Psalms 107:8-9

S - Supplication

Supplication is asking for something earnestly and humbly. Jesus told His disciples, "whatever you ask in prayer you will receive if you have faith." Matthew 21:22 So in supplication, we ask God for our needs and the needs of others.

I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. John 17:20-21

PRAY Prayer Model

P - Praise

Praise God for who He is and what He has done.

Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago. Isaiah 25:1

R - Repentance

Turn away from your sin and ask God to help us live lives that reflect His glory.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. Acts 3:19

A - Ask

Ask God to help you with your personal needs.

Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it. John 14:13-14

Y - Yield

Give God control of your life and surrender to His good and perfect will.

In his hands is the life of every creature and the breath of all mankind. Job 12:10

HEART Prayer Model

H - Honor God

Start your prayer by honoring God for Who He is. Contemplate the attributes of God. Focus on who God is, not just what God has done.

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31

E - Examine Your Life

Next, take a moment to examine your life and to ask God to help you see any areas where you need growth. Ask God to forgive your sins and to help you do better in the future. Rest assured that your sins are forgiven!

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

A - Ask for Help

Ask God for help with the things that are important to you. Ask God to guide you and protect you, help you in your relationships, and give you the strength to overcome your struggles.

You may ask me for anything in my name, and I will do it. John 14:14

R - Requests for Other

As you pray, don't forget to intercede for others. Ask God to bless them, protect them, and meet their needs.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16

T - Thank God

Thank God for what He has done for you.

Give thanks to the Lord, for he is good; his love endures forever. 1 Chronicles 16:34

SOAP Prayer Model

SOAP is an acronym: Scripture, Observation, Application, Prayer. While doing this, write your thoughts down in a journal. Journaling is an excellent way to record and process what God has spoken to us. Without writing our experiences down, you may forget those blessings and some very important lessons!

S - Scripture

Take your time reading each chapter and allow God to speak to you. Look for a verse that particularly spoke to you and write it down in your journal.

O - Observation

What do you think God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Paraphrase and write this scripture down in your own words in your journal.

A - Application

Personalize what you have read, by asking yourself how it applies to your life right now. Write how this scripture can apply to you today.

P - Prayer

This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say and journal about it.