

# Weekly Prayer Plan – Crying out to the Lord

## 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: Mark 5:21-43

Tuesday: Mark 10:46-52

Wednesday: Psalms 34:1-22

Thursday: 1 Chronicles 4:9-10

Friday: 2 Samuel 12:1-25

Saturday: Lamentations 2:1-22

Sunday: 1 Samuel 1:1-28

**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 - Crying out to the Lord

1 Peter 5:7 says that we can cast all our anxieties on him because he cares for us. I had to remind myself of this over and over recently as I started to think something was hopeless. But with God there is always hope. I turned my care over to God and used that emotion to cry out to God with my whole heart. There are a lot of examples of people pouring out their heart and crying out to God for help. When it's all but hopeless, they cried out and God answered their request. We have to believe that as we cry out to God that he will answer our request as well. Let me share some examples from the Bible of this to build up your faith.

## Blind Bartimaeus

*Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!" Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!" Jesus stopped and said, "Call him." So they called to the blind man, "Cheer up! On your feet! He's calling you." Throwing his cloak aside, he jumped to his feet and came to Jesus. "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." "Go," said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road. - **Mark 10:46-52 NIV***

The fact that Bartimaeus called Jesus the Son of David shows that he recognized Jesus as the Messiah. His faith in Jesus and his boldness to cry out in that moment brought about his healing. And regardless of the people who were talking him to keep quiet he still cried out to Jesus even more. When you are in a desperate place and need Jesus, cry out to him and don't let anyone keep you quiet.

## Story of Jabez

*Jabez was more honorable than his brothers. His mother had named him Jabez, saying, "I gave birth to him in pain." Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. - **1 Chronicles 4:9-10 NIV***

In this time a person's name had weight. It meant something (either good or bad) and that meaning usually carried them around for the rest of their lives. This verse says that the name

Jabez means he was born in pain. Jabez cried out to God and boldly asked for God to bless him, help his work be successful, be with him, and to keep him free from pain. And God granted his request. This is pretty much all we know about Jabez with out going deeper into the text. The takeaway here is that regardless of what other may have put on you, you can still cry out to God and he will answer and deliver you from all injustice. Even if it was at the hands of your parents like in this case.

## David & Bathsheba

*“After Nathan had gone home, the Lord struck the child that Uriah’s wife had borne to David, and he became ill. David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. On the seventh day the child died. David’s attendants were afraid to tell him that the child was dead, for they thought, “While the child was still living, he wouldn’t listen to us when we spoke to him. How can we now tell him the child is dead? He may do something desperate.” David noticed that his attendants were whispering among themselves, and he realized the child was dead. “Is the child dead?” he asked. “Yes,” they replied, “he is dead.” Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and worshiped. Then he went to his own house, and at his request they served him food, and he ate.*

*Then David comforted his wife Bathsheba, and he went to her and made love to her. She gave birth to a son, and they named him Solomon. The Lord loved him; - **2 Samuel 12:15-20, 24 NIV***

Mourning the loss of a child is probably the most bitter experience that anyone will have to deal with. The verses we read said that David spent time fasting and nights lying in sackcloth on the ground crying out to God to save the child. Once the child passed away, God in his love then blessed David and Bathsheba with other children including their son Solomon. He was known as the wisest and wealthiest people of all time and he was responsible for bringing rebuilding the temple in Jerusalem. So as you cry out to God, even in your pain. Know that he will answer in ways that far exceeded your expectations.

## This poor man

*This poor man called, and the Lord heard him; he saved him out of all his troubles. - **Psalms 34:6 NIV***

This verse is so powerful. All we know was that this was a man who was poor and had many troubles. Without going into details, the Bible says that God saved him out of ALL his troubles.

It's powerful to know this because, this man could be just like you or me. The way that we this mans background is a mystery allows anyone to fit the criteria for God to deliver us from all our troubles when we cry out to him.

## The Woman With An Issue Of Blood

*And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed." Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' " But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." - **Mark 5:25-34 NIV***

This woman was suffering for 12 years. Doctors couldn't help her and she has no more money to spend. Since she was bleeding she was also considered unclean according to the law (Lev 15:25-27). So she had everything going against her but she first thought if she is just able to touch Jesus that she would be healed. Secondly she persevered through the crowd to actually get close enough to Jesus. Thirdly she followed through with her faith and effort to touch him. These are the three things that we need to keep in mind when we are trying to press through the circumstances to touch Jesus. The miracle that you are waiting for is right there waiting for you after you push through. This woman was defiled, destitute and desperate and she got her miracle and so can you.

*Their heart cried out to the Lord, "O wall of the daughter of Zion, Let your tears run down like a river day and night; Give yourself no relief, Let your eyes have no rest. - **Lamentations 2:18***

Chapter 2 of Lamentations includes a call for Gods people to pour out their hearts in the Lords presence. But we have to remember that we need to turn from our sins and sincerely repent before God before we even ask God to intervene in our situation. The people of god were stubborn and rebellious towards God and has caused great suffering. This verse said that we should give ourselves no rest to our eyes and no sleep but to continue to seek after God with all our heart.

## Hanna praying for a child

*In her deep anguish Hannah prayed to the Lord, weeping bitterly. And she made a vow, saying, "Lord Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head." As she kept on praying to the Lord, Eli observed her mouth. Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk and said to her, "How long are you going to stay drunk? Put away your wine." "Not so, my Lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief." - **1 Samuel 1:10-16**  
**NIV***

Hanna felt extremely discouraged because she was not able to bear children and her husband's other wife ridiculed her.

Each of us may face times of barrenness when nothing comes to pass in our lives. It is difficult to pray in faith during these times. But as Hanna discovered prayer opens the way for God to work. The take away here is to persevere in prayer even when all you can do is cry out. Even when it feels like no words can come out of your mouth and all you can do is cry. Keep crying out!!! God will answer!!!