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DAYS OF PRAYER & FASTING

How To Pray

By Jordan Hansen

This is a prayer guide that has been created in a many different ways over the centuries to reflect the categories of "The Lord's Prayer" where Jesus teaches his disciples how to pray. Feel free to use this as a guide for yourself or a tool to teach others how to pray.

Matthew 6:9-13

A. Reverence

"Our Father in Heaven..."

Revere the Lord in His exalted position, Master, Creator, God Almighty, etc. Spend time acknowledging his greatness and directing this time of prayer to Him directly. We can pray and worship directly to our heavenly Father!

B. Worship

"Hallowed be your name..."

Worship the Lord with a song (CD, MP3, etc) or with your own spoken words and utilize the biblical names as a guide.

1. Jehovah Tsidkenu – The Lord my Righteousness
2. Jehovah Jireh – The Lord my Provider
3. Jehovah Shalom – The Lord my Peace
4. Jehovah Shammah – The Lord is here, present
5. Jehovah Nissi – The Lord my Victory, Banner
6. Jehovah Rohi – The Lord my Shepherd
7. Jehovah Raphe – The Lord my Healer
8. Jehovah Elohim – The Lord Creator
9. Jehovah Mekaddish – The Lord my Sanctifier

C. Submission

"Your Kingdom come, your will be done..."

This is a time to pray for your decisions and circumstances while also praying for the decisions and circumstances of others; that they line up with God's will and His kingdom! Find Scriptures to quote which affirm God's will over the various prayer requests (healing, direction, promotion, etc.)

D. Provision

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

Pray for God's provision in our lives, our families, co-workers, friends, etc. Ask that the Lord meet your needs spiritually, physically, financially, emotionally, relationally, etc. Trust Him as your provider!

Ask the Lord to speak to you also through His word!

E. Forgiveness

"Forgive us our debts as we have also forgiven our debtors..."

God is faithful to forgive us and cleanse us from all unrighteousness (1 John 1:9), so make time for confession and ask for that forgiveness and cleansing!

Search your heart to forgive others who have hurt you, or offended you. "For if you forgive others, your heavenly Father will also forgive you (Matt. 6:14).

F. Protection

"Lead us not into temptation, but deliver us from evil..."

Pray God's protection in all areas: spiritually, physically, mentally, etc. We have an enemy who comes to steal, kill, and destroy (John 10:10), but we have an advocate with the Father (1 John 2:1) who intercedes for us, and a Holy Spirit who is our helper and our comforter.

G. Praise

"For yours is the kingdom and the power and the glory, forever. Amen"

Speak, sing, or dance praise to God because he hears our prayers (Psalm 141:2), and he desires to be praised by his creation! "Let everything that has breath Praise the Lord!" (Psalm 150:6)

Additional Prayers Focus:

1. For our leaders, that we may lead peaceful, quiet lives (1 Tim. 2:2).
2. For the salvation of family members, friends, co-workers, etc (1 Tim. 2:4).
3. For our church to fulfill the Great Commission (Matt. 28:19).
4. For global, national, & local revival (Acts 2:5-12).
5. For UNITY in the Church to reflect God's love (John 17:20-26).