

## Weekly Prayer Plan – Strength in Time of Need

### 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: **Isaiah 40**

Tuesday: **Philippians 4**

Wednesday: **Exodus 15**

Thursday: **Psalms 46**

Friday: **Ephesians 6**

Saturday: **1 Chronicles 16**

Sunday: **Cast out unbelief - Psalm 73**

**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.*

## Bible Verses & Notes Strength in Time of Need

Every now and then we all need an extra level of strength to help us to accomplish something. You could have a lot of things to do in a day and you need God to strengthen you to get the things done. You could just need strength to deal with a particular difficult situation. Or you could need spiritual strength to pray or endure through in praying for something. God is there to give us strength to do his will. Let's talk about it.

*I can do all things through him who strengthens me. - **Philippians 4:13***

It's by God's strength that you can accomplish all things that are in line with His will for you to accomplish. The key knowing what God has called you to do is to see if he has given you the supernatural strength to accomplish it through His Holy Spirit.

*but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - **Isaiah 40:31***

Hoping in the Lord is expecting that his promise of strength will help us rise above life's distractions and difficulties. Keep this verse in mind when patiently waiting for something that you have been praying for.

*Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." - **Deuteronomy 31:6***

As Israel was about to cross over into the promise land Moses gave them a final encouragement. This was what they had been promised for years and they were at the verge of their breakthrough. It was going to be a tough battle but God was with them. As you move forward to do the will of God, know that He will never abandon you but He will be right with you.

*Then Moses and the Israelites sang this song to the LORD: "I will sing to the LORD, for he is highly exalted. Both horse and driver he has hurled into the sea. "The LORD is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. - **Exodus 15:2 ESV***

The Israelites just saw the mighty hand of God swallow up their enemies in the sea and allowed them to walk through on dry land. Though this was a response to the miracle, we can use it as a reminder to praise and worship when we need God's strength to accomplish something or for defense against the enemy.

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. - **Psalms 46:1-3***

The Lord is a place of security for his people. He is never too busy but always available. The psalmist imagines terrible conditions on earth yet if even the worst things happens, we will not be afraid. God is always near to help us.

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish; you destroy all who are unfaithful to you. But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds. - **Psalm 73:26-28***

Asaph began this psalm with “But as for me my feet almost slipped.” He finished it was But as for me , God’s presence is my good. You have to ask, what happened from verses 2-28? He encountered God in worship. In the presence of God he found truth hope and strength that he needed.

*Finally, be strong in the Lord and in the strength of his might. **Ephesians 6:10***

This verse is from Ephesians 6, where is talks about the armor Christ that we should put on daily. It is also often referring to spiritual warfare (Did an episode on this chapter back in 2019. Check the archives to listen) Standing firm in the armor of God doesn’t stop the battle from raging, but is stops it from defeating you. Keep this in mind and it will strengthen you as you stand victorious through your battles.

*Seek the Lord and his strength; seek his presence continually! - **1 Chronicles 16:11***

If you are facing a situation that you can’t avoid and you need Gods strength to overcome, one of the things that you can do is seek Gods face for his strength. When you spend time in God’s presence through worship and praise his strength will come over you and allow you to overcome all obstacles.