

Weekly Prayer Plan – Get Up & Keep Moving

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: Acts 3:1-10

Tuesday: 2 Kings 7:1-20

Wednesday: 2 Samuel 12:15-24

Thursday: Exodus 14:15-31

Friday: 1 Kings 19:1-21

Saturday: Judges 6:1-24

Sunday: Matthew 28:16-20

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 - Get Up & Keep Moving

As we are walking with God on a daily basis there comes a time when he will direct us to just go. Make the move. Change your position or step out in faith and do what he put on your heart to do. There are examples of this all through scripture and we can use these examples to help build out faith to step out of our comfort zone into the bigger plan that God has for us.

Now there were four men with leprosy sitting at the entrance of the city gates. "Why should we sit here waiting to die?" they asked each other. "We will starve if we stay here, but with the famine in the city, we will starve if we go back there. So we might as well go out and surrender to the Aramean army. If they let us live, so much the better. But if they kill us, we would have died anyway." So at twilight they set out for the camp of the Arameans. But when they came to the edge of the camp, no one was there! - 2 Kings 7:3-5

Lepers were not allowed in the city but were to depend on charity outside the city gate. Because of the famine and the army their situation was desperate. They thought to themselves "what do we have to lose if we make a move"? And this is the question that some of us need to ask ourselves if we are in a tough situation. There may be no other way out but to risk it and move forward boldly into what God called you to do. As we see in this passage of Scripture, God already prepared the way ahead of them.

But Peter said, "I don't have any silver or gold for you. But I'll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!" Then Peter took the lame man by the right hand and helped him up. And as he did, the man's feet and ankles were instantly healed and strengthened. - Acts 3:6-7

We may be asking God for what we want and that's all and we'll think God knows exactly what we need. Here the man asked for money. But through Peter God gave him the ability to walk again.

When David saw them whispering, he realized what had happened. "Is the child dead?" he asked. "Yes," they replied, "he is dead." Then David got up from the ground, washed himself, put on lotions, and changed his clothes. He went to the Tabernacle and worshiped the Lord. After that, he returned to the palace and was served food and ate. - 2 Samuel 12:19-20

The previous chapter gave us an account of David's sin. This chapter gives us his account of his repentance. Though David sinned he was not utterly cast down and by the Grace of God he was able to get up and continue to follow God. When David found out that the child died he got

up and comforted his wife and continued his life. This can be a foreshadowing for us when we realize that Jesus died once and for all for all of our sins. We don't need to dwell in our sins and mistake but He died so we can keep moving forward on our relationship with God.

Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still." Then the Lord said to Moses, "Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. - Exodus 14:13-16

We all know this story but think of this for a moment. This was the first time that the Israelites saw this type of miracle. They witnessed the plagues in Egypt, but to see the sea divided and dry land for them to walk through would've been terrifying. Same is true when God is preparing a way for us. It may look terrifying but we have to muster up the boldness and walk into what is calling us to go through. I can imagine that the hearts of the people were beating fast and that they didn't make a sound as they were walking through the dry sea bed. Actually it was only after the sea closed up on the Egyptians that Moses and the Israelites began to sing and praise God. This is in chapter 15.

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." - 1 Kings 19:3-7

When discouragement sets in it's important to do a few things. First rest and eat as what Elijah did here. Next is to pray and talk with God about the situation. Don't keep it inside. Lastly is to return to doing what God called you to do. When you are discouraged, always go to God and remember what he called you to do. Ask for strength and keep focused on doing Gods will.

The angel of the Lord appeared to him and said, "Mighty hero, the Lord is with you!" "Sir," Gideon replied, "if the Lord is with us, why has all this happened to us? And where are all the miracles our ancestors told us about? Didn't they say, 'The Lord brought us up out of Egypt'? But now the Lord has abandoned us and handed us over to the Midianites." Then the Lord turned to him and said, "Go with the strength you have, and rescue Israel from the Midianites. I am sending you!" "But Lord," Gideon replied, "how can I rescue Israel? My clan is the weakest in the

*whole tribe of Manasseh, and I am the least in my entire family!” The Lord said to him, “I will be with you. And you will destroy the Midianites as if you were fighting against one man. - **Judges 6:12-16***

God promises Gideon that he would be with him and told him to God in the strength that he had. Hearing this from God should be enough but Gideon still wanted confirmation. At times it may be scary to step out and do something that you have never done before. But if God is telling you to go then what else do you need to hear? I’m speaking to myself here too. Don’t make excuses for not going forward and see how God could work through you.

*Jesus came and told his disciples, “I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.” - **Matthew 28:18-20***

This is the command that all believers have to follow. We are called to go out there and make disciples. The places this will happen is in our homes, our neighbourhoods, workplaces and among our friends. Where ever we go we are to be a witness for him and share the gospel with others.