

Weekly Prayer Plan – Don't Give Up!

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: 2 Timothy 4:1-8

Tuesday: 1 Corinthians 9:24-27

Wednesday: Matthew 11:25-30

Thursday: Colossians 3:23-24

Friday: Galatians 6:9-10

Saturday: Isaiah 40:29-31

Sunday: Psalms 37:23-24

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 - Don't Give Up

We all have those moments where we want to give up. Those moments where we are either mentally/physically drained or aren't seeing the results that we want. I'll admit, it's frustrating to work day in and day out and not have the success you know that you deserve but giving up is not the answer. Giving up is the easy way out but it will not solve anything. This episode will encourage you to persevere to complete the task that you've started.

I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing. - 2 Timothy 4:7-8

It's not enough to start the Christian race or just run it. You have to finish it and finish well. Paul didn't reach this moment thinking back on things he didn't do. He made it happen. Jesus can help us get to the finish line but we have to focus our attention on him. Even if you stumbled, get up and look straight to Jesus.

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. - 1 Corinthians 9:24-27

Paul wasn't interested in getting a participation trophy from living the Christian life. He wanted to win the gold medal. As sure as athletes play the game to win the championship trophy or gold medal, we run the race in this Christian life to win the top prize. And that is when we hear "well done, good and faithful servant" (Matt 25:23)

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. - Isaiah 40:29-31

Only those who trust God's perspective on their situation will run and not become weary. God will provide a second wind to make it through challenges. Only those who believe his word and submit to it can experience his spiritual power to persevere through daily life.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. - Galatians 6:9-10

Remember that there is an appropriate seasonal time gap for the purpose of development between sowing and reaping. We are to sow and be busy doing what God called us to do to serve others as we wait patiently for the harvest. This is a spiritual law of God so be patient and wait for it. It will happen if we don't give up.

For I can do everything through Christ, who gives me strength. - Philippians 4:13

This is promise from God that he will strengthen us to complete what he has called us to do. The only thing that we have to remember is that God will only give us strength to do His will. It's only then that we'll see supernatural strength come upon us as we follow him.

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ. - Colossians 3:23-24

We are to work for our bosses as if we are working for the Lord. This is true because our behaviour towards work can reflect on God and give him glory. Since we work for God then we are to produce excellence. And if we are excellent, then we should satisfy our earthly employers and customers.

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. - Jeremiah 29:11

This is a promise that God gave us. He wants to give us good things that I mentioned in last weeks episode. He also has some good plans and a successful future for us. As long as we are obedient to his leading then nothing will stop his plans. Stay faithful in following God and don't give up.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." - Matthew 11:28-30

Jesus didn't say you would no longer have burdens if you followed him. He said the weight would decrease. We need to remember when we are doing anything there may be a burden to carry but if the burden is for Jesus, then it will be manageable for us to carry.

The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand. - Psalms 37:23-24

This is a promise from God to keep going. Even when you stumble for a moment. Because we are a part of Gods redemptive plan for the world, he has ordained our steps to accomplish the purposes He has for us. When we are lead by the Holy Spirit we are assured that God is faithful to hold our hand and lead us to complete any task for his glory.