**HOW TO PRAY THROUGH THE DAY**

## **40 Days of Prayer – Part 5**

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“Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. And always pray for all God's people.”

Ephesians 6:18 (NCV)

BY DEVELOPING 2 HABITS

1. **Keep A Running Conversation With God**

“Pray on every occasion, as the Spirit leads.” Ephesians 6:18 (TEV)

“Never stop praying! (Pray all the time!)” 1 Thessalonians 5:17 (GW)

2. **Schedule Prayer Time Throughout My Day**

“Seven times a day I praise you!” Psalm 119:164 (NIV)

**A DAILY SCHEDULE BUILT ON THE LORD’S PRAYER**

1. **Start With Gratitude** (THANKSGIVING)

Jesus said, “. . . Your Father knows what you need before you ask him. So then, this is how you should pray: 'Our Father in heaven’ . . .” Matthew 6:8-9

“Every good gift and every perfect present comes from your Father of light

in heaven . . .” James 1:17

* I thank my Father in heaven for his consistent love & I recall

all **The Ways He Is Good To Me**

2. **Bless His Name** (PRAISE)

“Hallowed be your name . . .” Matthew 6:9b

“Every day I will bless your name and praise it forever and ever!” Psalm 145:2

* I review God’s names & The Promises The Imply

“Those who know your name trust in you, for you, Lord, have never

abandoned those who truly seek you.” Psalm 9:10

3. **Remember What Matters Most** (DEDICATION)

“May your kingdom come, and may your will be done, on earth as it

is in heaven.” Matthew 6:10

* I align myself with God’s Purpose & Plans for my life

“If you seek first God’s kingdom and his righteousness, all the

other things will be given to you as well.” Matthew 6:33

4. **List My Needs** (PETITION)

“Give us today our daily bread.” Matthew 6:11

* I ask for Anything I need.

“You can ask for anything in my name” – Jesus

John.14:13 (NLT)

* I ask for what Others Need Too (Intercession)

“I’d be sinning against the Lord if I failed to pray for you.”

1 Samuel 12:23

“Jesus has the power of God, by which he gives us

everything we need to live, and to serve God. We

have these things because we know him.”

2 Peter 1:3 (NCV)

5. **Ask For Forgiveness** (CONFESSION)

“Forgive us our sins as we forgive those who sin against us.”

Matthew 6:12

* I admit my sins and I Forgive Others Who Have Hurt Me

“I confessed my sins to you and didn’t try to hide them . . .

Then you forgave me and now all my guilt is gone!”

Psalm 32:5

6. **Ask God To Help Me Make Wise Decisions** (PROTECTION)

“And lead us not into temptation but deliver us from the evil one.”

Matthew 6:13

1 Corinthians 10:13

7. **Rest With An Encouraging Truth** (BENEDICTION)

“For yours is the kingdom, and the power, and the glory, forever! Amen!”

Matthew 6:13c (NAS)