

Weekly Prayer Plan – Overcoming Addictions

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “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.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: 1 John 2:15-24

Tuesday: 1 Corinthians 10

Wednesday: Matthew 11:28-30

Thursday: 1 Corinthians 15:20-49

Friday: Matthew 4:1-11

Saturday: Matthew 12:43-45

Sunday: James 4:4-10

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Overcoming Addictions – Bible Verses and notes

In Second Corinthians 12:7, Paul talks about a thorn in his flesh. Though we don't know exactly what his thorn was, any Christian who has struggled with being addicted to anything can relate to having a thorn in their flesh. It could be smoking, pornography, sexual addictions, drinking or drugs. It doesn't matter how strong the addiction is, the power of God is able to break the stronghold of these addictions off your life. We are going to look into some verses from the bible in this episode that will help you do that. Let's get started.

So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - 1 Corinthians 10:12-13

No temptation will overpower you because Christians are no longer slaves to sin. We have the freedom to choose what is good. In addition to this, God is faithful to provide us with a way of escape out of the temptation and give us the strength to say no to sinful enticements. Through the power of the Holy Spirit, we have the ability to withstand the temptation and pass the test.

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. - 1 John 2:16

The world promises to satisfy legitimate desires in illegitimate ways through the lust of the eyes. Secondly, the world tempts your mind through what your eyes see. Thirdly, the desire to live to impress others with what you have. If you ever want to break addiction to anything you have to be watchful of what you are allowing into your eyes, what you are thinking about and how you see yourself.

Do not be misled: "Bad company corrupts good character. - 1 Corinthians 15:33

The Corinthian believers needed to stop hanging out with those who were promoting false doctrine, denying the resurrection and living a sinful lifestyle. You cannot make unbelievers your constant, intimate companions and think you will escape unscathed. If you are struggling with breaking addictions of any kind, look closely who you are hanging out with. More than likely, they are struggling with the same things as you.

Submit yourselves, then, to God. Resist the devil, and he will flee from you. - James 4:7

Submitting to God is to recognize your weakness, and to stop fighting and surrendering to God as your final authority. Satan has been practicing his craft for thousands of years. There is only one way to resist him. It's the same way the Jesus resisted him in Matthew 4:1-11. Stop trying to win the battle over addiction by yourself. Submit to God.

*Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God - **Matthew 4:1-4***

Jesus used the written word to deal with the enemy. This is one of the reasons why we have the bible, so that we can remember the scriptures and speak them when we face troubles or temptations. Before the next time you feel pressure to give in to an negative addiction, plant some bible verses in your heart and commit them to memory so that you can speak them out loud when you need them.

*"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." - **Matthew 26:41***

I include this verse in this episode because we need to remember to watch out what we are doing and where we are going. If we know that going to a certain place or hanging out with certain people will cause you to sin and fall into your addictive habit, then pray that God will direct you away from those situations. Your flesh is weak. Don't think that you will be able to use will power to overcome a temptation when you walk into a situation that is not in your favour to overcome.

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." - **Matthew 11:28-30***

To rest means to put your burdens in Gods hands and enjoy his provision of forgiveness and eternal life. Jesus did not say that you wouldn't have that burden any more, but he did promise that it will be lighter if you yoke yourself to him.

*When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation." - **Matthew 12:43-45***

If you try to clean up our life with self-righteous and religious activity, you'll only make yourself worse. Without submission to the Lord and the presence of the Holy Spirit to fill the void, you're simply opening yourself up to greater demonic influence.