

Weekly Prayer Plan – Dealing With Stress

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: **Matthew 6**

Tuesday: **James 1: 2-4**

Wednesday: **2 Chronicles 20**

Thursday: **1 Peter 5:7**

Friday: **Matthew 11:25-30**

Saturday: **Psalm 119:71**

Sunday: **Mark 4:35-41**

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.

Dealing With Stress – Bible Verses & Notes

Stress can paralyze you from accomplishing what God put on your heart to do. It not only stops you from thinking straight but if left undealt with it can have lasting health effects. This is why it's important to deal with stressors that are in your life so that they can be removed. Today we are going to talk about how to deal with stress from a biblical perspective. God is here to help you be an overcomer.

*“He said: “Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: ‘Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God’s.” - **2 Chronicles 20:15 NIV***

As we face challenges in life we need to remind ourselves that the battle that we face is not ours to fight. Most of the time it's for us to stay still if faith and see God Fight on our behalf. When we face opposition from work or a tight deadline or a troublesome neighbour we need to know that God will fight the battle for us and we shouldn't allow it to stress us out.

*“Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”” - **Mark 4:38-41 NIV***

In this storm Jesus and the disciples were in the same boat, at the same time, during the same storm but there were two different reactions to the storm. The point that I want to drive home here is that of perception. Jesus had a different perception to the storm because he knew who he was. The disciples didn't truly know God The Father like Jesus did... their reaction to the storm was different. Likewise, we need to ensure that we have the correct perception of the storm of life without it causing stress to overtake us. This only comes from knowing God the father.

*“Cast all your anxiety on him because he cares for you.” - **1 Peter 5:7 NIV***

Anxiety about things that have not happened can cause stress to build up in your life. The way that you can cast your anxieties on God before they stress you out is by prayer first and then secondly not thinking about them negatively. The moment you start to think about them negatively, you take them out of Gods hands and put them in your own again.

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” - **James 1: 2-4***

Look at stress as a blessing because it allows you to see your faith in God and learn perseverance to overcome challenges in the future. Again, your perception is what important to evaluate here. The better your relationship is with God, the better you will handle tough situations.

*“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” - **Matthew 6:34***

I'll read this verse from the KJV because on the way it is written is better to explain. Is said to take no thought for tomorrow. By taking a thought, this means to think about negatively. By doing that you are only going to worry about how you will overcome a situation that hasn't even happened. This takes stress from tomorrow and puts it on you today. Be prepared for tomorrow but do not think about it negatively. There is no point in dwelling on the unknown stress of the future, so don't.

*It was good for me to be afflicted so that I might learn your decrees. - **Psalms 119:71***

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

The journey you are going through may be long and hard, but you will find rest in God's loving arms at the end.