



**PRAY  
FIRST**

Prayer Guide



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FIRST**



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# PRAY FIRST

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*“Whenever God determines to do a great work, he first sets his people to pray.” — C.H. Spurgeon*

Why do we struggle to pray? For many people, prayer is not our first response.

It’s a last resort. When everything else has failed, and we get desperate enough, only then do we turn to God to ask Him to bail us out; it’s hurried and frantic. Prayer will never be something we love to do if we only use it when we’re in trouble.

In order for prayer to become a part of our life, it needs to become something we look forward to doing. I’m convinced most people don’t enjoy prayer simply because they have never been taught how to pray. That’s where this prayer journal can help.

Using several models of prayer from the Bible, this booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life. In every situation...PRAY FIRST!

Before the day begins.

Before you go to bed.

Before you go to work or school.

Before you send that text.

Before you eat, drive, or travel.

When bad things happen.

Prayer changes everything! “The prayer of a righteous person is powerful and effective.” James 5:16

On the journey with you,



**PASTOR DARRYN SCHESKE**

# LIFESTYLE PRAYER



# LIFESTYLE PRAYER

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How do we make prayer a part of our everyday life? We can learn from three things that Jesus did in this scripture:

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

**MARK 1:35**

## **1. A CERTAIN TIME.**

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

## **2. A CERTAIN PLACE.**

Jesus had a prayer place. Your prayer place needs to be a non-distracting environment where you can pray out loud and perhaps have some worship music playing in the background.

## **3. A CERTAIN PLAN.**

Go into your prayer time with a plan and if it changes, that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline, along with several other tools, are available in this booklet.



# THE LORD'S PRAYER



# THE LORD'S PRAYER

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*One day Jesus was praying in a certain place. When He finished, one of his disciples said to Him, "Lord, teach us to pray..."*

**LUKE 11:1**

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever."*

**MATTHEW 6:9-13**

## 01. **CONNECT WITH GOD RELATIONALLY.**

**"OUR FATHER IN HEAVEN..."**

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God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."*

**ROMANS 8:15 (NLT)**

## 02. **WORSHIP HIS NAME.**

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**“...HALLOWED BE YOUR NAME...”**

What are His names?

Righteousness – He makes me clean

Sanctifier – He has called me and set me apart

Healer – He heals all my diseases

Banner of Victory – He has defeated my enemy

Shepherd – He speaks to me and leads me

Peace – He is my peace in every storm

Provider – He supplies all of my needs

*God's name is a place of protection—the righteous can run there and be safe.*

**PROVERBS 18:10 (MSG)**

## 03. **PRAY HIS AGENDA FIRST.**

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**“...YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN...”**

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual and governmental

His will in us

*He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.*

**LUKE 12:31 (TLB)**

## 04. **DEPEND ON HIM FOR EVERYTHING.**

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**“...GIVE US THIS DAY OUR DAILY BREAD...”**

Ask God for what you want and need and then trust Him for the answer.

*I look up to the mountains—does my help come from there?  
My help comes from the Lord, who made heaven and earth!*

**PSALM 121:1-2 (NLT)**

## 05. **GET YOUR HEART RIGHT WITH GOD AND YOUR NEIGHBOR.**

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**“...FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS...”**

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

**1 JOHN 1:9**

## 06. **ENGAGE IN SPIRITUAL WARFARE.**

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**“...AND DO NOT LEAD US INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE...”**

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God’s Word.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

**EPHESIANS 6:12**

## 07. **EXPRESS FAITH IN GOD’S ABILITY.**

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**“...FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER.”**

End your prayer time by reminding yourself of God’s ability. Return to praise and make your faith declarations.

“Yours is the Kingdom” – all rule belongs to You

“Yours is the Power” – all mightiness flows from You

“Yours is the Glory” – Your victory shall be complete

*“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.”*

**JEREMIAH 32:17**

# PRAYER & SCRIPTURE

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# PRAYER AND SCRIPTURE DEVOTIONAL

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This outline gives a practical approach to prayer while integrating key Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

## I. THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD. (MARK 12:30)

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### A. THINK OF A FRESH REASON TO THANK HIM.

(PSALM 100:4, 118:24)

### B. PRESENT YOUR BODY IN WORSHIP BY:

(ROMANS 12:1; PSALM 63-3, 4)

1. Kneeling before Him as your Lord
2. Lifting your hands to Him as your source
3. Standing in praise before Him as your King
4. Clapping your hands with rejoicing
5. Dancing with joy as a child
6. Bowing your head in humility

### C. SING A NEW SONG TO HIM.

(PSALM 96:1, 2; COLOSSIANS 3:16)

### D. INVITE THE HOLY SPIRIT TO ASSIST IN PRAISE.

(JUDE 20, 1 CORINTHIANS 14:15)

## **2. CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD.** (PROVERBS 4:23)

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### **A. ASK GOD TO SEARCH YOUR HEART FOR:**

(PSALM 139:23, 24)

1. Sin – receive cleansing and righteousness
2. Selfishness – receive holiness and sanctification
3. Stress – receive life and power
4. Sickness – receive healing and strength

### **B. REMEMBER THE DANGER OF SELF-DECEPTION.**

(JEREMIAH 17:9, 1 JOHN 1:6-10)

### **C. SET A MONITOR ON YOUR MOUTH AND HEART.**

(PSALM 19:14, 49:3)

### **D. ASK GOD TO HELP YOU KEEP HIS PURPOSES AND GOALS IN VIEW.**

(PSALM 90:12, PHILIPPIANS 3:13-14)

## **3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD.** (PSALM 37:5)

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### **A. PRESENT THE DAY'S DETAILS.**

(PSALM 37:4, 5; 31:14,15; DEUTERONOMY 33:25)

1. Choose the fear of the Lord
2. Commit your works to God

### **B. ACKNOWLEDGE YOUR DEPENDENCE UPON GOD.**

(PROVERBS 3:5-7; PSALM 131:1-3)



**C. REQUEST SPECIFIC DIRECTION FOR ACTIONS  
AND DECISIONS.**

**(PSALM 25:4,5; ISAIAH 30:21)**

**D. CHOOSE TO OBEY GOD'S EXPLICIT INSTRUCTIONS.**

**(MATTHEW 6:11; 7:7-8)**

1. In the Word of God
2. By choosing to do His will

# **SPIRITUAL WARFARE**



# SPIRITUAL WARFARE

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Prayer is not only communion with God, it is confrontation with the enemy. These seven prayers are very helpful in spiritual warfare.

*Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

**EPHESIANS 6:11-18**

## 1. THE ARMOR OF GOD.

(BASED ON EPHESIANS 6:13-17)

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“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me now from the love of Christ and the place I will have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me, because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

## 2. THE WEAPONS OF WARFARE.

(BASED ON 2 CORINTHIANS 10:4-5)

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“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore, I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore, I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

This day and each and every day I ask for protection over my spouse; each of my children; our immediate family members; relatives; friends; acquaintances; and, lastly for myself. I also ask today for protection during all of our travels, for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word.

Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

### **3. PROTECTION PRAYER.**

**(BASED ON 2 CORINTHIANS 6:14-7:1, 10:3-5; ROMANS 12:1, 2)**

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“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surren-

der myself completely and unreservedly in every area of my life to You. I take a stand against all the workings of Satan that would hinder me in my prayer life. I address myself only to the true and living God and refuse any involvement of Satan in my prayer. Satan, I command you in the name of the Lord Jesus Christ, to leave my presence with all your demons. I bring the blood of the Lord Jesus Christ between us. I resist all the endeavors of Satan and his wicked spirits to rob me of the will of God. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ and loose into myself a sound mind, the mind of Christ.”

## **4. GENERAL CONFESSION PRAYER.**

**(BASED ON ROMANS 10:10; JAMES 5:16; 1 JOHN 1:7-9, 3:8)**

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“Lord Jesus Christ, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I ask You to forgive me and cleanse me now from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

## **5. FORGIVENESS PRAYER.**

**(BASED ON MATTHEW 6:14, 15; LEVITICUS 19:18)**

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“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart.

I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

## 6. PRIDE PRAYER.

(BASED ON PROVERBS 11:2, 16:18, 26:12; 1 TIMOTHY 3:6)

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“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

## 7. GENERATIONAL BONDAGE PRAYER.

(BASED ON EXODUS 20:4-6, 34:7; NUMBERS 14:18)

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“In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.”

# PERSONAL PRAYER TARGETS





# PERSONAL PRAYER TARGETS

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*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.*

**1 TIMOTHY 2:1-4**

Pray for those in authority and those under our authority.

## MY GOVERNMENT

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PRESIDENT \_\_\_\_\_

NATIONAL LEADERS \_\_\_\_\_

\_\_\_\_\_

STATE LEADERS \_\_\_\_\_

\_\_\_\_\_

CITY LEADERS \_\_\_\_\_

\_\_\_\_\_

## MY FAMILY

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SPOUSE \_\_\_\_\_

CHILDREN \_\_\_\_\_

\_\_\_\_\_

PARENTS \_\_\_\_\_

SIBLINGS \_\_\_\_\_

\_\_\_\_\_

EXTENDED FAMILY \_\_\_\_\_

\_\_\_\_\_

## MY CHURCH

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PASTOR \_\_\_\_\_

SMALL GROUP LEADER \_\_\_\_\_

SMALL GROUP MEMBERS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MY LIFE

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EMPLOYER \_\_\_\_\_

CO-WORKERS \_\_\_\_\_

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EMPLOYEES \_\_\_\_\_

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TEACHERS/PROFESSORS \_\_\_\_\_

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## THOSE I INFLUENCE

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CLOSE FRIENDS \_\_\_\_\_

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## THOSE WHO NEED GOD

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## 1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS.

*No one can come to me unless the Father who sent me draws Him.*

**JOHN 6:44**

## 2. PRAY AGAINST THE ENEMY'S INFLUENCE THAT KEEPS OUT GOD'S LIGHT.

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.* **2 CORINTHIANS 4:4**

## 3. REVEAL THE SPIRIT OF ADOPTION (SONSHIP).

*For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."*

**ROMANS 8:15**

## 4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM.

*Ask the Lord of the harvest, therefore, to send out workers into his harvest field.*

**MATTHEW 9:38**

## 5. IMPART THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER.

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better.*

**EPHESIANS 1:17**

# MY PRAYER JOURNAL













# PRAYER REQUESTS



# PRAYER REQUESTS

DATE	MY NEED	DATE ANSWERED



# PRAYER REQUESTS

DATE	MY NEED	DATE ANSWERED







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