PRAY FIRST

A PERSONAL PRAYER GUIDE

ZEAL
CHURCH

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LIFESTYLE PRAYER

LIFESTYLE PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed (Mark 1:35).

• A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

• A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

• A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.



THE LORD'S PRAYER

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" (Matthew 6:9-13).

"Our Father in heaven..."

1. CONNECT WITH GOD RELATIONALLY

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

"...Hallowed be Your Name..."

2. WORSHIP HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

What are His Names?

Righteousness – He makes me clean
Sanctifier – He has called me and set me apart
Healer – He heals all my diseases
Banner of Victory – He has defeated my enemy
Shepherd – He speaks to me and leads me
Peace – He is my peace in every storm
Provider – He supplies all of my needs

"...Your Kingdom come, Your will be done on earth as it is in heaven..."

3. PRAY HIS AGENDA FIRST

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).

God's priorities:

Saving the Lost
Guiding those in authority – parental, spiritual, governmental, workplace
His will in us

"...Give us this day our daily bread..."

4. DEPEND ON HIM FOR EVERYTHING

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).

Ask God for what you want and need and then trust Him for the answer.

"...Forgive us our debts as we forgive our debtors..."

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

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).

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

"...And do not lead us into temptation but deliver us from the evil one..."

6. ENGAGE IN SPIRITUAL WARFARE

> *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 (Ephesians 6:12).*

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

"...For yours is the Kingdom and the Power and the Glory forever."

7. EXPRESS FAITH IN GOD'S ABILITY

> *"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you" (Jeremiah 32:17).*

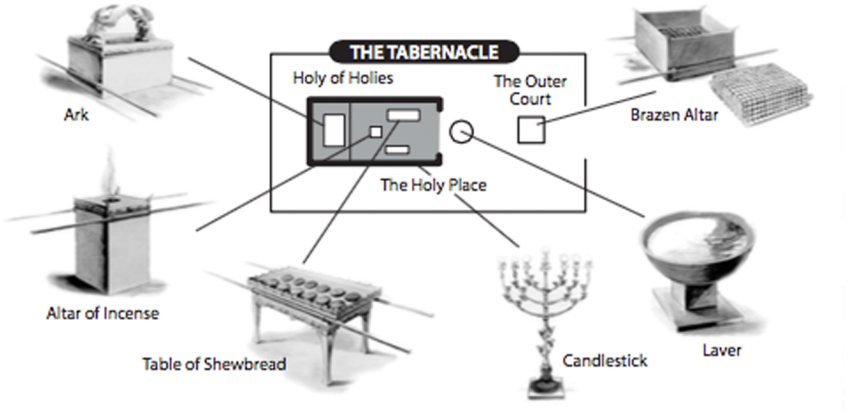
End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

"Yours is the Kingdom" – all rule belongs to You
"Yours is the Power" – all mightiness flows from You
"Yours is the Glory" – Your victory shall be complete



TABERNACLE PRAYER

TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

1. THE OUTER COURT – THANKSGIVING AND PRAISE

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name (Psalm 100:4).

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR – THE CROSS OF JESUS

> *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 the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin
Healing – God heals all my diseases
Redemption – God rescues me from every attack
Transformation – God puts His love in me
Provision – God provides everything I need

3. THE LAVER – CLEANSING AND PREPARING

> *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).*

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin.
Offer your body to God.
- Your tongue – to speak good and not evil
- Your eyes – to see God and the needs of others
- Your ears – to be sensitive to His voice
- Your hands – to do good to others
- Your feet – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).
Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK – THE HOLY SPIRIT

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:2).

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord
The Spirit of Wisdom
The Spirit of Understanding
The Spirit of Counsel
The Spirit of Might
The Spirit of Knowledge
The Fear of the Lord

You should also ask God to give you spiritual gifts (1 Corinthians 12:8-10).

5. THE TABLE OF SHEWBREAD – THE WORD OF GOD

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).

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

Read God's Word.
Claim His many great promises.
Ask for fresh revelation of the Word.
Take time to read and meditate on the Word.
Get a Word for the day.

6. THE ALTAR OF INCENSE – WORSHIP

The name of the LORD is a strong tower; the righteous run to it and are safe (Proverbs 18:10).

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

God is My Righteousness – Jeremiah 23:6
God is My Sanctifier – Leviticus 20:7-8
God is My Healer – Exodus 15:26
God is My Provider – Genesis 22:14
God is My Banner of Victory – Exodus 17:15
God is My Peace – Judges 6:24
God is My Shepherd – Psalm 23:1
God is Always There – Ezekiel 48:35

7. THE ARK OF THE COVENANT – INTERCESSION

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family, and workplace
My family
My church – pastor, small group, members, and vision/mission
My city, nation, and world
My needs



PRAYER AND SCRIPTURE DEVOTIONAL

PRAYER AND SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

1. THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD (MARK 12:30)

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63:3-4) by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility

Sing a new song to Him (Psalm 96:1-2; Colossians 3:16).

Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

2. CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD (PROVERBS 4:23)

Ask God to search your heart (Psalm 139:23-24) for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)

Present the day's details (Psalm 37:4-5, 31:14-15; Deuteronomy 33:25):

Choose the fear of the Lord.
Commit your works to God.

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).

Request specific direction for actions and decisions (Psalm 25:4-5; Isaiah 30:21).

Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

In the Word of God
By choosing to do His will



WARFARE PRAYERS

WARFARE PRAYERS

Prayer is not only communion with God; it is confrontation with the enemy. These prayers are very helpful in spiritual warfare.

> *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).*

THE ARMOR OF GOD
(based on Ephesians 6:13-17)

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show

me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

THE WEAPONS OF WARFARE
(based on 2 Corinthians 10:4-5)

"Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus' name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus' name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf."

PROTECTION PRAYER
(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

"Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only 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 pull down every thought that exalts itself 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 spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come."

GENERAL CONFESSION PRAYER
(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

"Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood."

FORGIVENESS PRAYER
(based on Matthew 6:14-15; Leviticus 19:18)

"Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ."

PRIDE PRAYER
(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

"Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child."

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

GENERATIONAL BONDAGE PRAYER
(based on Exodus 20:4-6, 34:7; Numbers 14:18)

"In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free."



PERSONAL PRAYER TARGETS

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> *I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

Pray for those in authority and those under your authority.

MY GOVERNMENT

President _____

National leaders _____

_____

State leaders _____

_____

City leaders _____

_____

MY FAMILY

Spouse _____

Children _____

_____

Parents _____

Siblings _____

_____

Extended family _____

_____

_____

MY CHURCH

Pastor _____

Small group leader _____

Small group members _____

_____

_____

_____

MY LIFE

Employer _____

Co-workers _____

_____

_____

Employees _____

_____

_____

Teachers/Professors _____

_____

THOSE I INFLUENCE

Close friends

THOSE WHO NEED GOD

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS

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

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).

3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).

4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM

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

5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER

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).

MY NEEDS

Prayer Request

Date	Date Answered

"Lord, help!" they cried in their trouble,
and he saved them from their distress.

He calmed the storm to a whisper
and stilled the waves.

What a blessing was that stillness
as he brought them safely into harbor!

Psalm 107:28-30

