

Weekly Prayer Plan – Quiet Time with God

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: Psalms 42:1-11

Tuesday: James 4:1-10

Wednesday: Psalms 1:1-2

Thursday: Mark 1:35-39

Friday: Matthew 6:6:5-15

Saturday: Psalms 91:1-16

Sunday: Romans 12:1-2

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 - Quiet Time with God

Today I'm talking about being still. Being in that quiet, secret place. It's fundamental to spiritual growth. We all need to carve out time in our day to read the Word of God and pray. And oftentimes we need to step away for a longer time to hear what God wants to say to us. We need to be still. Today I'm going over some examples of this in the word of God to encourage you to find a time to be still in your daily routine.

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." - **Psalms 46:10***

In our stillness and seeking to know God more, we develop a steadfast confidence in him. That no matter what happens in the world, we are secure. Your world may be falling apart and mountains crumbling, but you will remain confident in him. This type of confidence only comes when you spend quiet time with him.

*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. - **James 4:7-8***

When we submit ourselves to him this means to come into his presence with prayer, praise and obedience on a regular basis. If you do this only on Sunday you won't be able to get close enough. God wants all of you, every day so that he can do miracles in and through you at any time.

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. - **Psalms 1:1-2***

This passage gives us some clear instructions, that we should stay away from sinners, mockers and the wicked. It also tells us what we should do. We are to meditate on His word day and night and take delight in it. This means that we should keep it in the front of our minds. The only way for the Word of God to be in the front of our minds is if we spend quality quiet time with it on a regular basis.

*Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth. - **2 Timothy 2:15***

We don't know when the time will come but we have to be ready to give an answer why we follow Christianity. Maybe someone has already asked you why you follow Jesus. Studying the word of God during your quiet time will fill you with the answers that this world is looking for and give hope to others in Jesus.

*But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. - **Matthew 6:6***

We should all have a specific place that we go to so that we can pray to God. When we want to eat, we go to the refrigerator. When we need to sleep, we go to our beds. When we pray, we should go to a specific place in our house that is dedicated to meeting with him. A place without any distractions. And when you meet there in secret, God will reward you openly.

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. - **Mark 1:35***

In this passage we see that even Jesus made the sacrifice to wake up early before anyone else and go somewhere quite so he can pray. If Jesus did it, we should to. He has set an example for us to follow.

*Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace, not by eating ceremonial foods, which is of no benefit to those who do so. - **Hebrews 13:9***

In this world today, people are hearing spiritual things and think that it is God, but it's just a secular gospel and not the Gospel of Jesus Christ. It's a gospel of lies and deception to please the flesh. We need to spend quiet time reading God's word and fellowshiping with the Holy Spirit so that we can know when we hear a lie and reject it. This is a clear benefit of quiet time with God. You get to know him better and better discern the truth.

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. - **Psalms 91:1***

That shelter that this verse is talking about only comes about when you are in relationship with Him and can stay so close that you are under His covering. When you have quiet time with God, you develop the ability to better hear his voice and He will lead you into safety and prosperous places.