

Weekly Prayer Plan – Heart Check

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 5:11-14

Tuesday: John 21:1-25

Wednesday: Galatians 5:16-26

Thursday: Matthew 6:19-34

Friday: Romans 12:1-2

Saturday: 2 Timothy 2:15-26

Sunday: Ephesians 4:25-27

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 - Heart Check

This episode will challenge you to check your heard and relationship with God. I was doing my daily devotions and came across some bible verses and begin to judge myself against what the bible said. I wanted to see how well I stacked up compared to what God's words said. If I wasn't doing what the word said, then the Holy Spirit would convict and encourage me to do better. I hope you will be blessed from this episode.

Feed my sheep

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep."
- **John 21:15-17 NIV***

If you are born again and following Jesus whole heartedly, you would have a desire to see others come to know Jesus as well. If you've been born again for longer than a year you have an opportunity to help someone else come to know Christ. What Jesus was saying to Peter was since you're not thinking so highly of yourself anymore, you can lead and care for my people. Are you willing to lead and care for the people of God?

Seek first the kingdom

*But seek first his kingdom and his righteousness, and all these things will be given to you as well.
- **Matthew 6:33 NIV***

How do you know if you're speaking Gods Kingdom first? A Christians whose heart is totally committed to God are his word is always appealing to Gods view and His righteousness standard about every matter. If you look at ever decision that you make and think about what the Word of God has to say about it then this is a good start.

You should be mature enough to lead/teach others

*In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. - **Hebrews 5:12-14 NIV***

There is a problem if an adult is eating baby food. Knowing the basic fundamentals of the bible are important but at some point there comes a time when you need to build on this understanding in order to grow. Any Christian who fails to move from the basic fundamentals to spiritual understanding and application of Gods word has some developmental challenges and your spiritual growth will become stagnant. In my opinion if you have been a Christian for more than 5 years and have been discipled by a mature Christian for that time, then you should be in a position to teach and lead others. At the very least in your own household.

You will look less like the world and more like the Word

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - **Romans 12:2 NIV***

When you are saved and serving God, your behaviour, character changes since your mind has been renewed. This is not a one time event but a daily process. As time goes by and you continue to renew your mind by reading and meditating on Gods word, you will act and think less and less like the world does. You would be less influenced by what the world does and more influenced by the Word of God.

Your wife will be a fruitful vine and children will be olive shoots.

*Blessed are all who fear the Lord, who walk in obedience to him. You will eat the fruit of your labor; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. - **Psalms 128:1-3 NIV***

This one is more for the husbands and fathers. When you take your rightful position in the house, fear the Lord and walk in obedience to his ways, you will see your wife prosper and become fruitful like a vine. Your children will also be fruitful and grow healthy and well.

You cannot serve two masters

*No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. - **Matthew 6:24 NIV***

Money is one of the things that can really distract us from walking with God. The danger with money is when money has you instead of you having it. Having or working to acquire money should never be more important to you than spiritual things.

You understand the word of God

*Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth. - **2 Timothy 2:15***

Federal agents can identify counterfeit currency through their intimate knowledge of what real currency feels like. It's the same for believers who study the scriptures in order to get intimate knowledge of the Word of God. When you do this you are able to easily identify falsehoods and when people try to twist the scriptures. Your heart should be focused on growing so that you have intimate knowledge of the Word of God like this.

Control your anger

*Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. - **Ephesians 4:25-27 NIV***

Paul says to control your anger, deal with it daily, and don't give an opportunity for the enemy to get you to lose your cool. Anger is sinful when it attacks people and seeks revenge rather than addressing the problem. As you mature as Christians you will approach these situations differently now than when you were a new believer.

The Fruits of the spirit should be growing

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. - Galatians 5:16

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. - Galatians 22-23

These character traits outlined in Galatians should be ever developing in your life. Are you walking in love towards others? Is your joy and peace increasing? Do you find yourself being kind to other people. Etc. Read this verse in your quiet time and evaluate yourself to see if you're developing in the fruits of the spirit.