

# Weekly Prayer Plan – Position Yourself for Prayer - Part 2

## 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: Ephesians 1:18 - 2:7

Tuesday: John 11:41-44

Wednesday: Exodus 17:8-16

Thursday: 2 Samuel 6:9-16

Friday: John 17:1-2

Saturday: 1 Kings 8:22-61

Sunday: Psalms 121:1-2

**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 - Position Yourself for Prayer - Part 2

Communication with God does not require a certain physical position, but your posture does give an indication of our hearts. Depending on the type of prayer, your position may be different. Today I'm going to go over different positions of prayer and when they were used on the bible. This will part 2 of a two part series.

## Sitting Before the Lord

In Scripture, sitting is a position of authority. When the king or rulers of a city sat in their official places, they were in a position to rule and judge and to have their judgments carried out.

**It reminds us that all believers are seated with Christ in heaven.**

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way. - **Ephesians 1:18-23 NIV***

*And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. - **Ephesians 2:6-7 NIV***

God appointed his son as head over everything for the church which is his body. Therefore, the church operating under Christ's kingdom authority can give the world a picture of what life under God's kingdom authority looks like.

Paul said in chapter 1:20-23, that Jesus was seated in the heavenly places with resurrection power and dominion. In chapter 2:6-7 he says that God relocated us there too in Christ Jesus. Believers are linked with Christ in union with him. It is from this position of authority

that we have authority to rule with Christ in this world. So as you sit and pray, remember that in that position of authority you are to rule with Jesus.

## Looking Up to Heaven

Looking a person in the face indicates confidence and honesty. It is symbolic of an open, trusting relationship. There are quite a few examples from the bible of looking up into heaven.

### **It reminds us where our help comes from.**

*I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. - **Psalms 121:1-2 NIV***

The Psalmist wrote this knowing that his greatest doesn't come from the mountains but comes from the one who created them. As we are looking up to heaven we are reassured that God is our help in time of need. God is our refuge when we need shelter. God is the one who protects us day and night when we do not feel safe. As you pray in this position, remember that you are saying that God is able and you trust him.

### **It displays confident faith.**

*So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me." When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go." - **John 11:41-44 NIV***

Jesus prayed with faith and thanksgiving before He raised Lazarus from the dead. His prayer for God's supernatural intervention illustrates his current intercessory work of deliverance for believers when we respond in faith and obedience. This is why we pray to the Father in the name of Jesus and look up to heaven as He did.

### **It indicates intimate fellowship with God.**

*After Jesus said this, he looked toward heaven and prayed: "Father, the hour has come. Glorify your Son, that your Son may glorify you. - **John 17:1-2***

Jesus had to have intimate fellowship with God since he knew what the plan was for his life at this point. Jesus also showed us how to have this intimate fellowship with God when he went away by himself to pray. We should make sure to do that as well.

## Stretching Forth the Arm

**It appeals to God's sovereign power.**

*So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. - **Exodus 17:10-12***

What was happening during the battle was tied to what Moses was doing on the mountain. Moses was engaging in spiritual intercession while the people were fighting.

**It demonstrates worship and petitions God's blessing.**

“Then Solomon stood before the altar of the Lord in front of the whole assembly of Israel, spread out his hands toward heaven and said: “Lord, the God of Israel, there is no God like you in heaven above or on earth below—you who keep your covenant of love with your servants who continue wholeheartedly in your way.”

1 Kings 8:22-23 NIV

When King Solomon dedicated the Temple to God, he sought God's blessing on it. The purpose of the temple was to serve for a home for the Ark. God brought about the fulfillment of this promise in the appointed time. This prayer was a dedication of the temple.

## Leaping for Joy

**It confirms that eternal things are our highest priority.**

*As the ark of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the Lord, she despised him in her heart. - **2 Samuel 6:16***

This shows that David cared more for eternal things of God rather than his position on earth. For a King to act like that was unheard of which is why his wife despised him