



# PRAYING THROUGH YOUR DAY

Praying through the **Lord's Prayer** daily helps us to seek a greater awareness of Christ's presence in us and empowers us to be about God's transforming mission in the world. It allows us to grow in prayer daily with the themes of prayer that Jesus gave his disciples. The times given are merely suggestions. Please pray these phrases throughout your day whenever it works for you. Watch and see how your intimacy and awareness with God grows and how you sense His presence and leadership in your life in fresh new ways.

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."  
Ephesians 6:18 (NIV)*

**Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, And forgive us our debts, As we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. [For yours is the kingdom and the power and the glory forever. Amen.] Matthew 6:9-13c**

## **Morning Prayers of Praise** (I pray these shortly after I awake)

***“Our Father in heaven, hallowed be your name.”***

“Every day I will bless your name, and praise it forever and ever!”

Psalms 145:2

## **Mid Morning Prayers of Petition** (I pray these around 9 AM)

***“Your kingdom come, your will be done, on earth as it is in heaven.”***

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

Lord let your kingdom be reflected in my life.

Lord come to my marriage.

Come kingdom of God to my family

Come kingdom of God to your church

Come kingdom of God to my neighborhood, city, state, country

Come kingdom of God to my job.; To my employees

Come kingdom of God to this planet.

## **Noon Prayers of Provision** (Usually around the time of lunch)

***“Give us this day our daily bread,”***

“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.” John 14:13

Thank you Lord for your daily provision of food...

Pray for your finances

Job situation - Yours and others

Provision for your family

## **Prayers of Confession** (afternoons around 3 PM)

***“And forgive us our debts, As we also have forgiven our debtors.”***

“I said, “I will confess my transgressions to the Lord,”

and you forgave the iniquity of my sin.” Psalm 32:5b

God forgive me and cleanse me and do it in relation to the way that I forgive others.

Keep me from bitterness and resentment toward others.

If Jesus forgives me a lot, how can I not forgive those who have sinned against me?

Clean the crumbs of resentment off my plate.

Lord, Help me keep my relational plate clean.

Don't leave undealt with crumbs of hurt and resentment on my plate.

If we don't forgive it's hard for us to sense God's forgiveness towards us.

## **Prayers of Protection** (Early evening around 6 PM)

***“And lead us not into temptation, but deliver us from evil.”***

God doesn't tempt you, he may test the strength of your faith.

Our own desires inside tempt us. James 1:13-16 God doesn't tempt us

## **Prayers of Benediction** (Late evening around 9 PM)

***“For yours is the kingdom and the power and the glory forever, Amen.”***

Matthew 6:13c NASB