DEVOTED

THE PRAYER MANUAL

W O R K B O O K E D I T I O N

A Comprehensive Guide to New Testament Prayer

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Jesus Generation Church — Devoted Series

Name:

Date Started:

How to Use This Workbook

This workbook is your personal companion to Devoted: The Prayer Manual. It is designed not to be read through — it is designed to be worked through. Every chapter takes you deeper into one foundational prayer principle through Scripture-rooted teaching, original language word studies, fill-in-the-blank exercises, reflection questions, writing space, and practical action steps.

Use this workbook:

INDIVIDUALLY
Work through one chapter per week. Be honest in your reflections. Write in the spaces provided — your own words matter.

IN SMALL GROUPS
Use the reflection questions to drive group discussion. Work through the teaching individually before your group meets.

AS A CHURCH
Pair with a Sunday teaching series. Assign one chapter per week and use the action steps as discipleship checkpoints.

FOR LEADERSHIP DEVELOPMENT
Equip prayer team members, intercessors, and ministry leaders with a solid biblical foundation for their calling.

A WORD BEFORE YOU BEGIN

Do not rush through this material. Prayer is not a subject to be mastered in a few sittings — it is a relationship to be deepened over a lifetime. Take one chapter at a time. Let it work. The goal is not to complete the workbook. The goal is to meet God in the pages of it.

Introduction

A Letter to You — Before You Begin

> *“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”*
> **— Jeremiah 33:3**

You Were Made for This

I want to talk to you directly before you turn a single page of this workbook.

Not as a teacher presenting a curriculum. Not as a pastor handing you another church resource. But as someone who has sat in the dark, not knowing what to say to God — and discovered that God was waiting for me even in my silence.

This workbook exists because prayer changed my life. Not prayer as a religious routine. Not prayer as a last resort when everything falls apart. Real prayer. Honest prayer. The kind that starts as a whisper and grows into a conversation that reshapes who you are from the inside out. And I believe — with everything in me — that it will change yours too.

Let Me Be Honest With You

Most of us were never really taught how to pray. We were told to pray. We were encouraged to pray. We watched other people pray. But somewhere between childhood bedtime prayers and adult life, many of us ended up with a prayer life that feels hollow. Mechanical. Like a checklist we perform out of obligation rather than a conversation we look forward to.

Maybe you have felt it — that sense that your prayers are bouncing off the ceiling. That God feels distant. That you do not really know what to say, or how to say it, or whether any of it is even getting through.

If that resonates with you, I want you to hear this clearly:

That feeling is not the truth about prayer. It is the invitation into it.

God is not playing hide and seek. He is not withholding Himself from you. Jeremiah 33:3 is a direct promise — a divine invitation — and God Himself is saying: Call Me. I will answer. I will show you things you have never seen.

Why This Workbook — Why Now

We are living in a moment in history that demands a praying people. The noise is louder than ever. The distractions are more sophisticated than any generation before us has faced. Anxiety, confusion, and spiritual emptiness are at epidemic levels — even inside the church.

And in the middle of all of that, God is still looking for what He was looking for in Ezekiel's day: men and women who will stand in the gap. People who understand that what happens in the prayer closet directly shapes what happens in the world.

The Devoted series was born out of that conviction. We named it Devoted because the early church in Acts 2:42 was described as people who devoted themselves — the Greek word is proskartereo, meaning to persist obstinately, to adhere firmly, to continue steadfastly. They were not casual about their faith. They were not occasional about their prayer. They were devoted.

That is the invitation extended to you through this workbook. Not perfection. Not performance. Devotion.

A Word About Where You Are Starting

Maybe you are brand new to faith and prayer feels completely foreign. Good — you are in exactly the right place. This workbook will give you a foundation that will serve you for the rest of your life.

Maybe you have been a believer for years but your prayer life has grown cold or routine. Good — God is not frustrated with you. He is drawing you back to something deeper.

Maybe you are a leader — a pastor, minister, or small group facilitator. Every principle in these pages has been tested in real churches and real lives. Wherever you are starting, you are starting. And that is everything.

A PROMISE I WANT TO MAKE YOU

If you will commit to working through this material — honestly, prayerfully, consistently — I believe you will come out the other side with a prayer life you did not think was possible for you. Not because of anything in this workbook. But because the God who said “Call to Me” is faithful to answer everyone who does.

He answered me. He will answer you.

With you in prayer,
Mareneo “Reno” Flournoy
Lead Pastor, Jesus Generation Church — Devoted Series

Personal Inventory — Before You Begin

Answer these honestly before starting. Return to them at the end to see how God has grown you.

How would you describe your current prayer life — be honest:

What is one thing you hope to change about how you pray?

What does prayer mean to you right now, in your own words?

What would it look like if your prayer life was exactly where you wanted it to be?

CHAPTER 1

Understanding Prayer

The Foundation of Everything

> *“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”*
> **— 1 John 5:14**

What Prayer Actually Is

Before we can pray well, we have to understand what prayer actually is. For most believers, the working definition of prayer is much smaller than what Scripture teaches.

Prayer is not a religious ritual. It is not a last resort when doctors have run out of options. It is not a performance for others to observe. Prayer is intimate, ongoing communication between a created human being and the God who made them — and more than that, it is a divine invitation to participate in what God is already doing on the earth.

Jeremiah 33:3 reveals the heart of God: “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” The Hebrew phrase translated “great and mighty things” — gedolot ubetzurot — literally means “great and inaccessible things,” mysteries that cannot be reached by human effort alone. God is saying that prayer is the doorway into revelation that is otherwise impossible to access.

Word Studies

palal *Hebrew*	**Meaning:** To intercede, mediate, judge oneself — a judicial act before a throne

	Why it matters: *Prayer is not merely asking — it is a covenant act. We come before God's throne as both petitioners and self-examiners, humbling ourselves before the righteous Judge who is also our loving Father.*

gedolot ubetzurot *Hebrew / Jer. 33:3*	**Meaning:** Great and inaccessible things — mysteries beyond human reach **Why it matters:** *Prayer gives access to divine revelation that cannot be obtained any other way. God is not just promising answers — He is promising disclosure.*

Why Does God Want Us to Pray?

This is one of the most important theological questions in the Christian life. If God is omniscient — if He already knows everything, including our needs before we ask (Matthew 6:8) — then why does He command us to pray? The answer is not about information. God does not need to be informed. The answer is about relationship and covenant governance.

Genesis 1:28 established humanity's dominion mandate — God designed human beings to be stewards and co-governors of His creation. Sin interrupted that mandate, but Christ's redemption restored our access to the throne of grace (Hebrews 4:16). Prayer is the mechanism through which redeemed human beings exercise their God-given authority in partnership with heaven.

KEY INSIGHT

2 Chronicles 7:14 makes this explicit: "If My people… pray… then I will hear from heaven." The word 'then' is significant. God's action is connected to human prayer — not because God is limited, but because He has sovereignly chosen to govern through covenant relationship with the people He created.

Jesus as Our Model

The most compelling evidence that prayer matters is the prayer life of Jesus Himself. Consider what this means: Jesus was fully God. He had unbroken access to the Father. He knew all things. He had unlimited power. And yet He prayed constantly, deliberately, and with extraordinary intensity.

Luke 5:16 records that He “withdrewinto the wilderness and prayed.” The Greek word hupochoreo means a deliberate, strategic retreat — not a casual drift away from activity, but an intentional withdrawal for the specific purpose of prayer. Jesus did not pray when He had nothing else to do. He organized everything else around prayer.

Luke 6:12 records that before choosing His twelve disciples — one of the most consequential decisions in all of human history — Jesus spent the entire night in prayer. Not a few minutes. Not a quick acknowledgment before moving on. The entire night.

Hebrews 5:7 describes the intensity of His prayer: He offered supplications “with vehement cries and tears.” The word vehement (ischyros) means strong, mighty, forceful. Jesus did not pray casually. He prayed with His whole being. If the Son of God prayed like that, what does that tell us about how we should pray?

The Holy Spirit: You Are Never Praying Alone

synantilambanetai *Greek / Romans 8:26*	**Meaning:** To take hold together with, against — to join forces against opposition **Why it matters:** *The Holy Spirit does not stand nearby and observe your prayer. He takes hold with you — joining your weakness, adding His strength, and interceding through you against the spiritual opposition you face. You are never alone when you pray.*

Romans 8:26–27 contains one of the most encouraging truths in Scripture for the person who struggles in prayer: “The Spirit also helps in our weaknesses. For we do not know what

we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."

This means that every time you sit down to pray — even when you do not know what to say, even when the words will not come, even when you feel completely spiritually dry — the Holy Spirit is already interceding. He is not waiting for you to figure out the right words. He is already at work, praying perfectly what you cannot express.

Common Misconceptions About Prayer

> **MISCONCEPTION 1**
> Prayer is about getting things from God. Truth: Prayer is primarily about knowing God. Jesus defined eternal life itself as knowing the Father (John 17:3) — not receiving blessings from Him. The gifts are real, but they are the fruit of relationship, not the root of it.

> **MISCONCEPTION 2**
> If I pray hard enough or long enough, God will do what I want. Truth: Prayer is not a technique for bending God to our will. 1 John 5:14 makes it clear: confidence in answered prayer comes from asking according to His will. The goal is alignment, not manipulation.

> **MISCONCEPTION 3**
> Only certain spiritual people can really pray effectively. Truth: Romans 8:26 applies to every believer without qualification. The Holy Spirit helps your weaknesses — not your strengths. You do not need to pray perfectly. You just need to pray.

Fill in the Blank

Prayer is not optional for the believer — it is as essential as _____

The Hebrew word palal means to intercede, mediate, or _____

Jesus shows us that power flows through prayer, not _____

The Holy Spirit synantilambanetai — meaning He takes hold _____

2 Chronicles 7:14 shows that God's action is connected to human _____

Hebrews 4:16 invites us to come boldly to the throne of _____

Reflection Questions

1. Before reading this chapter, how would you have defined prayer? How has that definition changed?

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2. Jesus spent an entire night in prayer before choosing His disciples. What major decision in your life right now needs that kind of investment?

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3. Romans 8:26 says the Spirit helps us when we do not know what to pray. Describe a time when you experienced that — or explain why you need that promise right now.

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4. Which misconception about prayer have you carried? What would change in your prayer life if you let it go?

Personal Application

What time of day will you commit to as your daily prayer time?

Where will you create your dedicated prayer space?

What is one specific thing you will do differently in prayer this week based on this chapter?

PRAYER

Heavenly Father, thank You for the incredible privilege of prayer. I confess that I have not always understood what prayer really is — I have treated it as a routine, a performance, or a last resort. Forgive me. Help me to understand that prayer is first and foremost about knowing You. Teach me to follow Jesus' example of consistent, passionate, whole-hearted communication with You. And

Holy Spirit, thank You that I am never alone when I pray — that You take hold with me, intercede through me, and carry what I cannot carry. Transform my prayer life from duty into devotion. In Jesus' name, Amen.

Action Steps

☐ Establish a consistent daily prayer time this week — write the time and place below and honor it

☐ Create or designate a specific prayer space in your home

☐ Read Luke 5:16, 6:12, 9:18, and 11:1 — observe and journal what you notice about Jesus' prayer life

☐ Write Romans 8:26 on a card and place it in your prayer space

CHAPTER 2

The Five Gears of Prayer

Moving From Ritual to Encounter

> *“Your word is a lamp to my feet and a light to my path.”*
> **— Psalm 119:105**

Why Prayer Gets Stuck

One of the most common complaints among believers is that prayer feels repetitive, flat, or disconnected. You sit down to pray and end up saying the same things in the same order — and it feels like talking to a wall. This is not primarily a spiritual problem. It is a structural one.

Most of us were never given a framework for how to actually move through a prayer time. We were told to pray, but not taught the mechanics of how prayer deepens and develops. The Five Gears of Prayer provide that framework.

Drawn from ancient Hebrew meditation practices (hagah) combined with New Testament prayer theology (proseuche), the Five Gears create a complete prayer encounter that engages mind, heart, spirit, and will in one unified session. Just as a vehicle has multiple gears for different driving conditions, effective prayer uses different modes for different spiritual purposes.

The Five Gears

GEAR 1: READ — ENGAGING DIVINE REVELATION

Prayer built on Scripture is prayer that prays according to God's will. The First Gear begins with reading not as an academic exercise, but as an act of spiritual attentiveness — listening to God speak through His Word before we speak to Him.

theopneustos *Greek / 2 Tim. 3:16*	**Meaning:** God-breathed — the literal breath of God in written form **Why it matters:** *When you read Scripture before praying, you are not warming up — you are putting yourself in the direct presence of the living God, who is breathing His will through His Word into your heart.*

The Hebrew practice behind this gear was to read Scripture aloud — engaging mouth, ears, and mind simultaneously. Ancient Jewish meditation involved reading passages repeatedly until the Spirit illuminated specific truths for application. Read your chosen passage at least twice, aloud if possible, before moving to Gear 2.

GEAR 2: REFLECT — HEBREW MEDITATION

This is where most Western Christians disengage — because our culture has no grid for this kind of engagement. We are trained to read for information, extract what we need, and move on. But the Hebrew practice of hagah is completely different.

hagah *Hebrew / Psalm 1:2; Josh. 1:8*	**Meaning:** To mutter, growl, speak — repetitive verbal pondering of God's Word **Why it matters:** *Biblical meditation is not Eastern emptying of the mind. It is Hebrew filling of the mind — turning a truth over and over, speaking it quietly to yourself, allowing it to travel from your head into your spirit.*

Joshua 1:8 ties meditation directly to fruitfulness: "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night." Notice the phrase "not depart

from your mouth” — meditation involves continuous, quiet, repetitive speaking of Scripture to yourself. Pick one verse from your reading. Say it slowly, repeatedly. Ask: What does this reveal about God’s character? What does it reveal about my condition? What is God specifically saying to me through this today?

GEAR 3: RESPOND — DIALOGICAL PRAYER

Now you speak — but not from a prayer list. From the passage. You respond to what God just said through His Word. This is the gear that transforms prayer from a monologue into a genuine conversation.

James 1:22 commands us to be “doers of the word, and not hearers only.” The RESPOND gear is the bridge between hearing and doing — the place where you talk with God about what His Word has just revealed. This engagement operates on three levels: intellectual (what does this passage mean?), emotional (how does it make me feel?), and volitional (what does God want me to do in response?).

GEAR 4: REST — CONTEMPLATIVE STILLNESS

This is the most countercultural of all five gears — and often the most powerful. In a world that rewards constant activity, deliberately stopping to be still feels unproductive. But God commanded it.

raphah *Hebrew / Psalm 46:10*	**Meaning:** To let go, release, abandon — active, deliberate surrender of control **Why it matters:** *“Be still and know that I am God.” Raphah is not passive quietness — it is an intentional releasing of your grip on the outcome, the answer, and the timeline. You are trusting God’s sovereignty enough to stop striving.*

Isaiah 30:15 connects REST directly to strength: “In returning and rest you shall be saved; in quietness and confidence shall be your strength.” During the REST gear, stop talking. Spend a minimum of five minutes in complete silence. If a thought or impression comes, write it down. If nothing

comes, that is fine — the discipline of stopping and being still is itself an act of faith and worship.

GEAR 5: RESOLVE — COVENANTAL COMMITMENT

Prayer without resolution produces spiritual consumers — people who encounter God's presence and feel moved, but never change. The final gear closes the loop: you make a specific, measurable commitment to obey what God has shown you through the first four gears.

This follows the covenant pattern throughout Scripture: God reveals His will (Read/Reflect), we commune with Him about it (Respond), we submit to His sovereignty (Rest), and then we commit to specific obedience (Resolve). This is not mere willpower — it is Spirit-empowered covenant response to divine revelation.

enischuo *Greek / Phil. 4:13*	**Meaning:** To empower from within — divine enablement for human obedience **Why it matters:** *"I can do all things through Christ who strengthens me." The strength for your RESOLVE does not originate in you. It is imparted from within by the Spirit of God, who makes obedience possible.*

Five Gears Reference Table

#	GEAR	WHAT IT LOOKS LIKE	SCRIPTURE
1	**READ**	Read your passage aloud, at least twice. Listen before you speak.	*2 Tim. 3:16–17*
2	**REFLECT**	Mutter the key verse repeatedly. Let it sink from head to spirit.	*Psalm 1:2; Josh. 1:8*
3	**RESPOND**	Talk to God about what the Word revealed — head, heart, and will.	*James 1:22*
4	**REST**	Stop. Be still. Minimum 5 minutes of silence. Release	*Ps. 46:10; Isa. 30:15*

		control.	
5	**RESOLVE**	Make one specific, measurable commitment to obey today.	*Philippians 4:13*

Self-Assessment

Rate yourself honestly on each gear (1 = rarely, 5 = consistent strength):

GEAR	RATING 1 2 3 4 5	ONE WAY I CAN GROW IN THIS GEAR
READ	1 2 3 4 5	_____
REFLECT	1 2 3 4 5	_____
RESPOND	1 2 3 4 5	_____
REST	1 2 3 4 5	_____
RESOLVE	1 2 3 4 5	_____

Fill in the Blank

The Hebrew word hagah (Reflect) means to mutter, growl, speak, or _____

REST uses the Hebrew word raphah, meaning to let go or _____

RESOLVE involves making specific, _____ commitments to obey.

Joshua 1:8 promises success through meditation — this Book shall not depart from your _____

The RESPOND gear turns prayer from a monologue into a genuine _____

Practice Session — Five Gears Journal

GEAR 1 — READ: What passage did you choose? Write the key verse:

GEAR 2 — REFLECT: What is God specifically saying to you through this passage?

GEAR 3 — RESPOND: Write your honest conversation with God about what you read:

GEAR 4 — REST: After your time of silence, what (if anything) did you sense?

GEAR 5 — RESOLVE: What specific commitment are you making today in response?

Reflection Questions

1. Which of the five gears comes most naturally to you? Why do you think that is?

2. The REST gear requires silence and surrendering control. What makes that genuinely difficult for you?

3. RESOLVE means a specific commitment to obey — not a general intention. What is one specific thing God is asking you to do this week based on His Word?

4. How might working through all five gears — rather than just asking for things — change the quality of your encounter with God in prayer?

PRAYER

Lord, thank You for giving us Your Word as the foundation for prayer. I confess that I have often rushed through my prayer time without truly engaging — asking for things without first listening, speaking without first reading, moving without first resting. Help me to slow down. Teach me to read with attentiveness, reflect with depth, respond with honesty, rest with trust, and resolve with courage. Teach me the ancient paths of devoted prayer. In Jesus' name, Amen.

Action Steps

☐ Choose one Scripture passage and work through all Five Gears this week — use the practice session journal above

☐ Dedicate at least five minutes to each gear — do not skip REST

☐ Keep a brief journal tracking what you discover in each gear

☐ Share with one person this week what God spoke to you during the REFLECT gear

CHAPTER 3

Nine Types of Biblical Prayer

A Complete Prayer Vocabulary

> *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”*
> **— Philippians 4:6**

Why You Need More Than One Kind of Prayer

Imagine if your only tool were a hammer. Every problem would look like a nail. That is what happens when believers only know one mode of prayer — usually asking. They bring every situation to God in the same way, with the same posture, expecting the same kind of result.

Scripture reveals nine distinct types of prayer, each serving a unique purpose in our relationship with God. Learning to move between them — reading the spiritual moment and matching your prayer to it — is one of the most significant upgrades you can make to your prayer life.

The Nine Types

1. ADORATION — PSALM 95:6

Adoration is the purest form of prayer because it has no agenda. It is not asking for anything. It is not confessing anything. It is simply beholding God for who He is — His character, His attributes, His eternal nature — and responding with worship. Revelation 4:11 captures it: “You

are worthy, O Lord, to receive glory and honor and power; for You created all things." No requests. No conditions. Just worship in response to inherent worthiness.

2. CONFESSION — 1 JOHN 1:9

The Greek word confession comes from homologeo — to say the same thing as, to agree with. When we confess, we are agreeing with God about what He already sees in us. True biblical confession has four elements: Specific Acknowledgment (name the sin specifically), Taking Responsibility (no excuses, no blame-shifting), Godly Sorrow (2 Corinthians 7:10 — genuine sorrow for grieving God, not just regret about consequences), and Commitment to Change (a genuine turning away, not just an emotional release).

3. THANKSGIVING — 1 THESSALONIANS 5:18

Thanksgiving is not just good manners — it is a weapon against anxiety and unbelief. Philippians 4:6–7 makes the direct connection: when thanksgiving accompanies prayer, the peace of God guards our hearts. Three levels: for Blessings (obvious gifts — the entry level), in Difficulties (Romans 8:28 — trusting God's purpose in trials), and for God's Character (independent of circumstances — the deepest level, and the sign of a mature prayer life).

4. SUPPLICATION — PHILIPPIANS 4:19

Supplication is personal petition — bringing your specific needs, concerns, and requests before your Heavenly Father. Far from being spiritually immature, this type of prayer demonstrates dependence on God and trust in His care. Matthew 6:11 includes "Give us this day our daily bread" in the Lord's Prayer itself. Governed by four principles: According to God's Will (1 John 5:14), With Faith (Mark 11:24), In Jesus' Name (John 14:14), and With Persistence (Luke 18:1).

5. INTERCESSION — 1 TIMOTHY 2:1

Intercession means stepping into the gap between God and someone else — pleading, advocating, and agreeing with God's purposes for their life. Ezekiel 22:30 is haunting: God searches for intercessors and finds none. Hebrews 7:25 reveals that Jesus "always lives to make intercession" — the

ascended Son of God's primary ongoing ministry is prayer on our behalf.

6. AGREEMENT — MATTHEW 18:19

The Greek word for agree is sumphoneo — the root of symphony. Two distinct voices creating something together that neither could create alone. Agreement prayer requires unity of heart (same purpose and motive), unity of faith (shared expectation), unity of Spirit (Holy Spirit guiding the direction), and biblical alignment (requests must align with God's revealed will). Acts 4:24 shows the early church praying "with one accord" — the result was the building shook and they were filled with the Holy Spirit.

7. PRAYER IN THE SPIRIT — JUDE 20

Prayer in the Spirit is NOT limited to tongues — it encompasses all Spirit-led prayer. Ephesians 6:18 commands every believer to pray "always with all prayer and supplication in the Spirit." This is a universal command, not an exclusive gift. Praying in the Spirit means prayer that is guided, empowered, and directed by the Holy Spirit — whether in your known language, in a Spirit-given burden for intercession, or in tongues as one possible expression.

8. IMPRECATION — PSALM 35:1

Imprecatory prayer calls on God to judge evil and defend righteousness. This is not about personal vengeance — it is about appealing to God as the righteous Judge to act on behalf of His people and His justice. The imprecatory Psalms (35, 58, 69, 109) are honest, raw prayers that place the outcome fully in God's hands rather than acting on our own behalf. They are prayers of trust, not revenge.

9. CONSECRATION — ROMANS 12:1

Consecration is the prayer of total surrender — presenting your body, will, gifts, time, and future as a living sacrifice to God. Romans 12:1 calls this your "reasonable service" — the most logical response to the mercies of God. Consecration is not a one-time event. It is a daily re-surrendering of yourself to God's purposes. It is the same prayer Jesus prayed in Gethsemane: "Not My will, but Yours, be done" (Luke 22:42).

Reference Chart

#	TYPE	PURPOSE	KEY SCRIPTURE
1	**Adoration**	Worshipping God for who He is — no agenda, no requests	*Psalm 95:6*
2	**Confession**	Agreeing with God about sin; restoring fellowship	*1 John 1:9*
3	**Thanksgiving**	Gratitude for blessings, trials, and God's character	*1 Thess. 5:18*
4	**Supplication**	Personal requests in faith, alignment, and persistence	*Phil. 4:19*
5	**Intercession**	Standing in the gap for others before God	*1 Tim. 2:1*
6	**Agreement**	Corporate prayer releasing symphonic authority	*Matt. 18:19*
7	**Prayer in Spirit**	Spirit-led prayer in any language or expression	*Jude 20*
8	**Imprecation**	Appealing to God as Judge to defend righteousness	*Psalm 35:1*
9	**Consecration**	Total daily surrender of self to God's purposes	*Romans 12:1*

Weekly Practice Tracker

Practice one type each day this week. Note what you prayed and what you experienced:

TYPE	WHAT I PRAYED / WHAT I EXPERIENCED	DONE
Adoration		☐
Confession		☐
Thanksgivin		☐

g		
Supplication	_____	☐
Intercession	_____	☐
Agreement	_____	☐
Prayer in the Spirit	_____	☐
Imprecation	_____	☐
Consecration	_____	☐

Fill in the Blank

Adoration focuses on who God _____ — not what He does.

The Greek word for ‘agree’ in Matthew 18:19 is sumphoneo, which is the root of the word _____

Consecration in Romans 12:1 means presenting yourself as a living _____

Imprecatory prayer is not about personal vengeance — it is about appealing to God as the righteous _____

The four elements of biblical confession are: Specific Acknowledgment, Taking Responsibility, Godly Sorrow, and Commitment to _____

Reflection Questions

1. Which types of prayer do you practice most naturally? Why do you gravitate toward those?

2. Which types have you neglected or never practiced — and what has that cost you spiritually?

3. Consecration (Romans 12:1) is a daily surrender. What area of your life is most difficult to place on the altar right now? Why?

4. How might incorporating all nine types of prayer — not just asking — change the depth of your relationship with God?

PRAYER

Heavenly Father, I worship You for Your perfect holiness (Adoration). I confess my failures and agree with Your perspective on my sin (Confession). Thank You for Your countless blessings and Your faithfulness in difficulty (Thanksgiving). Please provide for my needs and align my desires with Your will (Supplication). I lift up those on my heart right now — those who cannot or will not pray for themselves (Intercession). I unite my faith with the body of Christ (Agreement). Holy Spirit, guide my prayers beyond

my understanding (Prayer in the Spirit). Lord, defend Your righteousness and justice (Imprecation). I present myself fully to You today — not my will, but Yours be done (Consecration). In Jesus' name, Amen.

Action Steps

☐ Practice one type of prayer each day this week — use the tracker above

☐ Choose the type of prayer you have never practiced and do it today

☐ Memorize the key Scripture reference for each of the nine types

☐ Create a journal section dedicated to each type of prayer

CHAPTER 4

The A.S.K. Model

Progressive Levels of Prayer Intensity

> *“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”*
> **— Matthew 7:7**

One of the most common reasons prayers seem unanswered is not that God is not listening — it is that we stop too soon. We ask once, wait briefly, and when nothing seems to happen, we move on and settle.

In the original Greek, all three verbs in Matthew 7:7 — Ask, Seek, Knock — are present imperative, meaning continuous and ongoing action. A more accurate translation would be: Keep asking. Keep seeking. Keep knocking. Jesus is not describing a one-time request. He is describing a sustained, escalating posture of prayer that refuses to give up.

These are not three ways of saying the same thing. They are three progressive levels of intensity, each requiring a deeper level of investment, pursuit, and persistence. And Matthew 7:8 provides an absolute guarantee: “For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.” Not most. Not those who pray eloquently. Everyone.

Level 1: ASK — The Prayer of Request

Asking is the entry point — the simplest posture of prayer. The Greek word aiteo means to request from someone in authority, acknowledging both your need and His ability. You are coming to God like a child comes to a Father: with a specific request, offered in simple faith. This is right and valid. Matthew 6:11 includes personal petition in the Lord’s

Prayer itself. But asking is the beginning of prayer, not the fullness of it.

> **KEY QUESTION FOR ASK**
> Am I bringing this need to God with genuine faith — or am I treating prayer as a transaction, giving God a list and waiting for delivery?

Level 2: SEEK — The Prayer of Pursuit

Seeking involves more than asking. The Greek word zeteo means to seek carefully, deliberately, and continuously. It requires time, attention, and active engagement. You are not just waiting for God to respond to your request — you are actively pursuing His heart on the matter.

Seeking means studying God's Word to understand His will on the subject. It means spending extended time in His presence around this specific need. It means asking not only "What do I want?" but "What does God want in this situation?" Seeking is where petition becomes pursuit — and where many breakthroughs begin.

> **KEY QUESTION FOR SEEK**
> Am I seeking God Himself in this situation, or just seeking the answer? Am I spending real time in His Word and His presence?

Level 3: KNOCK — The Prayer of Persistence

Knocking is the most intense level — determined, relentless prayer that refuses to give up regardless of how long it takes or how dark it gets. Jesus reinforces this with the parable of the persistent widow in Luke 18:1–8, told specifically so His disciples would understand that "men always ought to pray and not lose heart."

Knocking requires unwavering faith — believing that the door will open, that the answer is coming, that God has not forgotten — even when all visible evidence suggests

otherwise. It is not overcoming God's reluctance. It is an expression of the faith that He hears and will respond.

> **KEY QUESTION FOR KNOCK**
> Am I willing to persist in this prayer even if it takes months or years? Have I given up on prayers God is still moving on?

When God Says No or Wait

Not every persistent prayer receives an immediate yes. God's response may be yes, no, or wait — and all three are legitimate expressions of a loving Father's wisdom. Sometimes God says no because what we are asking for would ultimately harm us or harm others. Sometimes He says wait because the timing is not yet right, or because He is developing something in us through the very process of waiting.

James 4:3 adds an honest diagnostic question: "You ask and do not receive, because you ask amiss, that you may spend it on your pleasures." Part of the discipline of petition is allowing God to examine our motives. Are we asking in alignment with His Kingdom purposes — or primarily for our own comfort and gratification?

Fill in the Blank

In Greek, all three verbs in Matthew 7:7 are present imperative — meaning keep _____

SEEK moves prayer from petition into _____

KNOCK represents prayer that refuses to give up regardless of how long it _____

Luke 18:1 says Jesus taught His disciples to pray and not lose _____

James 4:3 says some prayers go unanswered because we ask with wrong _____

Reflection Questions

1. At what level do you typically pray — asking, seeking, or knocking? What stops you from going deeper?

---

2. Is there a prayer you gave up on too soon? What would it look like to pick it back up and return to persistent knocking?

---

3. Has God ever said no to a prayer that you later realized was for your protection? What did that teach you about His love?

---

4. How would your prayer life change if you moved even one major request from ‘asking’ to ‘seeking’ this week?

PRAYER

Father, I come to You with my requests, trusting that You delight to give good gifts to Your children (Ask). I choose to

go deeper — to seek Your face and align my heart with Your will, not just ask for what I want (Seek). And I commit to persisting — to knocking on heaven's door with faith and tenacity, trusting Your perfect timing and refusing to give up on the prayers You have placed in my heart (Knock). Thank You that Your promise is not for the eloquent or the experienced — it is for everyone who asks, seeks, and knocks. In Jesus' name, Amen.

Action Steps

☐ Review your current prayer list and identify which A.S.K. level each request is at

☐ Choose one 'ask' and escalate it to 'seek' this week — spend extended time in God's Word around it

☐ Identify one prayer you gave up on and commit to returning to it with persistent knocking

☐ Read Luke 18:1–8 and journal what Jesus is personally teaching you about persistence

CHAPTER 5

Adoration and Worship in Prayer

The Highest Form of Prayer

> *“Oh come, let us worship and bow down; let us kneel before the Lord our Maker.”*
> **— Psalm 95:6**

There is a reason the Lord’s Prayer begins with “Our Father in heaven, hallowed be Your name” — with worship, not with requests. Jesus is teaching us something profound about the order of prayer. When we begin by focusing on who God is rather than what we need, everything else shifts.

Adoration is fundamentally different from thanksgiving. Thanksgiving acknowledges what God has done. Adoration celebrates who God is — His eternal nature, His character, His attributes — independent of any circumstance in our lives. It is the purest form of prayer because it has nothing to gain. It simply responds to God’s inherent worthiness.

Revelation 4:11 captures the theology of adoration: “You are worthy, O Lord, to receive glory and honor and power; for You created all things, and by Your will they exist and were created.” No requests. No agenda. Just worship in response to who God eternally is.

God’s Attributes — The Vocabulary of Adoration

You cannot adore what you do not know. Growing in adoration requires growing in your knowledge of who God is:

HOLINESS

God’s perfect purity — utterly separate from sin and moral failure. Isaiah 6:3: “Holy, holy, holy is the Lord of hosts.” He is not slightly better than us; He is categorically different.

LOVE

Unconditional, sacrificial covenant love — not based on our performance or worthiness. 1 John 4:8: God is love. Not simply that He loves, but that love is the core of His nature.

OMNIPOTENCE

Unlimited power and authority over all creation. Jeremiah 32:17: “There is nothing too hard for You.” Nothing you face today is beyond His authority.

OMNISCIENCE

Complete, perfect knowledge of all things — past, present, future, and hidden. Psalm 139:1–4: He knows you entirely, and He is not alarmed by what He sees.

FAITHFULNESS

He always keeps His word. His promises never fail. Lamentations 3:22–23: His mercies are new every morning. Not occasional. Every morning.

SOVEREIGNTY

He governs all things according to His perfect will and wisdom. Romans 8:28: All things — not just the pleasant things — are working together for the good of those who love Him.

How Adoration Transforms Prayer

John 4:24 establishes the conditions for genuine worship: “God is Spirit, and those who worship Him must worship in spirit and truth.” Both elements are required. Spirit refers to genuine heart engagement — not performance. Truth refers to worshipping God as He actually is, not as we imagine or prefer Him to be.

When you spend ten minutes declaring God’s omnipotence before you bring your problem to Him, your problem does not get smaller. But your God gets bigger in your eyes. The challenge remains the same, but your perspective on it shifts completely. This is the transformative power of beginning prayer with adoration.

Practical Application — Adoration Journal

Use the journal space below to practice pure adoration. Choose one of the attributes listed above and spend five minutes writing directly to God about who He is — no requests, no confession, just worship.

Fill in the Blank

Adoration is distinct from thanksgiving — thanksgiving acknowledges what God has done, but adoration celebrates who God _____

God is worthy because of who He _____ not because of what He does for us.

John 4:24 says we must worship in spirit and _____

Adoration does not make the problem smaller — it makes our view of God _____

The six attributes in this chapter are: Holiness, Love, Omnipotence, Omniscience, Faithfulness, and _____

Reflection Questions

1. How much time do you typically spend in pure adoration — with no requests — during your prayer time? Be honest.

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2. Which of the six attributes in this chapter do you find most meaningful to worship right now, and why?

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3. Think of a current challenge in your life. How would spending time in adoration first change how you approach that challenge in prayer?

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4. John 4:24 says we must worship in spirit and truth. What does it mean to worship ‘in truth’ — and are there ways you have been worshipping a God of your imagination rather than the God of Scripture?

PRAYER

Holy God, I come before You not with a list but with a heart full of wonder at who You are. You are holy — completely pure, utterly set apart, perfect in all Your ways. You are love — not sentimental or conditional, but fierce, sacrificial, and eternal. You are all-powerful — nothing I face today is beyond Your authority. You are all-knowing — You see everything I cannot see, and You are already working. You are faithful — You have never once broken Your word, and You never will. You are sovereign — every circumstance in my life is in Your hands. I worship You. Not for what You can do for me today, but for who You are — forever. Amen.

Action Steps

☐ Begin every prayer time this week with ten minutes of pure adoration — no requests until adoration is complete

☐ Choose one attribute from this chapter and study every Scripture passage associated with it

☐ Write your own personal declaration of adoration based on what you discover

☐ Use one Psalm per day as a guide for adoration — begin with Psalms 100, 103, and 145

CHAPTER 6

Confession and Repentance

Maintaining the Lifeline

> *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*
> **— 1 John 1:9**

Psalm 66:18 contains one of the most important diagnostic truths in Scripture for the prayer life: “If I regard iniquity in my heart, the Lord will not hear.” Unconfessed sin does not end our relationship with God, but it hinders our fellowship with Him. It creates static in the communication line that disrupts the intimacy prayer is designed to produce.

This is why confession is not a one-time event at salvation — it is the daily maintenance of our relationship with the Father. Just as a house requires ongoing upkeep to remain livable, our connection with God requires ongoing honesty and repentance to remain intimate.

1 John 1:9 gives us the guarantee: “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” Notice two dimensions — forgiveness (the guilt is removed) and cleansing (the effect is washed away). God does not merely pardon our sin. He removes its stain.

homologeo *Greek / 1 John 1:9*	**Meaning:** To say the same thing as — to agree with **Why it matters:** *Confession is not informing God of something He does not know. It is*

	agreeing with His perspective on what you did. You stop making excuses. You stop minimizing. You see your sin the way God sees it — and you agree. This agreement is the beginning of freedom.

metanoia *Greek*	**Meaning:** A change of mind that produces a change of direction **Why it matters:** *True repentance is not just feeling bad. Metanoia means a genuine change of mind that results in genuinely changed behavior. 2 Corinthians 7:10: 'Godly sorrow produces repentance leading to salvation, not to be regretted.'*

The Four Elements of Biblical Confession

1. SPECIFIC ACKNOWLEDGMENT

Name the sin specifically. Not "Forgive me for being bad today," but "I confess pride — I made that conversation about myself. I confess anger — I said things I should not have. I confess unforgiveness toward…" Specificity is the first act of honesty, and it is where real confession begins.

2. TAKING RESPONSIBILITY

Own your choices without excuse or blame-shifting. Adam blamed Eve. Eve blamed the serpent. God held them both responsible. What you fully own, God can fully forgive and fully heal.

3. GODLY SORROW

2 Corinthians 7:10 distinguishes godly sorrow (genuine grief for having hurt the heart of your Father, which leads to real change) from worldly sorrow (being sorry you got caught, or sorry about the consequences, which leads only to regret).

4. COMMITMENT TO CHANGE

Genuine confession includes a turning — not just a feeling. Ask God for the strength and desire to walk away from the pattern. This is not willpower. It is covenant surrender: “I do not want to live this way anymore. Change me from the inside out.”

Receiving Forgiveness

One of the most neglected elements of confession is actually receiving the forgiveness God promises. Many believers confess and confess but never walk in freedom — they stay in the courtroom even after the Judge has said “Not guilty.”

1 John 1:9 says God is “faithful and just” to forgive — not just merciful. This is legal language. Because Jesus already paid the full penalty for your sin at the cross, God would actually be unjust not to forgive you when you confess. Receive His forgiveness by faith, not by feeling. Freedom begins when you believe the verdict, not when you feel the relief.

Fill in the Blank

Psalm 66:18 says if I regard iniquity in my heart, the Lord will not _____

The Greek word homologeo means to say the same thing as — to _____

The four elements of biblical confession are: Specific Acknowledgment, Taking Responsibility, Godly Sorrow, and Commitment to _____

God is ‘faithful and just’ to forgive — meaning forgiveness is not just mercy, it is _____

True repentance (metanoia) is not just feeling bad — it is a change of mind that produces a change of _____

Reflection Questions

1. How regularly do you practice specific — not vague — confession in prayer? What keeps you from being more honest with God?

---

2. What is the difference between worldly sorrow and godly sorrow? Which have you mostly experienced in your own confession?

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3. Is there something you have confessed repeatedly but have not truly repented of? What would genuine metanoia look like in that area of your life?

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4. Many believers confess but struggle to receive God’s forgiveness. Do you believe that God is ‘faithful and just’ to forgive you — or are you still staying in the courtroom after the verdict has been given?

PRAYER

Heavenly Father, I choose to walk in the light today. I come before You without hiding, without excusing, and without minimizing. I specifically confess [name your sin] and I take full responsibility — no blame-shifting, no excuses. I am genuinely sorry not just for the consequences, but because I have grieved Your heart. Thank You that Your word promises: if I confess, You are faithful and just to forgive me and to cleanse me from all unrighteousness. I receive that forgiveness right now by faith — not because I feel it yet, but because Your Word declares it. Give me the desire and the strength to turn away from this pattern. Transform me from the inside out. In Jesus' name, Amen.

Action Steps

☐ Ask the Holy Spirit to search your heart and reveal any areas of unconfessed sin — be quiet and listen

☐ Practice specific, not vague, confession daily this week

☐ Write out 1 John 1:9 and Psalm 51:10–12 and pray through them line by line

☐ Where restitution is needed and possible — make it this week

CHAPTER 7

Thanksgiving and Gratitude

The Discipline That Changes Everything

> *“In everything give thanks; for this is the will of God in Christ Jesus for you.”*
> **— 1 Thessalonians 5:18**

1 Thessalonians 5:18 is one of those verses we know so well we have stopped hearing it: “In everything give thanks; for this is the will of God in Christ Jesus for you.” Notice two things: the scope (“in everything” — not just for the pleasant things) and the designation (“this is the will of God” — thanksgiving is not an option, not a personality preference, but the explicit will of God for every believer’s life).

Thanksgiving is not a feeling. It is a discipline. It is a deliberate choice you make — especially when feelings point in the opposite direction. This is what separates biblical thanksgiving from mere positivity: it is grounded in the unchanging faithfulness of God, not in favorable circumstances. Circumstances change. God’s character does not.

Philippians 4:6–7 reveals the mechanics: when you bring everything to God “with thanksgiving,” the result is that the peace of God “will guard your hearts and minds through Christ Jesus.” Thanksgiving is not just a good spiritual habit. It is the mechanism through which divine peace enters and protects the human soul.

Three Levels of Thanksgiving

LEVEL 1: THANKSGIVING FOR BLESSINGS

The entry level — thanking God for obvious gifts: salvation, family, health, provision, answered prayer. This is where most believers live. It is right and good, but it requires no faith beyond what is immediately visible.

LEVEL 2: THANKSGIVING IN DIFFICULTIES

Trusting Romans 8:28: “All things work together for good to those who love God.” Thanking God in trials is not denial of the pain — it is faith that He is working through it toward a purpose you cannot yet see. This level requires genuine trust.

LEVEL 3: THANKSGIVING FOR GOD’S CHARACTER

The deepest level — thanking God for who He is, completely independent of your circumstances. Job reached this level: “Though He slay me, yet will I trust Him” (Job 13:15). This thanksgiving flows from a soul anchored in God’s nature rather than in His blessings.

The Transformative Power of Gratitude

Regular thanksgiving shifts our focus from problems to blessings, from what we lack to what God has provided, from fear to faith. It rewires our perspective by training our attention on God’s faithfulness rather than on our circumstances.

Hebrews 13:15 calls thanksgiving a “sacrifice of praise” — and sometimes that is exactly what it is. When life is hard, choosing to give thanks is a costly, deliberate act of faith. But the fruit is extraordinary: supernatural peace, increasing faith, and a soul that is not at the mercy of every changing circumstance.

Fill in the Blank

1 Thessalonians 5:18 says ‘in everything give thanks’ — this is the explicit _____

Thanksgiving is not a feeling — it is a _____

Philippians 4:6–7 says when we pray with thanksgiving, the result is the _____ of God guarding our hearts.

The three levels of thanksgiving are: for Blessings, in Difficulties, and for God’s _____

Hebrews 13:15 calls thanksgiving a sacrifice of _____

Reflection Questions

1. How prominent is thanksgiving in your current prayer life? What does its absence or presence reveal about your trust in God?

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2. What is the difference between thanking God in a difficulty versus being in denial about it? How does Romans 8:28 help you navigate that tension?

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3. Think of a current difficulty or disappointment. Write a prayer below thanking God specifically for who He is and for what He is doing — even in this.

---

4. What would a consistent daily gratitude practice look like in your specific life? What would change if you practiced it for thirty days?

PRAYER

Heavenly Father, I choose to give thanks — not just when life is easy, but in everything, because You are present in everything. Thank You for Your salvation — the greatest gift ever given. Thank You for Your faithfulness that is new every morning. Thank You for the blessings I see clearly and for the ones I have taken for granted. And Lord — even in the difficulty I am facing right now — I thank You. Not because it does not hurt, but because I trust that You are working all things together for my good and Your glory. You are faithful. You are sovereign. You are good. In every season and every circumstance, that is enough. In Jesus' name, Amen.

Action Steps

☐ Begin a daily gratitude journal — write five specific things each day for the next thirty days

☐ Begin each prayer time this week with five minutes of specific thanksgiving before any requests

☐ Practice Level 2 thanksgiving — identify one thing in a current trial to be genuinely grateful for

☐ Memorize 1 Thessalonians 5:18 and Philippians 4:6–7 this week

CHAPTER 8

Supplication and Petition

Bringing Your Needs Before Your Father

> *“And my God shall supply all your need according to His riches in glory by Christ Jesus.”*
> **— Philippians 4:19**

Many believers carry a subtle but paralyzing belief that asking God for things is spiritually immature — that a ‘real’ believer should be content to trust without asking. But this is not what Scripture teaches. Jesus Himself included personal petition in the Lord’s Prayer: “Give us this day our daily bread” (Matthew 6:11).

Philippians 4:6 does not qualify what we bring to God: “in everything… let your requests be made known to God.” Everything. Not just the spiritual things. Not just the significant things. Everything that concerns you is appropriate to bring before your Heavenly Father. Supplication is not immaturity. It is dependence — and dependence is precisely the posture God invites.

At the same time, biblical petition is not a vending machine transaction. It is governed by four principles that keep our asking aligned with God’s purposes: praying according to His will, praying with genuine faith, praying in Jesus’ name (in alignment with His character), and praying with persistence.

Four Principles for Effective Petition

> **ACCORDING TO GOD’S WILL — 1 JOHN 5:14**
> “Now this is the confidence that we have in Him, that if we

ask anything according to His will, He hears us.” The goal of petition is not to inform God of what we want — it is to discover what God wants and agree with it in prayer. Study His Word. Let your requests be shaped by His revealed purposes.

WITH FAITH — MARK 11:24

“Whatever things you ask when you pray, believe that you receive them, and you will have them.” Faith in prayer is not positive thinking or willpower. It is genuine confidence in God’s character, His ability, and the reliability of His promises — trust that precedes visible evidence.

IN JESUS’ NAME — JOHN 14:14

Praying in Jesus’ name is not a closing formula. It means praying in alignment with His character and purposes — submitting each request to the question: Is this consistent with who Jesus is and what He is doing? His name represents His authority and His agenda.

WITH PERSISTENCE — LUKE 18:1

Jesus told the parable of the persistent widow specifically “that men always ought to pray and not lose heart.” Persistence in petition is not overcoming God’s reluctance. It is an expression of the faith that He hears and will respond in His perfect timing.

When God Says No or Wait

Not every petition receives an immediate yes — and not every yes comes quickly. God’s response may be yes, no, or wait, and all three are legitimate expressions of His love and wisdom. His ‘no’ often protects us from what would harm us. His ‘wait’ is often developing something in us through the process of waiting that we could not receive any other way.

James 4:3 adds an honest diagnostic: “You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.” Part of the discipline of petition is allowing God to examine our motives. Are we asking in alignment with His Kingdom, or primarily for our own comfort?

Fill in the Blank

Philippians 4:6 says to bring ‘everything’ to God — meaning petition is not limited to _____

Praying ‘in Jesus’ name’ means praying in alignment with His character and _____

James 4:3 says some prayers go unanswered because we ask with wrong _____

Luke 18:1 says Jesus taught His disciples to pray and not lose _____

The four principles for effective petition are: According to God’s Will, With Faith, In Jesus’ Name, and With _____

Reflection Questions

1. What personal needs and concerns are you currently bringing to God? Are you bringing them with faith, or with anxiety?

---

2. Has God ever said no to a prayer you were certain He would answer yes? What did you eventually discover about that no?

---

3. Examine your current petitions honestly: are they primarily about your comfort, or about God's Kingdom purposes?

4. Is there a petition you have been reluctant to bring to God because you are not sure He cares? What does Philippians 4:19 say to that reluctance?

PRAYER

Heavenly Father, I come to You as a child comes to a Father — with my needs, my fears, my hopes, and my specific requests. You said to cast all my anxiety on You because You care for me. So I bring everything — my physical needs, my relationships, my calling, my future, the things I have been too afraid or too proud to ask about. I submit each request to Your will and Your wisdom. When You say yes, I will receive with gratitude. When You say wait, I will persist with faith. When You say no, I will trust Your love and lean into what You are doing that I cannot yet see. Align my desires with Your purposes. In Jesus' name, Amen.

Action Steps

☐ Create a personal petition list with your current specific requests — use the journal space in this chapter

☐ Start a written answered prayer record and begin tracking God’s faithfulness

☐ Examine each current request: is it aligned with God’s will? Is it offered in faith? Is it in Jesus’ name?

☐ Choose one petition and escalate it to the SEEK level of the A.S.K. Model

CHAPTER 9

Intercession — Standing in the Gap

The Ministry of the In-Between

> *“So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one.”*
>
> **— Ezekiel 22:30**

Ezekiel 22:30 is one of the most haunting verses in all of Scripture. God is scanning the landscape of His people — looking, searching, seeking — for one person willing to stand between His righteous judgment and the people who have brought it upon themselves. And He finds no one. The gap remains unfilled. The consequences proceed.

Intercession is the ministry of standing in that gap — becoming the human bridge between God’s purposes and the people, situations, and nations that need His intervention. The intercessor does not manipulate God or convince Him to act against His nature. The intercessor agrees with God’s heart, aligns with God’s purposes, and releases God’s intervention through prayer.

Hebrews 7:25 gives us the ultimate model: Jesus Himself “always lives to make intercession.” The ascended, glorified Son of God — at the right hand of the Father, with all power and all authority — and His primary ongoing ministry is intercession. If the most powerful being in the universe considers standing in the gap His main activity, we must take intercession far more seriously than most of us do.

huparchon *Greek / Heb. 7:25*	**Meaning:** Always lives — continuously, presently, perpetually, without ceasing **Why it matters:** *Jesus' intercession never stops. Which means every prayer you pray as an intercessor is joined to Christ's own intercession at the Father's right hand. You are never standing in the gap alone.*

The Heart of an Intercessor

Effective intercession does not flow from obligation or spiritual duty — it flows from genuine love and concern for others' welfare. The Holy Spirit gives supernatural burden for specific people, situations, and needs that require intercession. When that burden comes, it feels less like a religious exercise and more like a weight you cannot put down.

Intercession often requires long-term commitment and unwavering faith. You may be interceding for a family member's salvation for years before you see the breakthrough. You may be praying for a nation or a community for a season. The intercessor's job is not to determine the timing — it is to remain faithful.

Areas of Intercession

LOST SOULS

Pray specifically and persistently for unbelievers in your circle of influence. Name them. Ask God to remove spiritual blindness, to send laborers, and to make their hearts ready to receive.

CHURCH LEADERSHIP

Intercede for your pastor, elders, ministry leaders, and missionaries. The enemy targets leaders specifically. Your prayers are not a nice addition — they are often the difference.

GOVERNMENT AND SOCIETY

1 Timothy 2:1–2 commands prayer “for kings and all who are in authority.” This includes officials at every level, regardless of whether you agree with them.

GLOBAL MISSIONS

Intercede for unreached people groups — the billions who have never heard the gospel. Matthew 9:38: pray for laborers to be sent.

Fill in the Blank

Ezekiel 22:30 says God searched for someone to ‘stand in the _____ and found no one.

Hebrews 7:25 says Jesus ‘always lives to make _____ for us.

Intercession flows from genuine love for others — not _____ or obligation.

1 Timothy 2:1–2 commands prayer for kings and all who are in _____

Matthew 9:38 commands us to pray for laborers to be _____

Reflection Questions

1. Who has God specifically placed on your heart for regular intercession? Why do you think He has placed them there?

2. Hebrews 7:25 says Jesus is always making intercession. How does knowing that your prayer joins His intercession change the way you approach it?

3. What areas of need in your community, your nation, or the world burden your heart most? What would consistent, long-term prayer for those areas look like?

My Intercession List

CATEGORY	NAMES & SPECIFIC REQUESTS
Family & Friends	
Church Leadership	
Government Officials	
Unsaved People I Know	
Global / Missions	
My Church Community	

4. Intercession requires unwavering faith over long periods. Is there someone or something you have stopped interceding for? What would it take to return to that prayer?

PRAYER

Heavenly Father, I hear Your call in Ezekiel 22:30 — You are looking for people willing to stand in the gap. I say yes. I choose to be an intercessor. I stand before You right now on behalf of those who cannot or will not pray for themselves. I lift up [name them] and ask for Your mercy, Your intervention, and Your salvation in their lives. I intercede for my church leaders — give them wisdom, protection, and anointing beyond their own capacity. I pray for my nation and its leaders — bring righteousness, justice, and Your Kingdom purposes. I intercede for the nations — raise up laborers and open doors for the gospel. Use my prayers. Let them count for eternity. In Jesus' name, Amen.

Action Steps

☐ Create a specific intercession list and commit to praying through it daily

☐ Schedule at least one extended intercession session this week — minimum thirty minutes, no agenda except praying for others

☐ Join or form an intercession group in your church or community

☐ Pray through your neighborhood or city by name — street by street, household by household

CHAPTER 10

Agreement in Prayer

The Power of the Symphony

> *“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.”*
> **— Matthew 18:19**

Matthew 18:19 contains one of the most powerful promises Jesus ever made about prayer — and one of the most underutilized. “If two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.” The implications are staggering: God has specifically connected certain breakthroughs to the agreement of His people.

The Greek word translated “agree” is sumphoneo — from which we get the word symphony. A symphony is not produced when everyone plays the same note in unison. It is produced when distinct voices, carrying different parts, move together in harmony under the direction of the conductor. Agreement prayer is the same: two hearts genuinely aligned in purpose, faith, and Spirit under the direction of the Holy Spirit.

Acts 4:24 shows us what this looks like in practice: “So when they heard that, they raised their voice to God with one accord.” The Greek word homothumadon means one mind, one purpose, one passion. They were not simply saying the same words. They were unified in heart. The result was dramatic — the place was shaken, and they were all filled with the Holy Spirit.

sumphoneo	**Meaning:** To sound together — to be in harmony, to create a symphony

Greek / Matt. 18:19	**Why it matters:** *Agreement prayer is not two people saying the same words. It is two hearts in genuine harmony under the Spirit's direction — creating a resonance that releases a level of authority neither could produce alone.*

What True Agreement Requires

UNITY OF HEART

Both believers must be genuinely united in purpose and motive — not merely agreeing on the words of a prayer, but sharing a genuine, Spirit-given burden for the same outcome.

UNITY OF FAITH

True agreement requires shared expectation — both believers genuinely believing that God will respond. Half-hearted agreement produces no symphony.

UNITY OF SPIRIT

The Holy Spirit must be guiding the direction and content of the prayer. Human agreement is powerful; Spirit-directed agreement is transformational.

BIBLICAL ALIGNMENT

Every request in agreement prayer must align with God's revealed Word and will. Agreement about something contrary to Scripture is not Spirit-led agreement.

The Benefits of Corporate Prayer

Agreement prayer multiplies spiritual authority in a way individual prayer does not. It provides mutual

encouragement and accountability. It builds unity among believers and demonstrates to the watching world the reality of Christian community. And according to Matthew 18:19, God has specifically promised to respond.

The enemy works hard to keep believers praying alone and in isolation. There is a reason for that. Find your prayer partners. Commit to regular agreement. The breakthrough you have been seeking alone may come quickly when you bring even one other believer into genuine agreement.

Fill in the Blank

The Greek word for ‘agree’ in Matthew 18:19 is sumphoneo, which is the root of the word _____

Acts 4:24 says the early church prayed ‘with one accord’ — the Greek word is _____

True agreement requires unity of Heart, Faith, Spirit, and Biblical _____

Agreement prayer multiplies spiritual _____ in a way individual prayer alone does not.

The result of the early church’s united prayer in Acts 4 was that the building was _____

Reflection Questions

1. Do you currently have a genuine prayer partner for regular agreement prayer? If not, who might that person be?

---

2. What specific situations in your life or community right now need the power of agreement prayer?

---

3. Think of a time when you experienced the power of corporate prayer. What made that experience different from praying alone?

4. How might you contribute to building a culture of prayer and agreement in your church or small group?

PRAYER

Father, I come to You in the spirit of Matthew 18:19 — believing in the authority of agreement. I unite my heart with those who are standing with me in prayer. We are not just agreeing with each other — we are agreeing with You, with Your Word, and with Your purposes for this situation. Let our unity be a symphony that honors You. Let our agreement release the authority of heaven on earth. We do not come presuming on Your sovereign will — we come in alignment with it, trusting Your wisdom and Your timing. In Jesus' name, Amen.

Action Steps

☐ Find one or two genuine prayer partners this week — commit to regular agreement prayer together

☐ Identify one specific situation that needs the power of agreement prayer and bring a partner into it

☐ Join or help organize a corporate prayer meeting in your church

☐ Read Acts 4:23–31 and journal what you observe about united prayer and its results

CHAPTER 11

Prayer in the Holy Spirit

The Deepest Dimension

> *“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit...”*
> **— Jude 20**

Prayer in the Holy Spirit represents the deepest dimension of the prayer life — and it is also the most misunderstood. For many believers, the phrase immediately raises questions about tongues, spiritual gifts, and theological differences. But Scripture addresses this directly and clearly: praying in the Spirit is not limited to tongues. It is not even primarily about tongues.

Ephesians 6:18 commands every believer — without qualification — to be “praying always with all prayer and supplication in the Spirit.” This is not a command for a spiritual elite or for those with a particular gift. It is a universal command for every follower of Christ. Praying in the Spirit means prayer that is guided, empowered, and directed by the Holy Spirit, whether in your known language or beyond it.

Romans 8:26–27 explains the mechanics: “The Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.” The ‘groanings which cannot be uttered’ refers to the Spirit’s intercession that transcends human language and expression — this can manifest in deep spiritual burden, supernatural compassion for others, Spirit-given understanding of God’s will, or in tongues as one possible expression.

synantilam banetai *Greek / Romans 8:26*	**Meaning:** To take hold together with, against — to join forces against opposition **Why it matters:** *The Holy Spirit does not assist your prayer from a distance. He takes hold with you — joining your intercession, adding His strength to your weakness, and praying against the spiritual opposition you face. This word describes intimate, active partnership.*

What Praying in the Spirit Actually Means

SPIRIT-LED PRAYER

The Holy Spirit guides your prayer agenda and direction. Instead of coming to prayer with your own list and asking God to bless it, you come asking the Spirit what He wants to pray through you — and then follow His lead.

SPIRIT-EMPOWERED PRAYER

The Holy Spirit gives supernatural insight, authority, and intensity to prayer. There are moments in Spirit-led prayer where you pray things you did not know you knew, or intercede with an urgency that did not originate in your own emotion.

SPIRIT-ALIGNED PRAYER

Your prayers align with God’s perfect will through the Spirit’s guidance. Romans 8:27 says the Spirit “make intercession for the saints according to the will of God.” Spirit-led prayer prays perfectly.

A Note on Tongues

The manual addresses this honestly: praying in tongues is one expression of Spirit-led prayer, available to those who receive that gift. But 1 Corinthians 12:30 makes clear that

not all believers speak in tongues — the Spirit distributes gifts “to each one individually as He wills.” The primary evidence of Spirit-filling is the fruit of the Spirit (Galatians 5:22–23), not any particular gift.

Whether you speak in tongues or not, you can develop powerful Spirit-led prayer by asking for the Spirit’s guidance before each session, following the spiritual burdens that arise in your heart, praying Scripture as the Spirit illuminates it, and practicing sensitivity to His leading.

Fill in the Blank

Romans 8:26 says the Spirit ‘takes hold together with’ us — the Greek word is _____

Ephesians 6:18 commands ALL believers to pray ‘always with all prayer… in the _____

The primary evidence of Spirit-filling is not tongues — it is the _____ of the Spirit (Galatians 5:22–23).

Praying in the Spirit means prayer that is guided, empowered, and directed by _____

Romans 8:27 says the Spirit intercedes ‘according to the _____ of God.’

Reflection Questions

1. How do you currently experience the Holy Spirit’s guidance in your prayer life? Be honest — is it a theoretical knowledge or a practical reality?

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2. What would it mean practically for you to ‘follow the Spirit’s prayer agenda’ rather than your own list this week?

3. If you speak in tongues, how does that expression of prayer affect your prayer life? If you do not, how do you experience Spirit-led prayer in other ways?

4. How can believers with different experiences of spiritual gifts maintain genuine unity and mutual respect in corporate prayer settings?

PRAYER

Heavenly Father, I want to experience the fullness of Spirit-led prayer. I acknowledge that I do not always know what to pray for or how to pray as I ought — and I am grateful that Your Spirit helps my weakness. Holy Spirit, I invite You to take the lead in my prayer life. Guide my thoughts. Give me burden for what burdens You. Intercede through me with power and precision that I could not generate on my own. Whether that looks like Spirit-inspired words in my own language, deep wordless intercession, or a gift I have not yet experienced — have Your way. Most of all, let the fruit of Your presence be evident in my life. Transform my character to reflect Christ. In Jesus' name, Amen.

Action Steps

☐ Study Romans 8:26–27 and Ephesians 6:18 this week — let them reshape your practical understanding of Spirit-led prayer

☐ Before each prayer time this week, spend two minutes in silence asking the Spirit for His prayer agenda

☐ Begin a ‘Spirit impressions’ journal — write down what you sense during times of prayer

☐ Focus on cultivating the fruit of the Spirit as the primary evidence of Spirit-filling in your daily life

CHAPTER 12

The Power and Purpose of Prayer

Why This Changes Everything

> *“The effective, fervent prayer of a righteous man avails much.”*
> **— James 5:16**

We come to the final chapter with a foundational question: Why? Why does an all-powerful, all-knowing, all-sufficient God want your prayers? He does not need your information. He does not need your permission. He has unlimited power and complete sovereignty. So why does He command prayer? Why does He connect His action to human intercession? Why does He wait for someone to stand in the gap?

The answer Scripture gives is both simple and staggering: because prayer is primarily about relationship, not results. 2 Chronicles 7:14 frames it as a covenant invitation: “If My people… humble themselves, and pray and seek My face… then I will hear from heaven.” The emphasis is not on “prayer” alone but on “seek My face.” God’s deepest desire is not your prayer requests. It is you.

And yet James 5:16 is equally clear: effective, fervent prayer avails much. The Greek word ischuo means to be strong, mighty, to have real force and power. Your prayers are not polite suggestions sent in the general direction of heaven. They are a force that moves mountains (Matthew 17:20), releases healing (James 5:15), advances God’s Kingdom (Matthew 9:38), and is stored as precious incense before God’s throne for eternity (Revelation 5:8).

ischuo *Greek / James 5:16*	**Meaning:** To be strong, to be mighty, to have real force and power **Why it matters:** *The effective, fervent prayer of a righteous person is mighty. It has real, measurable force in the spiritual realm. Your prayers are not wishful thinking — they are Spirit-empowered weapons with eternal consequence.*

Why God Wants Us to Pray

RELATIONSHIP AND INTIMACY

Prayer creates and deepens relationship with God. Jeremiah 33:3 shows God's desire for communion: "Call to Me." He is not asking us to shout into the void. He is issuing an personal invitation to draw near.

PARTNERSHIP IN HIS PURPOSES

God invites us to co-labor with Him through prayer. 2 Chronicles 7:14 demonstrates how human prayer releases divine action. We are not spectators of what God is doing — we are participants.

CHARACTER DEVELOPMENT

Prayer changes us as much as it changes our circumstances. Through sustained prayer, we develop faith, dependence, patience, and Christ-like character. The process is as important as the answer.

KINGDOM ADVANCEMENT

Matthew 9:38 commands us to "pray the Lord of the harvest to send out laborers." Prayer releases workers, opens doors, and advances God's Kingdom on earth in ways that nothing else can.

SPIRITUAL WARFARE

Ephesians 6:12 reminds us that our battle is spiritual. Prayer is our primary weapon — not against people, but against the spiritual forces that oppose God's purposes. Effective prayer is strategic warfare.

Hindrances to Powerful Prayer

UNCONFESSED SIN

Psalm 66:18: "If I regard iniquity in my heart, the Lord will not hear." Sin creates static in the line. Confession clears it.

LACK OF FAITH

James 1:6–7: the person who doubts should not expect to receive. Faith is not certainty about outcomes — it is confidence in God's character.

WRONG MOTIVES

James 4:3: "You ask and do not receive, because you ask amiss." Selfish, kingdom-of-self petitions are not aligned with what God will do.

UNFORGIVENESS

Mark 11:25: "Whenever you stand praying, if you have anything against anyone, forgive him." Unforgiveness is perhaps the most common hidden hindrance in the prayer lives of believers.

Fill in the Blank

James 5:16 says the effective, fervent prayer of a righteous person _____ much.

Revelation 5:8 says the prayers of the saints are stored in heaven as precious _____

2 Chronicles 7:14 says ‘if My people… pray and seek My _____ …’ — the focus is relationship, not just requests.

The four hindrances to powerful prayer are: Unconfessed Sin, Lack of Faith, Wrong Motives, and _____

Prayer is our primary weapon — not against people, but against the spiritual _____ that oppose God’s purposes.

Reflection Questions

1. Before this workbook, how would you have answered the question: ‘Why does God want us to pray?’ How has your answer changed?

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2. James 5:16 says the prayer of a ‘righteous’ person is powerful. What does righteousness in the context of prayer mean to you — and how does that motivate you to keep short accounts with God?

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3. Which of the four hindrances to powerful prayer is most present in your life right now? What specific step will you take this week to address it?

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4. Looking back over all twelve chapters — what is the one thing God has most clearly spoken to you? What specific, measurable change will you make in your prayer life because of this workbook?

PRAYER

Heavenly Father, I come to the end of this workbook with a deeper understanding of who You are and what prayer really is. Thank You for inviting me not just to bring requests, but into genuine relationship and partnership with You and Your purposes. Use my prayers. Let them avail much. Let them be incense before Your throne. Let them advance Your Kingdom on earth as it is in heaven. Remove every hindrance in my life that limits prayer's effectiveness. Fill me afresh with Your Spirit. And make me a person of powerful, persistent, faith-filled, devoted prayer — not for my glory, but entirely for Yours. I am devoted. In Jesus' name, Amen.

Action Steps

☐ Examine your life for the four hindrances listed in this chapter — address each one specifically this week

☐ Write your Personal Prayer Covenant (see Appendix B) — a specific, written commitment to God about your prayer life going forward

☐ Share at least one thing you have learned from this workbook with another person this week

☐ Begin the 30-Day Prayer Challenge in Appendix A — start today, not when you feel ready

Appendix A: 30-Day Prayer Challenge

Work through every major concept in this workbook over thirty days. Check each day as you complete it. Do not rush. If you miss a day, pick up where you left off.

Week One: Foundation Building

☐ Day 1–2: Practice the Five Gears of Prayer (Chapter 2)

☐ Day 3–4: Focus on Adoration and Worship (Chapter 5)

☐ Day 5–7: Emphasize Confession and Thanksgiving (Chapters 6–7)

Week Two: Expanding Your Prayer

☐ Day 8–10: Practice all Nine Types of Biblical Prayer (Chapter 3)

☐ Day 11–12: Focus on Personal Supplication (Chapter 8)

☐ Day 13–14: Emphasize Intercession for Others (Chapter 9)

Week Three: Deepening Prayer

☐ Day 15–17: Practice Agreement Prayer and Corporate Intercession (Chapter 10)

☐ Day 18–20: Explore Spirit-Led Prayer in depth (Chapter 11)

☐ Day 21: Meditate on Prayer’s Power and Purpose (Chapter 12)

Week Four: Integration and Mastery

☐ Day 22–24: Combine A.S.K. Model with Nine Types of Prayer

☐ Day 25–27: Practice extended intercession sessions — minimum forty-five minutes each

☐ Day 28–30: Write and sign your Personal Prayer Covenant (Appendix B)

30-Day Reflection

What is the most significant thing God has taught me about prayer in these thirty days?

In what specific ways has my prayer life changed since I started this workbook?

What commitment am I making to God going forward?

Appendix B: Personal Prayer Covenant

A covenant is a solemn commitment made before God. Use this space to write your specific, personal commitment to God about your prayer life going forward. Be concrete. Be honest. Then sign it.

> *“I will give myself to prayer.”*
> **— Acts 6:4**

I commit to praying daily at this time:

I will pray in this dedicated space:

The types of prayer I will prioritize in this season:

The people and situations I am committing to intercede for regularly:

The one thing I will do differently in prayer because of this workbook:

MY SIGNATURE BEFORE GOD

Signature: _____

Date: _____

Appendix C: Scripture Memory Verses

Memorize these key prayer verses. Write each in your own words in the space provided, then check the box when you have memorized it.

JEREMIAH 33:3

“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”

In my own words:

Memorized: ☐

MATTHEW 7:7

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

In my own words:

Memorized: ☐

PHILIPPIANS 4:6

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

In my own words:

Memorized: ☐

1 JOHN 5:14

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”

In my own words:

Memorized: ☐

MATTHEW 18:19

“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.”

In my own words:

Memorized: ☐

ROMANS 8:26

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us.”

In my own words:

Memorized: ☐

JAMES 5:16

“The effective, fervent prayer of a righteous man avails much.”

In my own words:

Memorized: ☐

EZEKIEL 22:30

“So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one.”

In my own words:

Memorized: ☐

LUKE 18:1

“Then He spoke a parable to them, that men always ought to pray and not lose heart.”

In my own words:

Memorized: ☐

HEBREWS 4:16

“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

In my own words:

Memorized: ☐

Appendix D: Daily Prayer Journal

Seven days of structured daily prayer. Use additional paper or a separate journal to continue. Work through all five elements each day.

DAY 1

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 2

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 3

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 4

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 5

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 6

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today:

DAY 7

Date: _____ Scripture today: _____

ADORATION — I worship God today for:

CONFESSION — Holy Spirit, I confess:

THANKSGIVING — I am specifically grateful for:

SUPPLICATION — I am asking God for:

INTERCESSION — I am lifting up in prayer today:

What I sensed God saying to me today: