

Weekly Prayer Plan – Encourage Yourself in 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 Verse

Monday: Psalms 139:1-24

Tuesday: Daniel 1:1-21

Wednesday: Jeremiah 32:36-44

Thursday: Matthew 6:19-34

Friday: Luke 8:22-25

Saturday: Job 42:1-2

Sunday: Matthew 10:28-31

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 Encourage Yourself in the Lord

From time to time we all need to remember the verses and promises from the Bible to encourage ourselves in the Lord. We see in 1 Sam 30:6 that David had to encourage himself in the Lord and this is something that we need to do regularly. We need to remember the verses and promises that God has given us in his word and confess them to speak to the situation and to the devil about the promises that God ordained for us to walk in. Doing this will cause us not to be overwhelmed by the situations that we face. Let's get into this episode.

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

*Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. - **Daniel 1:8, 11-15 NIV***

In terms of ability, Daniel and his friends stood head and shoulders above all of the wise men of Babylon. That's because their allegiance was to the King of kings. That's what we see here as they chose not to defile themselves with the Royal food. So to when our allegiance is towards God and his purposes, he will allow us to shine brighter than others around us in the world.

*"Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" - **Hebrews 13:5-6 NIV***

The writer of Hebrews is actually quoting Deuteronomy 31:6. The human tendency is to be afraid or discouraged when situations arise. But we are to remember that our trust is not in money or other people but in God alone. He may work through other people or prove you with a financial miracle but our trust and hope should be on God alone. He will see you through this situation.

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. - **3 John 1:2 NIV***

If you think that God doesn't want you to be 100% healthy, that's a lie from the pit of hell. He wants you to be healthy, fully mobile even as you get up in years. I'm talking about 50+. It will just require a bit more effort on your part. God also wants you to prosper in every area in your life. So confess it and expect it everyday of your life.

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?" - **Matthew 6:26-30 NIV***

Birds don't worry about where they are going to get their next meal. God provides for them. Flowers don't worry about how they will look. God has already put in them how beautiful they will look. God has already made provision for these things so that they can do what they were created to do. In our case, we are created to worship God. We were created to have dominion on the earth and to rule over everything that God has given us. Why do we get distracted to worry about the trivial things in life. Seek God first and his purposes. God is a good father to take care of all our needs and desires for us. Even the things that are only for our pleasure. He will take care of.

*I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them. I will make an everlasting covenant with them: I will never stop doing good to them, and I will inspire them to fear me, so that they will never turn away from me. I will rejoice in doing them good and will assuredly plant them in this land with all my heart and soul. - **Jeremiah 32:39-41 NIV***

Here we really see God's heart and how much he wanted to bless and establish the nation of Israel in the promised land. The same is true for us today. God has made an everlasting covenant with us through Jesus and he only wants to do us good and establish us. This is a promise that we can pray and stand on daily. We need to come into alignment with what God is doing and fulfill our part in his purposes. This is what this verse means when it says He will give us singleness of heart and action.

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. - **Psalms 139:14 NIV***

You are not a mistake or have flaws that inhibit you from doing what God has called you to do. Today social media has too much influence on what we should be or how we should act and if we don't measure up to that level we see ourselves as inadequate, not sufficient or lacking in

some way, shape or form. The truth is that you are wonderfully made not missing anything. And fearfully made, meaning the world should not intimidate you from doing what God put in your heart to do.

Then Job replied to the Lord: "I know that you can do all things; no purpose of yours can be thwarted." - Job 42:1-2 NIV

This is a verse that I constantly remind myself of when things get tough. I include in my prayers often. Knowing who God is, we have to conclude that He can do all things. Anything that he wants. And since that is the case, if he planned to do something in your life, he will see it come to pass. We just need to trust him and be patient until his perfect timing. Job had to go through some stuff to figure this out but you and I have the Bible to read and remind ourselves of what God did in the past. And what he can do in our lives today.

And we know that for those who love God all things work together for good, for those who are called according to his purpose. - Romans 8:28

And we all know this verse but at times we think that we don't qualify. If you are saved and walking with Jesus daily, you qualify for all things to work out for your good. And not just partially good. Not only good enough. Pray and enforce God's word that you will see the full measure of things working out for your good.

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. - Matthew 10:29-31 NIV

The amount of details that God knows about you is incomprehensible by us. Our minds can't grasp all he knows about us. God is sovereign over the events of your life. Nothing comes to you that hasn't pass through God's fingers first. We are all very valuable to him. Think of the price that He paid for us in the blood of his only son Jesus.

One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger. The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him." - Luke 8:22-25 NIV

To me, the most powerful part of this passage that I want you to know is that Jesus said "Let's cross over to the other side." If the disciples really know who Jesus was, when the storm came, they would've remembered that Jesus said they were going over to the other side. Therefore, whatever come their way would not stop them from making it. Likewise for us today, we need to remember who Jesus is and know that we can make it through any storm that we are going through. Remember that if Jesus said you are going to make it to the other side, you are going to make it.

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. - **Ephesians 2:10 NIV***

God knows all the talents and abilities that he has placed inside of all of us. Not only is it in us but He had already prepared those works for us to do before hand. This really makes you think though. If God chose me in advance, knowing that I would fail him. Knowing that I committed that sin. Knowing all the wrong that I've done. And he STILL chose me in Christ Jesus to do good works. That should speak to how precious we are to him, how valuable we are to his plan on earth. How great his forgiveness is towards us. And how much he loves us and wants a relationship with us.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - **Romans 15:13 NIV***

This verse can be used as a check in your spirit to make sure that you are trusting in him. As you trust God, you should be filled with joy, hope & peace in your heart. This is how you use the Word of God to lead you.

*Let us hold unswervingly to the hope we profess, for he who promised is faithful. - **Hebrews 10:23 NIV***

God is faithful. He is all powerful and nothing is going to make him out to be a liar. If he spoke it, he will make it good. We just need to trust him and continue to fellowship with him in prayer.