

# Weekly Prayer Plan – Faith to Step Out of your Comfort Zone

## 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: Joshua 1:1-18

Tuesday: Proverbs 3:5-6

Wednesday: 2 Timothy 1:7

Thursday: Jeremiah 29:1-23

Friday: Matthew 16:21-28

Saturday: Hebrews 10:19-39

Sunday: Isaiah 30:18-33

**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 – Faith to Step Out of your Comfort Zone

So we all require faith to step out of our comfort zone and it's so nice and cozy there that we need so much encouragement to every venture out to do anything great. It's our security area and where we feel the most safe and most of the time we don't even want to step out but if we ever want to grow or accomplish something bigger than what we are already doing we will eventually have to step out and make it happen.

*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. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” - Joshua 1:8-9 NIV*

This verse gives us a promise from God with a condition from us first. When we meditate on the word of God, it will bear fruit in our lives in the form of success. And as we draw closer to God he also promises us that he will Go with us. In Chapter 1 of Joshua, God just have Joshua the position of leader over Israel which was a huge job out of his comfort zone. This chapter is God encouraging Joshua to step out and lead and meditation on the word is key to doing this successfully.

*For God gave us a spirit not of fear but of power and love and self-control. - 2 Timothy 1:7*

When we are stepping out to do anything there could be a measure of fear that n our hearts. This verse says that that fear is not from God. But God gave us power to pray against spiritual fears, love to deal with people who are intimidating us from moving forward and a smart mind that can reason out anything that needs a logical approach to overcome.

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6*

When you rely on God in all you do he will make your paths straight. God can remove obstacles and even cut a path through the wilderness for you. Know that God can remove the fear that exist outside your comfort zone.

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

This verse should be in your heart as you prepare to step out of your comfort zone. One thing that I would mention though. Before you step out you have to remember to pray to make sure that you are walking in God's will for your life. He will empower you to do all things through Christ that are in His will for you.

*For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. - **Jeremiah 29:11-13***

Stepping out of your comfort zone can be very intimidating. This verse promises us a couple things. 1. That God has good plans for us and doesn't intend to harm us. 2. That as we seek him with all our hearts, we will find him. The work is on us to seek after God first with all our hearts and find the will that he has already prepared to walk in. God knows the plans he has for us. We may not know them yet so we need to seek his heart to find them out.

*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." - **Isaiah 30:21 NIV***

This one is a life verse for me. So after we have sought the heart of God and believe that he is leading us in a particular direction, we need to take that first step of faith. In my experience, I have come to realize that it's only after you take that first step in obedience that God will confirm that you are going in the right direction. So step out on faith based on how you believe God is directing you.

*But be doers of the word, and not hearers only, deceiving yourselves. - **James 1:22***

Without application there can be no transformation. The bible calls us to true freedom which is submission to God's will. This means we need to go into the word of God intentionally. Obedience to the written word of God is prerequisite before God will direct you to step out of your comfort zone to do other things. Your heart must be submitted to him first.

*Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. - **Matthew 16:24***

Being a Christian is not easy. Especially if you are used to doing things a certain way before coming to know Christ. The entire process of conversion is a step out of your former comfort zone because when you were unsaved, you were comfortable living in sin. Now as believers you have a new life in Christ and are joint heirs with him. In stepping out of your comfort zone, it's

important to keep your eyes focused on the blessings and all the good that will come after you make that decision.

*You need to persevere so that when you have done the will of God, you will receive what he has promised. For, "In just a little while, he who is coming will come and will not delay." And, "But my righteous one will live by faith. And I take no pleasure in the one who shrinks back." But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved. - **Hebrews 10:36-39 NIV***

It's always challenging when you are going through unfamiliar situations. This happens when we step out of our comfort zone and stand by faith in what God said. The important thing to remember is to KEEP GOING. Don't allow fear to cause you to go back into a place of familiarity. When you persevere, God promises that you will be rewarded by your faith.