

Weekly Prayer Plan – How Am I Supposed To Do That?

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: 1 Thessalonians 5:12-22

Tuesday: Ephesians 4:17-32

Wednesday: Matthew 5:43-48

Thursday: Romans 12:1-2

Friday: Matthew 5:27-30

Saturday: Matthew 19:16-30

Sunday: Matthew 18:21-35

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.

How Am I Supposed To Do That?

Have you ever been reading a passage of Scripture and with your whole heart you want to do what it says but then you think about it and wonder “how am I supposed to do that?” The truth is that there are some New Testament commands that are challenging for us to attain. They require our whole heart to do them. I’m going to get into a few of these today and explain how we can meet the mark with the help of the Holy Spirit.

Rejoice, pray & give thanks in all circumstances

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. - 1 Thessalonians 5:16-18 NIV

These commands are simple but following it certainly isn’t. The only way we can consistently give thanks, rejoice and pray continually is by knowing that God is working something out in our lives. Our thanksgiving to God should not fluctuate with our circumstances or feelings. When we make a conscious choice to do what God says we will begin to see situations from a new perspective because through our obedience to his Word, we will know Him better.

Love your enemy

You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. - Matthew 5:43-45 NIV

To love your enemies is to reflect the character of your Heavenly Father. By telling us not to retaliate, Jesus keeps us from taking the law into our own hands. And by loving and praying for our enemies we can overcome evil with good. If you love your enemies and treat them well, you will truly show that Jesus is the Lord of your life.

Be angry and do not sin

“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 4:26-27 NIV

Paul says to control your anger and deal with it daily. Don’t allow the devil to have an opportunity to inflame it into something bigger. Anger is sinful when it attacks people and seeks

revenge rather than addressing the problem. Don't let a day end before you begin to work on mending your relationship.

Love your neighbor as yourself

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' - Matthew 22:37-39 NIV

It's interesting that Jesus mentions to Love your neighbour right after he says to love God. The fact is, you can't love God without loving your neighbour. To love your neighbour means to make the decision to compassionately and righteously peruse his or her well being.

Give when you have a need

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. - Galatians 6:7-9 NIV

God has established certain laws that govern the universe that he made. Paul articulates an important spiritual law here. Whatever you sow you will reap. A farmer harvest exactly what he plants. Like a farmer, you decide what you want to harvest and sow those seeds. So when you have a need sow a seed by Faith and you will receive a harvest.

Do not conform to this world

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 God has all of us and the world has none of us, then God does the work of renewing our minds. He brings our thoughts in line with his thoughts so that we think God's thoughts after him. When this happens, he can better bring his plans to pass in our lives because we will be thinking like him. The key in all of this is to be fully surrendered to God and refuse to follow the ways of the world.

Have faith in what we do not see

Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrews 11:1 NIV

To exercise faith is to have confidence about an expectation without visible proof that it will happen. The only way to have this type of confidence is by the trustworthiness of the object of your faith, which is God. Having faith in God is to act like God is telling the truth about it. Whatever the promise that you are believing God for, even you don't see it, your behaviour should reflect what you believing for.

Forgive your brother & sister 77 times

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. - Matthew 18:21-22

During this time Jewish rabbis taught that forgiveness should only be extended three times. So Peter thought he was being generous by suggesting that he forgive seven times. But by Jesus saying he should forgive 77 times he is insisting that forgiveness has no limits. Also remember, God gives us wisdom. This does not mean that you put yourself in a position to be wronged by someone over and over after for forgave them.

Don't lust in your heart

"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. - Matthew 5:27-28 NIV

Sexual purity involves more than avoiding a physical act. It involves the heart because that is the source of the emotion that can lead to all sins. Sinful desires in the heart lead to sinful actions in the flesh. Jesus was after the heart here because if we have a changed heart it is easier to live for God.

Sell everything and follow him

*Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this, he went away sad, because he had great wealth. - **Matthew 19:21-22 NIV***

Should we go sell all that we have today?? No. We are responsible to care for our needs and the needs of our family so that we are not a burden on others. Jesus knew this man's heart, asked him to sell everything so that this rich man can see that he valued his possessions more than following Jesus. Is there anything in your life right now that if Jesus said to give it up for him that you can do it without a feeling of loss or sorrow? This is a self reflection question. What possession do you have now that you can't give up for Jesus?