

Weekly Prayer Plan – Staying Focused

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: Proverbs 5
Tuesday: Philippians 4:1-20
Wednesday: Colossians 3:23-24
Thursday: Proverbs 16:1-33
Friday: Isaiah 26:1-21
Saturday: Philippians 3:12-21
Sunday: Proverbs 4:1-27

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 - Staying Focused

Staying focused is essential to just about everything that you do. If you are working, driving, studying for an exam or trying to accomplish a big task, you need to learn how to focus on the task in order to be successful at it. We have to stay focused and in this episode, I'm going to go over some verses that the bible mentions that will help us to be successful.

Let your eyes look directly forward, and your gaze be straight before you. - Proverbs 4:25

This passage of scripture is Solomon writing to his son in order to guide him to be successful and make the correct decisions. Part of making the correct decisions is to keep your eyes on the prize. Don't get distracted from your ultimate goal that you hope to achieve. This chapter in proverbs will help you in this regard.

Commit your work to the Lord, and your plans will be established. - Proverbs 16:3

If you truly commit your ways to the Lord then it means that your will is in submission to His. When this happens you are inviting his will and presence to help you accomplish His will. Commit what you are doing to him, pray and ask God to give you the focus needed to do his will.

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

This verse is not a license to do anything that you want. But it's confirmation that we can accomplish anything that is within God's will for us. As we pray and remember this verse we can ask God to help us to remain focused on the task at hand.

Making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God. - Proverbs 2:2-5

Godly wisdom doesn't just fall into your lap. It requires diligent pursuit. Finding it requires focusing and searching God's word the same way someone would dig to find oil or diamonds in the ground. So stay focused as you peruse wisdom.

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. - **Colossians 3:23-24 NIV***

Think of whatever task that you are doing as for God. When we work for our earthly bosses or start any new initiative, we need to remember that we are representing God and others can see that in us as we work. It's important that we do our best and stay focused on what we set out to do so that we bring him glory.

*I have stored up your word in my heart, that I might not sin against you. - **Psalms 119:11***

This verse is important for all Christians so that we do not sin against God. Storing the word in your heart is how we can regularly overcome sin. We can only store the word in our heart when we set aside time to read and meditate on it. Blocking out distractions in order to focus is essential to this process here. This practice of blocking out distractions is not only used for your devotion and meditation time but in any other task that you set out to do.

*You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal. - **Isaiah 26:3-4 NIV***

We cannot avoid strife and challenges in this world but with God we can know perfect peace even in the middle of it all. Being able to focus on God during these times is essential and can only be done by developing a routine of regular devotions with God and his word.

*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. - **Philippians 3:13-14 NIV***

As we see here Paul is letting us in on a practical way for us to achieve what we are focused on accomplishing. We need to forget what is behind us and focus on the reward or the prize that you will get by finishing the task that you've started. Dwelling in the past will keep you stuck there. Forget about the past and focus on your goal and desired outcome and you will achieve it.