

Weekly Prayer Plan – Keep Your Mind Focused

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: Proverbs 23:7

Tuesday: Matthew 6:33

Wednesday: Psalm 1:1-3

Thursday: Isaiah 26:3

Friday: 1 Corinthians 10:13

Saturday: Proverbs 4:25

Sunday: Philippians 4:8

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 - Keep Your Mind Focused

One of the hardest things to do when you are on the path to success is to keep your focus. Keeping your focus on your goal is essentially important if you want to achieve what God put on your heart to accomplish. The devil will try to put all type of distractions from the world in your way to cause you to fall off course. But it's up to you to position yourself correctly to keep your focus and finish strong. This episode will go over some verses that you can meditate on in order to keep your focus on your main goals.

*Let your eyes look directly forward, and your gaze be straight before you. - **Proverbs 4:25***

This will happen especially as you decide in your heart to focus on a task. Distractions will come to try and push you away from achieving your goal. In order to achieve anything you have to remain focused. Look directly at what you are striving to finish and let nothing pull you away from it.

*But seek first the kingdom of God and his righteousness, and all these things will be added to you. - **Matthew 6:33***

This is a very familiar verse for most Christians, we know that our primary focus should be on God and his kingdom. Once we have the correct priority, then we will see that everything else after that will fall into place as God ordains our steps.

*Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. - **Psalms 1:1-3***

This verse is saying that when you follow Godly counsel and not try to imitate the ways of sinners, then you will have a long and fruitful life. You will see that even in your later seasons that you will still prosper when others around you are failing. Keep your focus every day on God and make sure to have godly mentors in your life that will give you honest feedback.

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. - **Romans 8:5***

This is a spiritual truth that whatever your mind is focused on, that is how you will live. So if you want to please God and do amazing things for his kingdom and glory, then it is important to keep your mind focused on him. Alternatively, if you focus on the things of the world then you will reap the same results as the world.

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. - **Philippians 4:8***

This verse in Philippians 8 give us clear guidance on what we should focus our mind on if we are to have the peace of God in our hearts. Our minds will attempt to focus on anything that the world will put in front of us and most of the time it will cause anxiety, fear and worry. This verse says that if we focus on the attributes mentioned here, we will have the peace of God and live a Godly live.

*Commit your work to the Lord, and your plans will be established. - **Proverbs 16:3***

If you truly commit your ways to the Lord, your will is in submission to him. When that happens you're inviting his will to be done in your life.

*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. - **1 Corinthians 10:13***

Temptation is one of the oldest tricks in the book that the devil uses to get you to lose your focus. We can look at Samson as an example of this. When we are tempted by a sin, its important to look for the way of escape that God places in front of you. If very well could be that task that you started that he put on your heart. At that moment of temptation, instead of giving in, go do that task that you know God wants you to do. That decision to focus on the task will help you overcome temptation.

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you. - **Isaiah 26:3***

One way to have peace in your every day life is to start your day right with devotions. Daily devotions with Gods word will cause you to begin the day with the right focus and if anything tries to get you off track, you can always pull yourself back to that verse that you meditated on that morning to get your focus back on track.

For as he thinks in his heart, so is he. - Proverbs 23:7

This is a big one. Whatever you associate or expose yourself you regularly will eventually shape how you think. The way that you think will also influence the decisions you make in life. And this will inevitable determine who your will become and your destiny. So be careful who you associate yourself with and how you think about yourself.