

Weekly Prayer Plan – Overcoming Guilt & Condemnation

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: **2 Corinthians 5:1-21**

Tuesday: **John 3:1-21**

Wednesday: **John 1:5-10**

Thursday: **Psalms 103:11-14**

Friday: **Ephesians 1:7-8 NIV**

Saturday: **Romans 7:14- 8:17**

Sunday: **Romans 3:22-24**

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 Guilt & Condemnation – Notes & Bible Verses

It says in Romans 3:22-24 that “This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.”

If two men are running to try to catch a plane and one ends up being 1 hour late. The other ends up being 1 minute late, the result is the same. Both men missed the plane. With regards to sin, we all sin and there is no sin that is too bad that Gods grace can't cover. There are no perfect people and we all need Gods grace. Since we all have the capacity to sin at any moment, we all will need to get over it and return into relationship with God. This is where condemnation can come in and cause us to get stuck in a spiral of guilt and condemnation. We're going to talk about it today.

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*For God did not send His Son into the world to condemn the world, but that the world through Him might be saved - **John 3:17***

Some people think God is waiting for you to make things right concerning your mistake or sins and until you do it there is no hope for you. The truth is, It's not God's purpose to condemn you; it's His desire to take away your sins, to keep you from sin, and to save you through Jesus Christ.

*For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him - **2 Corinthians 5:21***

Jesus not only died for our sins, He took our sins upon Himself so He could give us His right standing with God or his Righteousness. This is only possible when we place our faith in Jesus and his finished work of the cross.

*In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, - **Ephesians 1:7-8 NIV***

Through the sacrificial death of Christ, you are given forgiveness and salvation as a free gift. Redemption from sin comes through the price paid by Jesus Christ. The sinless son of God had to die to pay for our sins so we might have forgiveness from God which shows his Grace richly poured out on us.

'Come now, and let us reason together,' " says the Lord, *'Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool' - Isaiah 1:18*

God invites you to talk it over with Him. He promises in this verse that your sins will be washed clean. Crimson red and wool are polar opposite on the colour spectrum. This is a visual for you to remember of how God forgives your sins.

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. - Psalms 103:11-14 NIV

This verse has a lot in it. First of all we see how much God loves us. If you go outside right now and look up until you can see the top of the sky... that's the thing. You won't be able to see the top of the sky. That how high Gods love for you is. Then this verse goes on to say that God separates our sins from us as far as the east is from the west. East and west are opposite and never meet. That how much God separates your sins or mistakes from you. Finally, God will always show us his unfailing love and compassion because he understands that we are human and ad this verse says made of dust. He knows that we are weak and sin will be part of our lives until we are in heaven so this shows that God understands the mistakes that we've made in the past. So let this verses sink in and remember them more than your sin or mistake.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness - 1 John 1:9

When we confess our sins to God we are agreeing with what God's Word reveals about us. We are admitting that what the light exposes is not just a mistake a bad habit or mirror product of our upbringing. It's sin. All you need to do is tell God where you went wrong, that you are sorry, and He will take care of everything else and wash it away.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. - 2 Corinthians 5:17

In addition to cleansing away all of your sins through the blood of the Lamb, God gives you a brand-new life—a new heart that will help keep you from sinning again.

*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. - **Romans 8:1***

If you are a believer in Jesus it doesn't matter what your heart tells you or how your emotions try to lead you, God says you stand before him with zero condemnation. Your guilt is a thing of the past.

*For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more. - **Hebrews 8:12***

If you really understand the greatness of his grace, you'll be motivated to live to please the one who saved you. In Gods great mercy, He erases your sin from His memory.