

Weekly Prayer Plan

Giving and Receiving Constructive Criticism

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: Ephesians 4

Tuesday: Proverbs 12

Wednesday: Proverbs 15

Thursday: Proverbs 19:20

Friday: Proverbs 11

Saturday: Proverbs 27:17

Sunday: Proverbs 3

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

Giving and Receiving Constructive Criticism

Eventually as we go through life we will come into a situation where we need to give it take constructive criticism. As a matter of fact we should all have people in our lives who can give us tough feedback that we need to hear. If we don't know how to accept this feedback then we can continue our lives with blind spots on issues that we need to deal with to live abundantly as Christians. And it's just as important to know how to give constructive feedback to others as it is to receive it.

The way of a fool is right in his own eyes, but a wise man listens to advice. - Proverbs 12:15

The fools underlying problem is he can't see that his spiritual eyesight is blurred. As a result he never listens to counsel. He just listens to himself tell himself that he's OK. So you don't want to be like this fool who doesn't listen to anyone's advice.

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. - Ephesians 4:29

The goal when trying to give advice or correcting someone's behaviour should be to build someone up to make them a better person. When giving constructive criticism you shouldn't mix it with insults or say it with a condescending tone. You should say it with grace so that the person can receive it with the right intent. Pray that the Holy Spirit can help you have a difficult conversation with anyone.

The ear that listens to life-giving reproof will dwell among the wise. Whoever ignores instruction despises himself, but he who listens to reproof gains intelligence. - Proverbs 15:31-32

This proverb is self explanatory. When you are willing to listen to someone who is trying to correct you this is very wise. When you ignore instruction or corrections you could potentially hinder your growth.

Listen to advice and accept instruction, that you may gain wisdom in the future. - Proverbs 19:20

We all need to remember that we don't know everything and there are just some things that other people can see about us that we can't see about ourselves. This proverb is saying that we should listen to advice and instruction that is given to us so that we can add to what we know and be wiser in our future decisions.

Where there is no guidance, a people falls, but in an abundance of counselors there is safety. - Proverbs 11:14

Don't be a lone ranger Christian. Don't think that you can succeed apart from the help of a community of believers in a local church. Instead seek guidance from those who love you and will speak divine wisdom into your life.

Better a poor but wise youth than an old but foolish king who no longer knows how to heed a warning. The youth may have come from prison to the kingship, or he may have been born in poverty within his kingdom. - Ecclesiastes 4:13-14 NIV

Don't ever think you are too important to learn. We all know people who have reached the top and yet act like fools. Continue to have a humble attitude so that you can keep learning and growing.

For the Lord reprove him whom he loves, as a father the son in whom he delights. - Proverbs 3:12

So the word reprove is the same as the word discipline which means to teach and to train. The word Discipline sounds negative to many people because some disciplinary are not loving, but God disciplines his children in perfect love. God knows that in order to become morally strong and good we must learn the difference between right and wrong. Likewise we can discipline our children in order to teach them right and wrong being led by the love of God in our hearts. Also, when trying to give constructive criticism we are trying to help the other person to see the error of their ways.

Iron sharpens iron, and one man sharpens another. - Proverbs 27:17 ESV

If we ever want to get better at anything this verse shows us how. First we need to associate with people who are wiser, more mature and accomplished more than us. Secondly, we need to be open to receive feedback from those people so that we can learn to be better.