

Weekly Prayer Plan – Heavenly Psychology

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: Hebrews 11:23-28

Tuesday: Psalms 119:71-72

Wednesday: Genesis 2:18-23

Thursday: John 4:1-34

Friday: Hebrews 11:1-6

Saturday: Matthew 6:1-13

Sunday: Psalms 43:5 & Proverbs 18:21

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 - Heavenly Psychology

In all theology there is an aspect of psychology because the mind needs to be renewed in order to grasp the concept of God. This is why Romans 12:1-2 is such an important verse for all Christians. Furthermore, God doesn't do things like we would. His ways and methods are much different than ours and his wisdom is much higher than our own so God uses circumstances and situations to get exactly what he wants to happen out of them. And most of the time it does something in our own lives to bring us to another level in our Christian walks.

Moses Principal

*By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward. - **Hebrews 11:24-26 NIV***

Even after Moses learned that he was Hebrew, Moses has access to all the pleasures of Egypt but decided that serving God and His rewards were better, even though he would have to wait for it was worth more than the immediate pleasures that Egypt had to offer.

Likewise, we need to think about avoiding sin and the pleasures of this world that are against the things of God. We have to keep our eyes fixed on God's reward and you do this by resolving in your mind that God's way is better.

Adam's Second Job

"The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam no suitable helper was found. So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." Genesis 2:18-23 NIV

It's important when reading the Bible that you pay attention to the order in which things happen. Here we see that God said it wasn't good for Adam to be alone. Then God formed animals for Adam to name. (Why didn't he make Eve at this point?) Then Adam said there was no suitable help for him. And only after that was over then God caused a deep sleep to come over Adam, he took a rib and made Eve. Immediately when Adam saw Eve he knew that that was his help.

Sometimes God needs to shape our minds to see what is not suitable or adaptable to our specific situation so that we can learn what won't work. So that when we see what is right for us, we can immediately accept it and stick with it because it's the best thing for us. In Adam's case it was Eve and this is specifically important in relationships. You may have tried some relationships with some people who were not good for you only so that you can learn what type of person is perfect for you.

Worship - Who It Really Moves

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth." - John 4:23-24 NIV

Why is God seeking our worship? We here that Worship moves God but he doesn't need it. He is God whether we decide to worship him or not and if we don't worship the rock will cry out instead (Luke 19:40). The point that I'm trying to get to is that when we worship it doesn't move or change God, but it changes us. We are changed and pulled deeper into relationship with God and as we spend time in deep worship we then learn how to operate and live from a spiritual/heavenly perspective rather than an earthly perspective. So the more time we spend in worship it changes the perspective that we have about our daily lives.

Prayer - God Knows What We Need Already

*And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.- **Matthew 6:7-8 NIV***

This verse says that God already knows what we need before we ask... so why does God want us to ask for what we need from him? Why doesn't he just give us what we need when we need it before we can ask? This again is God using heavenly psychology on us. He wants to have a

deep intimate relationship with him. But not a relationship that is forced but that we choose to spend time with Him and his word to get to know him better. This is why we have needs in our lives. When we have needs as Christians who know who God is, we know he can meet all our needs. This then causes us to spend time asking and it deepens our relationship with him. So the needs and wants that we have in our lives cause us to pray to him and as we seek him, that caused our relationship with him to get stronger which is what God really wants.

Affliction - How Is It Good For Us?

It was good for me to be afflicted so that I might learn your decrees. The law from your mouth is more precious to me than thousands of pieces of silver and gold. - Psalms 119:71-72 NIV

Why would it be good for us to go through tough time? Why would God allow it? I can say that this is good because it causes us not to stay stagnant in our Christian lives. When we are faced with challenges, we need to turn to the Word of God in prayer and seek God for a breakthrough. Once this breakthrough happens and we get the answer to our prayers, then we will find out that we are now on a new spiritual level than before. We learned something new, have new illumination of scripture and increased level of faith. In other words we grow through affliction and this is one of the things that God wants for us.

Speaking To and Over Yourself

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. - Psalms 43:5 NIV

Just like the psalmist here, we often have to talk to ourselves in the midst of our despair. We need to remind ourselves that God is worthy of our trust and that we should expect him to answer in a way that will give us a new reason to praise him. Physiologically, when we speak our thoughts out loud, our brains record the information sent to our lips, mouth, and vocal chords. This helps to fortify the thoughts that we speak in our minds. If we speak out loud, it forces us to slow down our thoughts and process them differently because we are engaging the language centers of our brains. So this is amazing that the psalmist did this before all of the physiological studies that have been done up to today.