

PRAYER GUIDE

Prayer is not something we do to get God to act. Prayer is the avenue in which the Lord delights to communicate and work through His people. It is in this two way conversation, (I emphasize this), where we not only talk to Him, but we listen and wait, to hear Father God speak and minister to us. It is through this avenue that He can take us from the known, tangible, or natural realm into the unknown and supernatural realm to reveal what He knows we need. He will even show you what to pray for so that you will be in agreement with Him. This produces a powerful effect in and through our lives and the lives of those around us. Satan knows this and does all he can to prevent us from entering our prayer closets. Let's ask God to help us not to fall into the many deceptive devices of distractions that the enemy would put before us to keep us from communing with Him.

Let this prayer guide be a tool to help you understand the many areas God wants to grow in a relationship with you. Ask the Holy Spirit to lead you as you bring this before the Lord. He may have you add numerous things or concentrate on one thing in particular.

Vicky House, 2nd Watch Prayer Ministry,
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This prayer guide is a tool to:

- 1) Create a daily conversation between God and you, in which listening is as important as interceding for others.
- 2) Help organize all the prayer requests that you hear in this sinful world, so when you run into someone at the grocery store or gym, and you say, "I will pray for you about....," something somewhere in this guide will remind you during the day or week later to truly keep your word, and lift that issue up to God in prayer.
- 3) Motivate a discipline of sharing your praise, sins, gratitude, and concerns with God that will continue the rest of your life, so that you may grow closer in your relationship with Christ.
- 4) "Don't expect a \$1000 answer to a 10 cent prayer." I know that this is an over-simplified expression; God hears every prayer and He does not use a scale. But we need to increase our personal time with God and his Word, if we believe He is the most important thing in our life. We need to "ACT" on what we believe in our heart.

This tool is also available in computerized WORD format, as well as Pocket Word. Please contact Kimberly Waldo at kwaldo@comporium.net with any suggestions or questions.

Introduction

I heard the idea of praying for people and organizations on different days of the week from Mary Whelchel at the Springmaid Beach Women's Retreat. She also needed to relieve frustration of trying to pray for a long list every day.

I have expanded upon the idea in a way you can adapt this guide into your personal Bible and journaling time with God. I suggest you change it, rearrange it, add to the lists, write on the paper, and make it fit your personal time with God. This guide is only helpful if you use it. These are just simple lists, and you can be totally flexible in your routine. Personalize your guide by writing in an individual's name, for example, write "Dr. Jim Spencer" instead of "minister."

Each day of the week is assigned a suggested topic. Sunday, I pray for my church. Monday I pray for my immediate family, Tuesday for my Sunday School Class and Close Friends, Wednesday for my Work, Thursday for my Extended Family, and Friday for the Needs of the World. Saturday is blank for you to add a topic or let God lead you.

Each day begins with a formal prayer or scripture. I suggest you read and write additional prayers, scripture, hymns, stories on the paper behind that section as God reveals them in your life.

Each day's outline also has Daily Prayer A.C.T.S. "A.C.T.S." is an acronym for Adore Him, Confess to Him, Thank Him, and Someone else to pray for. At the back of the Prayer Guide are some examples of how you might pray, think, write, or read in each of these areas everyday.

The format of a three ring binder easily allows adding other prayer lists, transferring from one full notebook to another, and continuing this communication with God for the rest of your life.

This Prayer Guide is a tool. Below is a list of books recommended from *2nd Watch* that can expand and develop your prayer life, in addition to the BIBLE.

T.W. Hunt, The Life Changing Power of Prayer

Ken Hemphill, The Prayer of Jesus

Stormie Omartian, The Power of a Praying Woman

Stormie Omartian, The Power of a Praying Wife, ...Praying Husband, ...Praying Parent, ...Praying Together, ...Praying Nation, and more

Mary Whelchel, My Prayer Journal, www.christianworkingwoman.org

North American Mission Board, www.oneinamillionprayer.com

Sunday's Prayer – Church

Scripture

Ephesians 4:3(NCV)

You are joined together with peace through the Spirit, so make every effort to continue together in this way.

Colossians 3:14 (LB)

Most of all, let love guide your life; for then the whole church will stay together in perfect harmony.

DAILY PRAYER ACTS

A- Adore Him / Praise

C- Confess to Him

T- Thank Him

S- Someone else to pray for / Supplication

Missionaries (for a list of these see *Open Windows* or *Missions Mosaic*)

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

May God's Kingdom Come

May God's Will Be Done

Christ's Church, His bride

Church

Minister - spirit, body, mind, family, friends, work

Church Staff - spirit, body, mind, family, friends, work

Deacons - spirit, body, mind, family, friends, work

Sunday School Teachers

ChildCare Teachers

ChildCare Workers

See Wednesday Night Prayer List

Monday's Prayer - Immediate Family and Close Friends

Scripture

Colossians 1:9-11a (NAS)

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience..

DAILY PRAYER ACTS

- A- Adore Him / Praise
- C- Confess to Him
- T- Thank Him
- S- Someone else to pray for/ Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

Spouse - spirit, body, mind, friends, work

Children - spirit, body, mind, friends, school/work, future family

Step Children - spirit, body, mind, friends, school/work, future family

Close Friends - spirit, body, mind, friends, work

Tuesday's Prayer - Sunday School Class

Scripture

Ephesians 3:14-19 (NAS)

I bow my knees before the Father, ..., that He would grant you, according to the riches of His glory, to be strengthened with the power through His spirit in the inner man; so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

DAILY PRAYER ACTS

- A- Adore Him/ Praise
- C- Confess to Him
- T- Thank Him
- S- Someone else to pray for/ Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

Church

Sunday School Teacher - spirit, body, mind, friends, work

See Sunday School roll

See Sunday School prayer list

Wednesday's Prayer – Work

Scripture

Phillipians 1:9-11(NAS)

And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.

DAILY PRAYER ACTS

- A- Adore Him/ Praise
- C- Confess to Him
- T- Thank Him
- S- Someone else to pray for/ Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

Company/Business Leaders - spirit, body, mind, friends, work

Direct Supervisor - spirit, body, mind, friends, work

Employees - spirit, body, mind, friends, work

Employees families - spirit, body, mind, friends, work

Thursday's Prayer - Extended Family

Scripture

Serenity Prayer

God grant me the serenity to accept the things I cannot change. The courage to change the things I can. The wisdom to know the difference. Living one day at a time. Enjoying one moment at a time. Accepting hardship as a pathway to peace. Taking, as Jesus did, this sinful world as it is, not as I would have it. Trusting that You will make all things right if I surrender to Your will. So that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen. (Reinhold Niebuhr)

DAILY PRAYER ACTS

A- Adore Him / Praise

C- Confess to Him

T- Thank Him

S- Someone else to pray for / Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

God's mercy on our family

God's blessing on our family

Parents - spirit, body, mind, friendships, work

Step Parents

Grandparents

Great Grandparents

Brothers/Sisters

Step Brothers/ Step Sisters

Nieces/Nephews

Cousins

Step families

Friday's Prayer – Needs of the World

Scripture

Lord's Prayer – Matthew 6:9 – 15 (NAS)

Our Father who art in heaven, hallowed be thy name. Thy Kingdom come, thy 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 do not lead us into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

DAILY PRAYER ACTS

- A- Adore Him / Praise
- C- Confess to Him
- T- Thank Him
- S- Someone else to pray for / Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List - North American Mission Board, www.oneinamillionprayer.com

All People of the world who have not heard about Jesus Christ

All Unsaved People

God's People, God's Church

Our Country

Our President

Our Congress

Our Judges

Our Military

Our State

Our Governor

Our State Congress

Our State Judges

Our State Troopers and SLED

Our County and City Leaders

Our County and City Board Members

Our County and City Police and Rescue Members

Saturday's Prayer - _____

Scripture/Prayer

DAILY PRAYER ACTS

- A- Adore Him / Praise
- C- Confess to Him
- T- Thank Him
- S- Someone else to pray for / Supplication

Missionaries

Those without Christ

Date Entered/Answered	Name	Details
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Those with Illness

Date Entered/Answered	Name	Details
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Prayer List

LIST BY NAME- spirit, body, mind, family, friendships, work

WORDS OF ADORATION

ADORE HIM

Holy, Holy, Holy is the Lord God Almighty, Who was and Who is and Who is to Come. – Revelations 4:8

As I live, says the Lord, every knee shall bow to Me, and Every Tongue Shall Give Praise to God. – Romans 14:11

To Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen – Ephesians 3:21

Expand Upon “Him” by praising God the Father, the Son, Jesus Christ, and the Holy Spirit

Simple Conversation – What an awesome creator You are oh, Lord. The earth is so beautiful. The stars are amazing. I love you Lord. I love you Lord.

List Different Names of God

King, Ruler, Prince of Peace, Creator, All Knowing...

List Adjectives Describing God

Poetry

Hymns and Songs

**God of wonder beyond our majesty, you are holy. You are holy.
Universe declares your majesty. You are holy, you are holy.**

God is in Control.

WORDS OF CONFESSION

CONFESS TO HIM

For all have sinned and fall short of the glory of God, being justified as a gift, by His grace through the redemption which is in Christ Jesus – Romans 3:23, 24

That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised you from the dead, you shall be saved. – Romans 10:9

As for me, I know that my Redeemer Lives, and at the Last He will take His stand on earth. – Job 19:25

I acknowledged my sin to Thee, And my iniquity I did not hide; I said, “I will confess my transgressions to the Lord.” And thou didst forgive the guilt of my sin. – Psalms 32:5

Jesus came into Galilee... and saying “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.” – Mark 1:15

But the tax collector standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, “God, be merciful to me, the sinner!” I tell you, this man went down to his house justified rather than the (Pharisee), for everyone who exalts himself shall be humbled, but he who humbles himself shall be exalted. – Luke 18:14b

***Write a detailed list of your sins of today.
Sins of 1) commission and 2) omission.***

Simple Conversation - Lord please forgive me. Have mercy on me. I know I am unworthy.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. I John 1: 9

Poetry

Hymns and Songs

Oh how He loves you and me. Oh how He loves you and me. He gave us life, what more could He give. Oh, how He loves you, Oh, how he loves me, oh how he loves you and me.

Amazing Grace how sweet the sound that saved a wretch like me...

WORDS OF THANKSGIVING

THANK HIM

Oh, Give thanks to the Lord, Call upon His name. Make known His deeds among the peoples, Sing to Him, Sing praises to Him, Speak of all His wonders. Glory His holy name; Let the heart of those who seek the Lord be glad.

– 1 Chronicles 16:8 – 10

The Lord is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, and with my song I shall thank Him. - Psalm 28:7

He brought me up out of the pit of destruction, out of the miry clay; And He set my feet upon a rock making my footsteps firm. And He put a new song in my mouth, a song of praise to our God; - Psalm 40:2, 3

Joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light. – Colossians 1:11b-12

Write a gratitude list.

Simple Conversation – Thank you Lord

Hymns and Songs

I love you Lord, and I lift my voice to worship you, Oh, my soul rejoice. Give joy my King, in what you hear, May it be a sweet, sweet sound in your ear.

WORDS OF SUPPLICATION

WAYS TO PRAY FOR SOMEONE ELSE

Pray for their life that they may know Jesus Christ as their savior, staying in God's will, and growing closer to Him.

Pray for their mind, wisdom, and decision making. Pray that God would reveal Himself, His will, His Love, and His Mercy to them.

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. - James 1:5

Pray for their spirit. Pray for their emotions, and feelings. Pray for courage and faith. Pray for a joyful attitude. Pray that they listen to the Holy Spirit.

Pray for their bodies, health, acceptance, patience, and strength.

Pray for their family, church, and friends. Pray for Godly encouragers in every area. Pray that they may show Christ's love.

Pray for future family members, spouses and children. Pray that they may know Jesus Christ as their savior, staying in God's will, and growing closer to Him.

Pray for their job. Pray for their performance, their coworkers and their boss.

Pray for opportunities to witness about Jesus and boldness in these opportunities.

Pray for strength to withstand Satan's temptations.

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. I Corinthians 10:13