

1—THE PRAYER OF RELATIONSHIP

Our Father in heaven

Prayer Promise

We pray because we're God's children and he loves us

Deuteronomy 7:7-11; John 1:12; 14:18; John 14:12-14; I John 3:1

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Relationship.

Father, I bless you because you are my God, the only God.

Father, I bless you because you overflow with life and love, mercy and comfort.

In love and wisdom, you made me.

You are the Potter and I am the clay, the work of your hands.

I praise you because I'm fearfully and wonderfully made!

Father, you love me with everlasting love and chose me as your own before the world was made.

In love, you made me your child and now I can call you "Father".

Today, I declare I am completely accepted by your grace.

Today, I declare I am your heir and promised a good inheritance.

Today, I declare I have your divine power and have everything I need for life and godliness.

Today, I declare I have exceedingly great and precious promises.

Thank you that I am created in your image and called by your name.

Thank you that I am blessed with abundant, eternal life.

Thank you that I participate in the expansion of your kingdom as an ambassador.

Thank you that I have a new heart and am empowered to follow your ways.

Thank you that your Spirit dwells in me.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Things I Need for Myself

- Things I Need for My Family

- Things I Need for My Church

- People I'm Praying Will Follow Jesus

2—THE PRAYER OF WORSHIP

Hallowed be your name

Prayer Promise

We pray because we have access to God's presence

Psalm 65:4; Ephesians 2:18

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Worship.

Blessed are you, Yahweh, God of Israel, our Father, forever and ever.

Father, the whole earth is filled with your glory.

You are worthy to receive glory and honor and power because you created everything.

Everything in heaven and in earth is Yours.

You are exalted as head and reign over all.

Riches and honor come from you and in your hand is all power and might.

I bless you with all my soul because you are very great.

You are merciful and gracious, patient, overflowing with goodness and truth.

You are merciful, forgiving iniquity, transgression, and sin.

Who is like You?

From the rising of the sun to its setting, I will praise your name.

Your name will be great among all nations from now until eternity.

Jesus, you are exalted above all principalities and power and might and dominion

Jesus, you are exalted above every name that is named, in this age and in the age to come.

Holy Spirit, you are one with the Father and Son

Holy Spirit, you are the revelation of life, power, and light.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

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3—THE PRAYER OF INTERCESSION

Your kingdom come, your will be done, on earth as it is in heaven

Prayer Promise

We pray because God hears and answers prayer

Psalm 65:2; Matthew 7:7-11; Luke 11:10-13; John 14:12-14

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Intercession.

Father, I bless you because your kingdom is everlasting.
Your throne is in heaven and your kingdom rules over all.
In every generation, your dominion reigns.

Jesus, your name is Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.
Jesus, there is no end to the increase of your rule, authority, and peace.
Jesus, your Father has exalted you and given you a name above every name.
Every knee will bow and every tongue will confess you are the King of kings and Lord of lords.

I declare today that you have given me every spiritual blessing.
I declare that you have seated me in the heavenlies with Jesus, your Son.
I declare that the anointing of your Spirit rests on me and dwells in me.

Today, I love you with all my heart, all my soul, all my strength, and all my mind.
Today, your words will be on my mind and my heart.
Today, I receive the new heart and Spirit you have promised to put within me.

Today, I will share good news to the poor and heal the brokenhearted.
Today, I will proclaim liberty to the captives and freedom to the bound.
Today, I will bring comfort to those who mourn and offer beauty for ashes.
Today, I will put on the garment of praise for the spirit of heaviness.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Things I Need for Myself

- Things I Need for My Family

- Things I Need for My Church

- People I'm Praying Will Follow Jesus

4—THE PRAYER OF PROVISION

Give us this day our daily bread

Prayer Promise

We pray because God is a generous provider

Psalm 104; Luke 11:5-13; Romans 8:32

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Provision.

Father, I bless you because your hand is open and all creation is filled with your goodness. Creation is sustained by your gracious and abundant provision.

You are righteous in all your ways, gracious in all your works.
In blessing, you have given food to all who fear you.
Because your mercy endures forever, I look expectantly to you.
In mercy, you will fulfill my desires because I fear you.
Because I seek you, I will not lack any good thing.

Father, I bless you because every good and perfect gift is from you.
You long to give good things to those who ask you.
I thank you because you know what I need before I ask you.

Today, I declare I trust you and commit myself to do what is good and right.
Today, I declare you will give me the desires of my heart.
Today, I declare I am a faithful steward of all you have given to me.
Today, I declare my time, talent, and treasure is yours.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...

- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Things I Need for Myself

- Things I Need for My Family

- Things I Need for My Church

- People I'm Praying Will Follow Jesus

5—THE PRAYER OF FORGIVENESS

Forgive us our debts as we also have forgiven our debtors

Prayer Promise

We pray because God forgives us

Psalm 51:10-19; 139:23,24; Matthew 6:14,15; I John 1:5-2:2

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Forgiveness.

Hear, O Israel, Yahweh is our God. Yahweh is the one and only.

Father, you are full of compassion, gracious, patient, and abundant in mercy and truth. Who is like you, pardoning iniquity, passing over transgressions, and healing diseases? To you alone belong mercy and forgiveness.

Jesus, I thank you because you delight in mercy.
Jesus, I bless you because you became sin for me and suffered in my place.
In your blood, I have redemption—my sins are forgiven—I am reconciled—I am restored.
Thank you that your kindness leads me to repentance.

Father, today I confess my sin—all that I should not do and all that I've failed to do.
I declare you are faithful to forgive all my sin and cleanse me.
Search me and know my heart. Test me and know my anxious thoughts.
Reveal any wicked way in me and lead me into everlasting life.

Thank you for grace to receive your forgiveness and to forgive others.
Today, I set my will to forgive those who sin against me.
Today, I lay down all thought, intention, or action to take vengeance or bear a grudge.
Today, I reject bitterness, wrath, anger, complaining, evil speech, and malice from my heart.
Today, I take up kindness, tenderheartedness, and forgiveness.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Three Things I Need for Myself

- Three Things I Need for My Family

- Three Things I Need for My Church

- Three People I'm Praying Will Follow Jesus

6—THE PRAYER OF WARFARE

And lead us not into temptation, but deliver us from evil

Prayer Promise

We pray because God protects and fights for us

Psalm 91; Psalm 144; Romans 8:28-39

Preparing for Prayer

As you prepare to pray, spend a few minutes in silence. Close your eyes. Collect your thoughts. Let distractions fade away. Be in Jesus' presence. Listen and be ready to hear.

Praying Written Prayers

Read the following prayer aloud to learn to pray the Prayer of Warfare.

Hear, O Israel, Yahweh is our God. Yahweh is the one and only.

Father, you are my strength, my rock, my fortress and deliverer
Father, you are my shield and stronghold and will save me from my enemies.

Today, I dwell in the secret place of the Most High and abide under the shadow of your wing.
You alone are my light and salvation: whom shall I fear?
You are the strength of my life: of whom shall I be afraid?

I declare you will preserve my spirit, soul, and body blameless until the return of your Son.
I declare you will keep me from stumbling and to present me faultless in your presence.
I declare you have set me free from sin and death.
I declare sin does not have dominion over me
I declare that I am dead to sin and no longer a slave of it.
I declare sin will not reign in me and I will not obey its passions.
I declare no weapon formed against me will prosper.
I declare anything that rises against me in judgment shall be condemned.

Father, soften my heart and keep me from hardheartedness.
Father, I am submitted to you.

Sharing Your Heart with Jesus

After you pray the written prayer, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Three Things I Need for Myself

- Three Things I Need for My Family

- Three Things I Need for My Church

- Three People I'm Praying Will Follow Jesus

7—PRAYING PSALM 20

The Lord Answers When We Call

Prayer Promise

We pray because Jesus answers when we call

Psalm 20:1-8

How to Pray the Psalms

Read the entire Psalm out loud. Go back to the beginning and read each verse, one at a time. After you read one verse/section, respond with prayer. Hints are provided in the right column.

May the LORD answer you in the day of trouble!
May the name of the God of Jacob protect you!
May he send you help from the sanctuary and
give you support from Zion!

May he remember all your offerings and regard
with favor your burnt sacrifices!

May he grant you your heart's desire and fulfill
all your plans!

May we shout for joy over your salvation, and in
the name of our God set up our banners! May
the LORD fulfill all your petitions!

Now I know that the LORD saves his anointed;
he will answer him from his holy heaven with
the saving might of his right hand.

Some trust in chariots and some in horses, but
we trust in the name of the LORD our God.
They collapse and fall, but we rise and stand
upright.

O LORD, save the king! May he answer us when
we call.

DECLARE that you trust Jesus knows your
troubles and will protect and help you.

CONFESS your commitment to give your life to
Jesus and obey what he says to you.

SHARE your heart's desire and the plans that are
in your heart. **ASK** him to fulfill them.

SHOUT to Jesus with the conviction he saves and
answers.

INVITE the right hand of God [the strength of
God] to anoint you with his presence and Spirit.

SEEK FORGIVENESS for trusting in other things
and turn from them with words of confession.

THANK Jesus for all he's doing in your life and
how he's already answered your prayers.

Sharing Your Heart with Jesus

After you pray the Psalm, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Things I Need for Myself

- Things I Need for My Family

- Things I Need for My Church

- People I'm Praying Will Follow Jesus

8—PRAYING PSALM 103

Bless the Lord, oh My Soul

Prayer Promise

We pray because God gives us overflowing blessings

Psalm 103:1-14

Preparing for Prayer

Read the entire Psalm out loud. Go back to the beginning and read each verse, one at a time. After you read one verse/section, respond with prayer. Hints are provided in the right column.

Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits,

Who forgives all your iniquity, who heals all your diseases, Who redeems your life from the pit, who crowns you with steadfast love and mercy, Who satisfies you with good so that your youth is renewed like the eagle's.

The LORD works righteousness and justice for all who are oppressed. He made known his ways to Moses, his acts to the people of Israel.

The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever.

He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.

RECALL out loud all the benefits you've received because you trust in Jesus. **TELL** Jesus how good he is.

ASK Jesus to forgive you for all your sin and failure.
ASK Jesus to heal your mind, heart, and body.
ASK Jesus to rescue you and give you mercy.
ASK Jesus to renew your strength and hope.

DECLARE you will live a godly lifestyle and listen to his instruction.

DECLARE Jesus is gracious and overflows with mercy. Remember he isn't mad at you but loves you.

CONFESS that you believe God forgives you and
CONFESS that you need his forgiveness again today.

REMEMBER that God is your Father. **REMEMBER** that you fear him in love and faith. **REMEMBER** that he remembers you and your need.

Sharing Your Heart with Jesus

After you pray the Psalm, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

- Things I Need for Myself

- Things I Need for My Family

- Things I Need for My Church

- People I'm Praying Will Follow Jesus

9—PRAYING PSALM 23

The Lord is My Shepherd

Prayer Promise

We pray because Jesus leads us into peace and blessing

Psalm 23:1-6

Preparing for Prayer

Read the entire Psalm out loud. Go back to the beginning and read each verse, one at a time. After you read one verse/section, respond with prayer. Hints are provided in the right column.

The LORD is my shepherd; I shall not want.

THANK Jesus for being a good shepherd. Invite him to give you all you need.

He makes me lie down in green pastures. He leads me beside still waters.

ASK Jesus to lead you into peace and blessing. Be specific in what you need.

He restores my soul. He leads me in paths of righteousness for his name's sake.

CONFESS areas of your life that need to restoration and righteousness.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

DECLARE that no evil, temptation, or trial will destroy you because you have God's presence. Articulate specific concerns.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

FORGIVE those who've sinned against you. Name them by name.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

COMMIT to receive and follow God's presence throughout your days.

Sharing Your Heart with Jesus

After you pray the Psalm, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

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10—PRAYING PSALM 84

How Lovely is Your Dwelling Place

Prayer Promise

We pray because God's presence is better than everything else

Psalm 84:1-12

Preparing for Prayer

Read the entire Psalm out loud. Go back to the beginning and read each verse, one at a time. After you read one verse/section, respond with prayer. Hints are provided in the right column.

How lovely is your dwelling place, O LORD of hosts! My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God.

Blessed are those who dwell in your house, ever singing your praise! Blessed are those whose strength is in you, in whose heart are the highways to Zion.

O LORD God of hosts, hear my prayer; give ear, O God of Jacob!

For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.

For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.

O LORD of hosts, blessed is the one who trusts in you!

DECLARE that Jesus is beautiful and that you are seeking his presence right now.

ASK Jesus to open doors into his presence for your entire day and **INVITE** his Spirit to give you new strength and desire for his presence.

CONFESS that you need Jesus to hear you today and intervene in your life's situations.

REMEMBER all the ways Jesus has rescued you from wickedness. **COMMIT** to live in God's presence in this life and the next life.

SEEK God's protection. **SEEK** God's favor and honor. **TRUST** that he gives you good things and **ASK** for them specifically.

DECLARE you trust in Jesus and nothing else.

Sharing Your Heart with Jesus

After you pray the Psalm, respond to Jesus using the following prompts.

- Today, I'm grateful for...
- Today, I want you to know...
- Today, I'm overwhelmed by...
- Today, I'm struggling to...
- Today, I need guidance for...
- Today, my heart's desire is...
- Today, I need forgiveness for...

Sharing Your Needs with Jesus

In the spaces below, write down what you need and then share these with Jesus.

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