

Weekly Prayer Plan – Humble Yourself

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 Peter 5:1-11

Tuesday: James 4:1-10

Wednesday: Proverbs 16:18

Thursday: 2 Chronicles 7:1-22

Friday: Philippians 2:1-11

Saturday: Micah 6:1-8

Sunday: Matthew 23:8-12

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 - Humble Yourself

It's better you do this for yourself rather than God or someone else humble you. Humbling yourself doesn't mean to think of yourself a low or worthless but to acknowledge that you are not solely responsible for the success that you have in your life. And since you are not responsible for your own success you shouldn't think of yourself as better than anyone else. Being humble is also marked by not thinking of yourself as the most important person around. As Christians we can remember that there are much blessings that come with humility.

*But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble." Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up. - **James 4:6-10 NIV***

Humbling ourselves means recognizing that our worth comes from God alone. To be humble involves being strengthened by His power according to his guidance, not with our independent effort. Although we do not deserve Gods favour, he reaches out to us in love and gives us worth and dignity despite our human shortcomings. If you desire to draw closer to God, humility is the first and most important step.

*If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. - **2 Chronicles 7:14***

In this passage God is calling his people to pray. There are several key elements to successfully prayer mentioned in these verses. The second element of prayer mentioned here is that God requires the correct attitude of the heart. God desires those who humble themselves. Humility includes the idea of dependency which is the recognition that without God we can't do anything. So praying by nature is an confession of our weakness and total dependence on God. In order to do this you heart must be humble enough to acknowledge that you are in need of Him. Pride in your heart will cause you to think that you can do it on your own and prevent your prayer from being answered by God.

*In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble." Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. - **1 Peter 5:5-6 NIV***

Pride often keeps older people from trying to understand young people and keeps young people from listening to those who are older. Here Peter told both young and old to be humble and to serve each other. Young men should follow the leadership of older men, and older men have to be humble to accept the wisdom of younger men when they hear it.

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? - Micah 6:8

This verse talks about what is required to please God. It may be expected that God says to be just and kind towards others but it's interesting that humility is mentioned here as well. The reason I think humility is required to please God is because of how much God is really doing for us every day. He's waking us up in our right minds everyday. He has provided food and shelter for us. All that we are and all that we have comes from Him. So we can't take the glory or praise for ourselves but always acknowledge Him for everything in our lives. This will keep us humble since it's not by our might or power but by God's spirit.

The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted. - Matthew 23:11-12 NIV

Jesus challenged society's norms. To him, greater comes from serving, giving yourself to help others. Serving keeps us aware of others needs and it stops us from focusing only on ourselves. Jesus came as a servant. To serve by saving us since we couldn't save ourselves. Ask yourself, when was the last time you served someone? Someone who couldn't do anything for you in return?

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-4 NIV

Selfishness can ruin a church, but genuine humility can build it. Being humble involves having a true perspective about ourselves. It does not mean that we should put ourselves down. We are to lay aside selfishness and treat others with respect and common courtesy. Considering others interest as more important than our own links us with Jesus who was a true example of humility.

Pride goes before destruction, a haughty spirit before a fall. - Proverbs 16:18 NIV

Proud people take little account of their weakness and don't anticipate stumbling blocks. They think they are above the the frailties of other people. In this state of mind, they are easily

tripped up. Proud people rarely realize that pride is their problem, although everyone around them is aware of it. For this reason it's important to have trusted accountability partners close to you that can share the truth of your character with you so that you can avoid the pit fall of pride.