

Praying with the Word of God

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Letting God's truth help us pray—examples

The next few pages give some samples of prayers based on Scripture. You will see that Biblical truths can lend themselves to many kinds of prayer (confession, praise, thanks, requests, etc.). Reviewing these examples can be one way of becoming more comfortable with forming your own prayers based on truths from God's Word.

Psalm 139:1

A Psalm of David. O LORD, You have searched me and known me.

AGREEING WITH GOD: "God, Your Word says that You had searched and known David. You also search and know me."

CONFESSING SIN IF THE VERSE HELPS TO SHED LIGHT ON SIN: "Lord, you have searched and known my thoughts, and You know my complaining attitude. Lord, I'm thankful that Jesus died on the cross so that I can be forgiven and walk in newness of life. I am not a slave to complaining. Instead of complaining, I offer my mind to You as an instrument of righteousness. When I am tempted to complain today, I will quickly repent, and turn to thoughts of thanks to You for Your perfect knowledge of me, and I will trust that You are working out my circumstances for Your glory and my good."

PRAISING GOD: "Your ability to search and know me is amazing! No one else can search and know me the way You do, God!"

THANKING GOD: "Thank You for searching and knowing me. Thank You for revealing this truth in Your Word so that I can consider and remember the greatness of Your knowledge."

PLEADING WITH GOD FOR MYSELF: "God, help me to believe that You have actually searched and known me the way that David believed this. Make me understand how thoroughly You have searched and known me."

PLEADING WITH GOD FOR AN UNSAVED FRIEND: "Please make my unsaved friend realize that You have searched her and You are displeased by the sin You have found inside her. Cause her to turn to Jesus for salvation from Your displeasure."

Psalm 139:16

***Your eyes have seen my unformed substance;
And in Your book were all written
The days that were ordained for me,
When as yet there was not one of them.***

AGREEING WITH GOD:

“Father, You knew all of David’s days because you ordained them before he was ever created. You know my days as well.”

CONFESSING SIN IF THE VERSE HELPS TO SHED LIGHT ON SIN:

“Sometimes, Lord, I fall into fear, and that fear is rooted in the fact that I don’t fully place my confidence in the truth that you ordained all of my days before even one of them came to be. Lord, please forgive me. I confess this to You, and I believe Your promise that if I confess it, You are faithful to forgive me of this unbelief and fear and to cleanse me from it. Lord, please help me to remember this truth often today and to trust You, especially when I am tempted to fear anything other than You.”

PRAISING GOD:

“God, I love the way that the greatness of Your knowledge is expressed in this verse! Your knowledge of me began before I even existed. Your knowledge is vast and intimate.”

THANKING GOD:

“Thank you for knowing me so intimately, and for showing me Your sovereignty over my life.”

PLEADING WITH GOD:

“Lord, please help me to place my confidence in You and Your vast and intimate knowledge of me and my life. Lord, I pray that you would help me to respond to these truths by being a diligent, wise steward of my time and my life. Help me to invest in that which is fruitful and glorifying to You.”

Colossians 1:9-14

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, 10 so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; 11 strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously 12 giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light. 13 For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, 14 in whom we have redemption, the forgiveness of sins.

PRAISING GOD FROM VERSES 11 AND 13:

“Your willingness to rescue me and transfer me to Your Son’s kingdom is precious, God! Not only are You willing, but You are also the only One who is able to rescue me from darkness. You are the powerful, loving, saving God.”

BATTLING SIN FROM VERSE 10:

“God, You have called me to walk in a manner worthy of You, seeking to please You in all respects. Lord, will You help me see areas of my life where I am not seeking to please You?”

OR...

“Lord, I know that I often seek to please myself rather than pleasing You. That is what I’m doing when I waste time doing _____. I agree with You about this sin in my heart, and I turn away from pleasing myself to pleasing You today.”

THANKSGIVING FROM VERSES 12 THROUGH 14:

“Thank You, God, for qualifying me to share in Your inheritance in the saints! Thank You, God, for Your beloved Son, Jesus! Thank You that I have redemption and forgiveness of my sins in Him.”

PLEADING WITH GOD FOR MYSELF FROM VERSES 9 THROUGH 11:

“Dear Father, I ask for Your help to pray like Paul—to pray with devotion and persistence for my brothers and sisters in Christ.”

“I also pray for Your help today to walk in a manner worthy of You, to please You in all respects. By Your grace, I’ll use a timer to help me use self-control with the time I spend doing _____ today, so that I will be steadfast in the responsibilities You’ve placed in my life.”

PLEADING WITH GOD FOR OTHERS FROM VERSES 11 THROUGH 13:

“Father, I pray for _____, that You would strengthen her/him with power according to Your glorious might, that she/he might be steadfast, patient, and thankful in the circumstances You ordain for her/him today (or this week). Thank You for rescuing us and making us Your beloved children!”

Preparing to meet with God in His Word

But his delight is in the law of the LORD, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers. - Psa 1:2-3

How blessed are those whose way is blameless, Who walk in the law of the LORD. How blessed are those who observe His testimonies, Who seek Him with all their heart.
- Psa 119:1-2

How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; Do not let me wander from Your commandments. Your word I have treasured in my heart, That I may not sin against You. - Psa 119:9-11

Open my eyes, that I may behold Wonderful things from Your law. - Psa 119:18

Establish Your word to Your servant, As that which produces reverence for You.
- Psa 119:38

Your word is a lamp to my feet And a light to my path. - Psa 119:105

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. - Rom 12:2

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.
- Rom 15:4

Additional verses:

Psalm 16:8-9

Psalm 42:1

Isaiah 30:18

Psalm 25:15

Psalm 57:1

Philippians 3:7-11

Psalm 27:8-9

Psalm 63:1

2 Timothy 3:14-17

Psalm 40:16

Psalm 73:25-26

Some focal points in the spiritual discipline of heart-shepherding prayer:

Praising God:

1 Chronicles 16:27; 17:20
2 Chronicles 20:6
Psalm 5:4-7
Psalm 31:19
Psalm 36:5-10
Psalm 63:3
Psalm 86:5-10
Psalm 89:11-18
Psalm 91:14-16
Psalm 105:3-4
Psalm 113:4-9
Psalm 116:5-7
Psalm 135:3
Proverbs 30:5-6
Revelation 4
Revelation 5
Revelation 7:9-17
Revelation 15:1-4
Revelation 19:1-8

Proverbs 5:21
Proverbs 6:16-19
Proverbs 8:13
Proverbs 11:20
Proverbs 15:11
Proverbs 16:2
Proverbs 17:3
Proverbs 21:2
Isaiah 6:3-7
Isaiah 59:1-2
Jeremiah 2:22
Jeremiah 23:23-24
Mark 3:4-5a
Mark 7:20-23

- ***My sin is powerful to entangle me.***

Psalm 19:13
Psalm 40:11-12
Hebrews 12:1-2

Battling Sin:

- ***My sin is offensive to God.***

Psalm 7:11
Psalm 9:7-10
Psalm 11:4-7
Psalm 25:8-11
Psalm 31:9-10
Psalm 32:1-5
Psalm 38:1-5
Psalm 51:1-13
Psalm 69:5
Psalm 78:36-39
Psalm 79:8-9
Psalm 103:8-14
Psalm 118:18
Psalm 130:1-4

- ***My sin is dangerous to me.***

Psalm 40:11-12
Psalm 139:23-24
Proverbs 9:13-18
Proverbs 14:16
Proverbs 21:16
Proverbs 27:12
Isaiah 6:3-7
Matthew 5:29-30

- ***My sin is deceptive to me (concerning the 3 categories above, and more).***

Psalm 19:12
Psalm 78:36-39
Matthew 7:3-5

- ***Other passages about sin in general.***

Psalm 119:9-11
 Psalm 141:5
 Proverbs 3:11-12
 Proverbs 10:17
 Proverbs 13:1, 18
 Proverbs 15:5, 10, 12
 Proverbs 19:27
 Proverbs 20:9, 30
 Proverbs 28:13
 Proverbs 29:1

- ***Repenting of sin.***

1 John 1:8-10
 Romans 6; 12:1-2
 2 Corinthians 7:9-11
 Colossians 3:1-17
 Ephesians 4:17-32
 Galatians 5:13-26
 Philippians 4:8

Rehearsing the gospel:

Romans 6
 1 Corinthians 15:1-4
 2 Corinthians 5:14-21
 Galatians 1:6-10; 3:1-9
 Ephesians 2:1-10; 4:17-24
 Philippians 1:6; 2:5-13; 3:1-14
 Colossians 2:8-15; 3:1-11
 2 Timothy 1:8-12
 Titus 2:11-14; 3:1-8
 Hebrews 9:11-14; 10:11-18
 1 Peter 1:2-5
 Isaiah 53

Thanksgiving:

2 Samuel 22:50
 1 Chronicles 16:7-8, 34-35, 41

2 Chronicles 20:21, 30:22, 31:2
 Ezra 3:11
 Nehemiah 12:24
 Psalm 7:17, 9:1, 18:49, 30:4, 12;
 33:2; 35:18; 44:8; 45:17; 52:9; 54:6;
 57:9; 75:1; 79:13; 86:12; 92:1;
 97:12; 100:4; 10:1; 106:1, 47; 107:1;
 108:3; 109:30; 111:1; 118:1, 19-29;
 119:7, 62; 122:4; 136:1; 138:1-8;
 139:14; 140:13; 142:7; 145:10
 Isaiah 12:1, 4; 25:1
 Daniel 2:23; 6:10
 Matthew 15:36; 26:27
 Luke 2:38; 17:16
 Acts 27:35
 Romans 1:21; 6:17; 7:25; 14:6; 16:4
 1 Corinthians 15:57
 2 Corinthians 1:11; 2:14; 4:15; 8:16;
 9:15
 Ephesians 1:16; 5:4, 20
 Philippians 1:3-6; 4:6-9
 Colossians 1:3, 12, 3:15-17
 1 Thessalonians 1:2; 3:9; 5:18
 2 Thessalonians 1:3; 2:13
 Hebrews 13:15
 Revelations 4:9; 11:17

Praying for myself and others:

Matthew 6:9-13
 John 17:1-26
 Acts 4:24-30
 Romans 10:1
 Ephesians 1:15-23; 3:14-21;
 6:18-20
 Philippians 1:9-11
 Colossians 1:9-12; 4:2-4
 1 Thessalonians 3:12-13
 2 Thessalonians 1:3, 11-12; 3:1-2, 5
 1 Timothy 2:1-2

Record additional verses here

Praising God

Battling sin—in general

Battling sin—help in specific areas

Rehearsing the gospel

Thanksgiving

Praying for self and others

Sunday

Praising God - *express worship to God and your desire for Him*

Because Your lovingkindness is better than life, My lips will praise You. -Psa 63:3

Praise the LORD, for the LORD is good; Sing praises to His name, for it is lovely. -Psa 135:3

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

If we say that we have no sin, we are deceiving ourselves and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. -1Jo 1:8-9

Rehearsing the gospel-*rehearse the gospel in prayer*

For the love of Christ controls us, having concluded this, that one died for all, therefore all died; 15 and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf. 16 Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. 17 Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 18 Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, 19 namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. 20 Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. 21 He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him. -2Cr 5:14-21

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, 18 and having been freed from sin, you became slaves of righteousness. -Rom 6:17-18

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

"I do not ask You to take them out of the world, but to keep them from the evil one. 16 They are not of the world, even as I am not of the world. 17 Sanctify them in the truth; Your word is truth. . . 20 I do not ask on behalf of these alone, but for those also who believe in Me through their word; 21 that they may all be one; even 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 sent Me."
-Jn 17:15-17, 20-21

Praying weekly—small group and ministries in which I serve

-add to this prayer for specific needs of individuals and fruitful time together

For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth derives its name, 16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. 20 Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, 21 to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen. -Eph 3:14-21

Monday

Praising God - *express worship to God and your desire for Him*

Whom have I in heaven but You? And besides You, I desire nothing on earth. 26 My flesh and my heart may fail, But God is the strength of my heart and my portion forever. 27 For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. 28 But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, That I may tell of all Your works. -Psa 73:25-28

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Do not remember the sins of my youth or my transgressions; According to Your lovingkindness remember me, For Your goodness' sake, O LORD. -Psa 25:7

He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion. -Pro 28:13

Rehearsing the gospel-*rehearse the gospel in prayer*

And you were dead in your trespasses and sins, 2 in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. 3 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. 4 But God, being rich in mercy, because of His great love with which He loved us, 5 even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), 6 and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus, 7 so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; 9 not as a result of

works, so that no one may boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them. -Eph 2:1-10

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. -Phl 4:6-7

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, 10 so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; 11 strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously 12 giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light. -Col 1:9-12

Praying weekly—evangelism, neighbors, work relationships

-pray for the salvation of the lost and for your readiness to share the gospel in love

Brethren, my heart's desire and my prayer to God for them is for their salvation. -Rom 10:1

Tuesday

Praising God - *express worship to God and your desire for Him*

3 And they sang the song of Moses, the bond-servant of God, and the song of the Lamb, saying, "Great and marvelous are Your works, O Lord God, the Almighty; Righteous and true are Your ways, King of the nations! 4 "Who will not fear, O Lord, and glorify Your name? For You alone are holy; For ALL THE NATIONS WILL COME AND WORSHIP BEFORE YOU, FOR YOUR RIGHTEOUS ACTS HAVE BEEN REVEALED." -Rev 15:3-4

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. - Rom 6:12-13

Rehearsing the gospel-*rehearse the gospel in prayer*

Therefore do not be ashamed of the testimony of our Lord or of me His prisoner, but join with me in suffering for the gospel according to the power of God, 9 who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, 10 but now has been revealed by the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel, 11 for which I was appointed a preacher and an apostle and a teacher. 12 For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day. -2Ti 1:8-12

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

I thank my God in all my remembrance of you, 4 always offering prayer with joy in my every prayer for you all, 5 in view of your participation in the gospel from the first day until now. 6 For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. -Phl 1:3-6

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, 4 so that they may encourage the young women to love their husbands, to love their children, 5 to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. -Tts 2:3-5

Praying weekly—Government, world affairs, persecuted believers

-pray for leaders in local, state, national, and foreign governments

-pray for persecuted churches and individuals (and their families) around the world

First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, 2 for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. -1Ti 2:1-2

Remember the prisoners, as though in prison with them, and those who are ill-treated, since you yourselves also are in the body. -Hbr 13:3

Wednesday

Praising God - *express worship to God and your desire for Him*

"For from the rising of the sun even to its setting, My name will be great among the nations, and in every place incense is going to be offered to My name, and a grain offering that is pure; for My name will be great among the nations," says the LORD of hosts. -Mal 1:11

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Set a guard, O LORD, over my mouth; Keep watch over the door of my lips. 4 Do not incline my heart to any evil thing, To practice deeds of wickedness With men who do iniquity; And do not let me eat of their delicacies. 5 Let the righteous smite me in kindness and reprove me; It is oil upon the head; Do not let my head refuse it, For still my prayer is against their wicked deeds. -Psa 141:3-5

Rehearsing the gospel-*rehearse the gospel in prayer*

Peter, an apostle of Jesus Christ, To those who reside as aliens, scattered throughout Pontus, Galatia, Cappadocia, Asia, and Bithynia, who are chosen 2 according to the foreknowledge of God the Father, by the sanctifying work of the Spirit, to obey Jesus Christ and be sprinkled with His blood: May grace and peace be yours in the fullest measure. 3 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, 5 who are protected by the power of God through faith for a salvation ready to be revealed in the last time. -1Pe 1:1-5

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. 17 Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. -Col 3:15-17

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving; 3 praying at the same time for us as well, that God will open up to us a door for the word, so that we may speak forth the mystery of Christ, for which I have also been imprisoned; 4 that I may make it clear in the way I ought to speak. -Col 4:2-4

Praying weekly—global gospel ministry

Team PNG (the Lehmans, the Canns, and the Dodds)

Mikaela Bruce (Madrid, Spain)

Mossimo and Susanna Mollica (Perugia, Italy)

Weyman and Helen Lee (worldwide pastor training)

Nate and Jen Herbrandson (Tokyo, Japan)

-pray for spiritual, mental, and physical endurance and protection

-pray for marriages, parenting, and team unity

-pray for the salvation of the lost and the church to be established and strengthened

-pray for language barriers to be overcome

-pray for faithful financial provision and prayer by senders

Finally, brethren, pray for us that the word of the Lord will spread rapidly and be glorified, just as it did also with you; 2 and that we will be rescued from perverse and evil men; for not all have faith. -2Th 3:1-2

Thursday

Praising God - *express worship to God and your desire for Him*

How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings. 8 They drink their fill of the abundance of Your house; And You give them to drink of the river of Your delights. 9 For with You is the fountain of life; In Your light we see light. -Psa 36:7-9

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 And see if there be any hurtful way in me, And lead me in the everlasting way. -Psa 139:23-24

Rehearsing the gospel -*rehearse the gospel in prayer*

For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. 4 But when the kindness of God our Savior and His love for mankind appeared, 5 He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, 6 whom He poured out upon us richly through Jesus Christ our Savior, 7 so that being justified by His grace we would be made heirs according to the hope of eternal life. 8 This is a trustworthy statement; and concerning these things I want you to speak confidently, so that those who have believed God will be careful to engage in good deeds. These things are good and profitable for men.

-Tts 3:3-8

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

And there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks. ... 20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father. -Eph 5:4, 20

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

And may the Lord cause you to increase and abound in love for one another, and for all people, just as we also do for you; 13 so that He may establish your hearts without blame in holiness before our God and Father at the coming of our Lord Jesus with all His saints. -1Th 3:12-13

Praying weekly—miscellaneous needs

The sick

Marriages, families

Other relationships

Those who are struggling spiritually

Those who have gone through church discipline

Employment

Etc.

Trust in the LORD with all your heart And do not lean on your own understanding. 6 In all your ways acknowledge Him, And He will make your paths straight. -Pro 3:5-6

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. -Heb 4:15-16

Friday

Praising God - *express worship to God and your desire for Him*

A Psalm of David the servant of the LORD, who spoke to the LORD the words of this song in the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul. And he said, "I love You, O LORD, my strength." 2 The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. 3 I call upon the LORD, who is worthy to be praised, And I am saved from my enemies. -Psa 18:1-3

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Pursue peace with all men, and the sanctification without which no one will see the Lord. 15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled. -Hbr 12:14-15

Who can discern his errors? Acquit me of hidden faults. 13 Also keep back Your servant from presumptuous sins; Let them not rule over me; Then I will be blameless, And I shall be acquitted of great transgression. -Psa 19:12-13

Rehearsing the gospel - *rehearse the gospel in prayer*

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. 2 Set your mind on the things above, not on the things that are on earth. 3 For you have died and your life is hidden with Christ in God. 4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory. 5 Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. 6 For it is because of these things that the wrath of God will come upon the sons of disobedience, 7 and in them you also once

walked, when you were living in them. 8 But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. 9 Do not lie to one another, since you laid aside the old self with its evil practices, 10 and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him-- 11 a renewal in which there is no distinction between Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all.

-Col 3:1-11

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. -2Cr 2:14

Rejoice always; 17 pray without ceasing; 18 in everything give thanks; for this is God's will for you in Christ Jesus. -1Th 5:16-18

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

"For My hand made all these things, Thus all these things came into being," declares the LORD. "But to this one I will look, To him who is humble and contrite of spirit, and who trembles at My word." -Isa 66:2

Praying weekly—extended family

-pray for specific needs, relationships, and your gospel witness

May the Lord direct your hearts into the love of God and into the steadfastness of Christ.

-2Th 3:5

Saturday

Praising God - *express worship to God and your desire for Him*

"Worthy are You, our Lord and our God, to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created." -Rev 4:11

Battling sin

-remember sin's offensiveness to God, its power to entangle, its danger, its deceptiveness

-ask God to reveal any unconfessed sin in your life

-confess, repent, prepare

Examine me, O LORD, and try me; Test my mind and my heart. -Psa 26:2

Rehearsing the gospel -*rehearse the gospel in prayer*

15 It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all. - 1Ti 1:15

Thanksgiving

-thank God for who He is, what He has done, His Word, His promises, His Spirit, His provision and protection, family, friends, church, trials, answers to prayer, etc.

We ought always to give thanks to God for you, brethren, as is only fitting, because your faith is greatly enlarged, and the love of each one of you toward one another grows ever greater.

-2Th 1:3

Praying for myself, members of my household, and daily prayer concerns

-add to this prayer for specific needs, spiritual growth or salvation, relationships, and activities of the day

To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, 12 so that the name of

our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ. -2Th 1:11-12

Praying weekly—Grace Bible Church

Church family

-We would be a church family that is full of awe and wonder, and that we would be amazed at the awesomeness of our God--our Savior and our Strength

Your testimonies are wonderful; Therefore my soul observes them. - Ps 119:129
(also Ps 119:18, 27)

- We would be a church that is quick to encourage each other so that no one would have their heart hardened by the deceitfulness of sin

But encourage one another day after day, as long as it is still called "Today," so that none of you will be hardened by the deceitfulness of sin. - Heb 3:13

Next Generation Ministries *- God would save the children we shepherd at GBC at a very young age and protect them from the deception of sin that so easily entangles us*

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us. -Heb 12:1

Elders *-We would be men fit for serving God in the manner of our calling*

It is a trustworthy statement: if any man aspires to the office of overseer, it is a fine work he desires to do. 2 An overseer, then, must be above reproach, the husband of one wife, temperate, prudent, respectable, hospitable, able to teach, 3 not addicted to wine or pugnacious, but gentle, peaceable, free from the love of money. 4 He must be one who manages his own household well, keeping his children under control with all dignity 5 (but if a man does not know how to manage his own household, how will he take care of the church of God?), 6 and not a new convert, so that he will not become conceited and fall into the condemnation incurred by the devil. 7 And he must have a good reputation with those outside the church, so that he will not fall into reproach and the snare of the devil. - 1Ti 3:1-7
our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ. -2Th 1:11-12

Praying through Titus 2:3-5

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, 4 so that they may encourage the young women to love their husbands, to love their children, 5 to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.

- Titus 2:3-5

One way to cultivate growth in these qualities is to pray about one quality each day or week.

For each quality you could:

- prayerfully review what it is
- praise God for evidences of His grace, where this quality is present in your life
- where there is sin, confess it and repent
- prayerfully commit to God a path for growth in this quality
- prayerfully consider how to spur others on in this quality

Qualities of a Titus 2 woman:

- reverent in her behavior
- not a malicious gossip
- not enslaved to much wine
- teaches what is good
- encourages younger women
- husband-lover
- children-lover
- sensible
- pure
- worker at home
- kind
- subject to her own husband
- concerned for the honor of God's Word

Personal notes on the Titus 2 qualities:

Listening to Yourself vs. Shepherding Your Heart Throughout the Day

wise in my own estimation, Rm 12:16

boastful, Rm 11:30; 2 Tm 3:2

grumbling, Phil 2:14

complaining, Js 5:9

bitterness, Rm 3:14

DISAPPOINTMENT!

disputing, Phil 2:14

lover of self, 2 Tm 3:2

selfish ambition, Rm 2:8;
Js 3:14, 16

critical of others, Lk 6:41-42

lover of pleasure, comfort, 2 Tm 3:4

“My good desire
deserves to be honored,
fulfilled.”

“I deserve to have
my good desire
carried out.”

DISCOURAGEMENT!

**I Desire + I Deserve
=
I DEMAND!!**

hopeless, Eph 2:12

bite and devour one another, Gal 5:15

without peace, Rm 3:17

prayerless, Lk 18:1-8

overcome by evil, Rm 12:21

DESPAIR!

vengeful, 1 Th 5:15

angry, Gal 5:20; Col 3:8

anxious, Mt 6:27

ungrateful, Lk 6:35; 2 Tm 3:2

envy, jealousy, Rm 1:29; Gal 5:20; Ti 3:3; Js 3:14, 16

Listening to Yourself vs. Shepherding Your Heart Throughout the Day

if the Lord wills, Js 4:13-17

love does not seek its own, 1 Cor 13:5

not wise in own estimation, Rm 12:3, 16

humility, Phil 2:3; Col 3:12

DISAPPOINTMENT!
(short-lived)

patient, Gal 5:22; Col 3:12;
1 Th 5:14

thankful, Eph 5:20; Col 3:15;
1 Th 5:18

forgiving, Eph 4:32; Col 3:13;
1 Pt 4:8

gentle, Gal 5:22; Col 3:12; Ti 3:2; Js 3:17

kindness, Col 3:12; Gal 5:22; 2 Pt 1:7

loving, Eph 5:1-2; Col 3:14; 1 Cor 13:1-8

Desires –
Pr 16:1-2, 9; 19:21;
21:2; 28:26;
Js 4:13-17; etc.

What I truly deserve –
Rm 2:5-6, 9, 12-13;
5:6-11; 6:23; etc.

Perceived rights and
demands –
2 Cor 12:7-10; etc.

DEPENDENT!

**I Desire + What I Truly Deserve
=
I RELINQUISH MY PERCEIVED RIGHTS!!
NO DEMANDS!**

overcomes evil with good, Rm 12:21

peaceable/peaceful, Phil 4:6-7; Col 3:15;

devoted to prayer, 1 Th 5:17; Rm 12:12;
Js 1:5-8

not vengeful, 1 Pt 3:9; Rm 12:17-19

HOPEFUL!
Rm 8:28ff

joyful, 1 Th 5:16; Rm 12:12; Js 1:2

self-control, Gal 5:23; 2 Pt 1:6

needs endurance, Hb 12:2; Js 2:3-4

needs strength, Hb 12:3; Js 5:8

contentment, 2 Cor 12:7-10; Phil 4:10-14

What is repentance?

(J.C. Ryle)

- **Repentance begins with the knowledge of sin.** Sin is essentially our futile attempt to dethrone God from being our highest pursuit, love, joy, delight. Sin is substituting primarily ourselves in God's place as our highest pursuit, love, joy, delight (in our thoughts, words, attitudes, deeds, desires, relationships, or emotions). Repentance begins with understanding this. Do you?
- **Repentance expresses genuine sorrow for that sin.** It is not enough to simply understand factually what sin is. True repentance involves brokenness over sin – genuine sadness that God was not your highest pursuit, love, joy, delight – He was robbed of the glory and praise that was due Him. Being sorry for the consequences that have come from sin is not necessarily genuine repentance. Genuine repentance makes you very sad that God was not seen to be the great Good that He truly is. Do you see this present in your life?
- **Repentance leads to confession of sin before God.** When I'm truly repentant, I'm not concerned that others who sinned in the process are found out too; that they admit they sinned too. Genuine repentance is not concerned if other sinners escape and go free, because repentance is still troubled that God was diminished by my own actions/inaction. Repentance makes the sinner concerned to talk with God about it – to openly agree with God concerning his own sin. Does this occur on a regular basis in your life?

- **Repentance leads to a thorough breaking off from sin.** Obviously at this point, genuine repentance has no desire to continue in what has broken the sinner's heart and led to open agreement with God about what diminished God; made Him appear inconsequential before others. When was the last time this type of thorough breaking off took place in your life?

- **Repentance produces a habit of deep hatred of all sin.** Genuine repentance equips the believer to discern where other sins exist in his own life – other arenas where God is not his highest pursuit, love, joy, delight; to see other thoughts, words, attitudes, deeds, desires, relationships, or emotions where self is still the highest pursuit, love, joy, delight. Do you truly hate the sin that is revealed to you?

- **Repentance is inseparably connected with lively faith in and love for Jesus Christ.** Genuine repentance sees the greatness and beauty and worth of Jesus. The punishment that is due to the repentant sinner has fallen on Jesus instead. God's wrath toward the repentant sinner has been removed in Jesus' death. Repentance means you will separate yourself from sin – but not without simultaneously entrusting your life further to Jesus. It is not enough to only focus on putting off the sin, destroying the sin. Greater pursuits of Jesus in God's word, deeper love for Him, stronger entrustment of self to Him must also simultaneously occur. Is there greater faith and love for Jesus this year than last?

Prepare for Temptation

(adapted from Wayne Mack)

Decide how to handle temptation before it comes. Proverbs 22:3 says, “The prudent sees the evil and hides himself. . . .” Temptation is easier to face if we have decided in advance how to respond to it.

Think through (and list) those situations of temptation that you are likely to face and plan a BIBLICAL response to each one. A plan for biblical response to temptation may include the following items:

1. Recognize and acknowledge in the earliest stages of temptation that you are being tempted. (Examine your thinking, desires, attitudes, and behaviors).
2. Quickly ask God for His help to resist (Ps 50:15; 34:4-6; Is 40:31).
3. If possible, remove yourself immediately from the source of temptation (1Cr 6:18; 1Cr 10:14; 1Ti 6:11, 2Ti 2:22).
4. Identify the unbiblical desire that would be served by yielding to the temptation (1 Jn 2:15-17).
5. Quote and meditate on appropriate Scripture.
6. Remind yourself of God’s presence, power, and promises (Gen 39:8; 2Cr 9:8; Eph 3:20-21; 1Cr 10:13; Jud 1:24; 2Pe 1:3-4; Hbr 13:5).
7. Reflect on the purpose of Christ’s death (Gal 1:4; 1 Pet 2:24; Tts 2:11-13; 2 Co 5:14-15).
8. Mentally and verbally make a commitment to do the godly thing.
9. Get busy with a mind-engaging, godly activity.
10. Call a friend and ask for help.
11. REPEAT key aspects of this temptation plan until the power of temptation is reduced.
12. Actively review your preparation DAILY and as needed, seeking God’s help and reviewing what is true in advance, when not tempted.

Recovery Plan

(What to do with failure plan—2 Co 7:9-13)

(adapted from Wayne Mack)

1. Call unbiblical desires, thoughts, feelings, and actions what God does—SIN.
E.g., what was I not believing about God?
What lies was I believing? (Ph 4:8; Jn 6:29)
What/whom was I loving, treasuring, serving? (Jn 14:21; 1 Co 10:14)
What/whom was I trusting and obeying? (Pr 3:5-6)
2. Take full responsibility for the sin.
3. Confess the sin, both to God and to any others who were hurt (1 Jn 1:9; Pr 28:13).
4. Ask God for help in not doing it again (1 Co 10:13-14).

For #5-7, the blue “God’s Transformation of Man” pamphlet will be a helpful resource.

5. Remind yourself what Christ has done and is doing for you.
6. Reflect on the resources available to believers in Christ.
7. Meditate on God’s promises of forgiveness and deliverance from the power of sin.
8. Accurately evaluate the changes that have already occurred and the progress that has been made.
9. Learn from failure by *briefly* examining what you did that you should not have done and what you did not do that you should have done.
10. Make restitution where necessary.
11. Purpose to put the past behind you in a biblical way and to resume your efforts to change in a godly manner (Phil 3:10-14; Ps 32; 103:12; Isa 43:25; 44:22; Mic 7:19; 1 Jn 1:9; Pr 28:13; Ep 1:7).

