

# Training Session 5

## The Foundation: Practicing Prayer

### Objective

Help you hear God speak to you through His word and learn to pray

### Key Text

Matthew 6:9-13

### Bible Study

We're spending another week on prayer because prayer requires practice. Like most things in life, there is simply no other way to develop skill in prayer other than practice, so continue reading the suggested daily Bible reading and continue practicing the model for prayer that we learned last week. You may choose to pray through The Lord's Prayer using the model we learned (A.C.T.S.) or you may use each of the seven petitions in the Lord's prayer as another way to pray, which is the key text mentioned above (Matthew 6:9-13). You can never go wrong praying the way Jesus taught his disciples to pray!

This week, we're going to learn another model of prayer that helped save me during a particularly dark season of my life. As life began rushing out of control, I searched the Scriptures, clinging to each promise like a puppy in a raging river. The result is this prayer. These promises of God were a lifeline to me then, and they still are now! They will hold. Each one is directly from the Bible. You can count on them because God always makes good on his promises!

Personally, I pray this most every day, typically as a voice recording on my drive to work. Each promise will remind you of who you are as a son or daughter of the Most High King and also who you are called to be as a result of your identity as a beloved son or daughter of God. The refrain emphasizes God's call for us to live differently, to live by faith and through the power of the Holy Spirit. The repetition--by faith and through the power of the Spirit--is designed to help

us clear the hurdle we repeatedly stumble over in life, living by sight and through the power of self-effort.

Below, you will find two versions--one for men and the other for women. The written version will allow you to see the Biblical references. You may choose, like I did, to record a voice memo on your phone of yourself reading the prayer and listen to it on the way to work (or anytime). Alternatively, we have recorded a version for women and a version for men. Those voice recordings are hyperlinked here...

### **Praying the Promises of God for Women**

- Today, because of you Jesus, I am a beloved Daughter of the King, and by faith and through the power of the Spirit , I will live in light of my Father's delight in me (Mt. 3:17; 2 Sam. 22:20).
- Today, by faith and through the power of your Spirit, I will glorify and enjoy you Jesus and make you my #1 priority. That is what I was built to do and that is what I will do (Dt. 6:5; 1 Cor. 10:31; Rms. 11:36; Ps. 73:24-26).
- (SKIP IF NOT APPLICABLE) Today, by faith & through the power of your Spirit, I will love and serve my husband, my #2 priority, with all of my heart, soul, mind, and strength. I will pray for him, honor and respect him, and bless him in every way I can Christ (Eph. 5:22,25,33).
- (SKIP IF NOT APPLICABLE) Today, by faith & through the power of your Spirit, I will be a loving mother to my #3 priority, my children, and teach them to trust you Jesus and take hold of your Spirit and seek first your kingdom. We'll laugh together and enjoy one another (Pr. 22:6; Eph. 6:4).
- Today, by faith & through the power of your Spirit, I will bless my parents and extended family through praying for them and loving them in any ways you see fit (Ex. 20:12).
- Today, by faith & through the power of your Spirit, I will step into the work that you have called me to do, knowing that you have called me to this work and that you will use it for your glory and the renewal of all things (Eph. 2:8-10; Rev. 21:5).
- Today, by faith & through the power of the Spirit, I will love my neighbors and serve my church and city (Mark 12:31; Jer. 29:7; Eph. 4:11-13).
- Today, by faith & through the power of your Spirit, I have the same Spirit that raised Jesus from the dead living inside of me. As a result, the old Stephen is dead. I've been raised to newness of life (Romans 6:4). The flesh has no hold over me. Jesus does and He will keep me in perfect peace as I fix my thoughts on Him (Is. 26:3).
- Today, by faith & through the power of your Spirit, I have control over my mind (Rms. 8:6), and I will live an abundant life (John 10:10), with a peace that passeth

understanding (Phil. 4:7), a light-hearted happiness (Mt. 11:30), and a focused freedom (2 Cor. 3:17).

- Today, by faith & through the power of your Spirit, more fruit of the Spirit will grow and abound in my life (Gal. 5:22-23).
- Today, by faith & through the power of your Spirit, I have a sufficient grace and enough daily bread for everything that is in front of me (2 Cor. 12:9; Mt. 6:11).
- Today, by faith & through the power of your Spirit, I will walk in right paths, knowing that you, my Good Shepherd, are leading me, and as a result, my life has purpose, meaning, and significance (Ps. 23:1-3). I will accomplish the things planned long ago for me to do and I will, by the power of the Spirit, do them with joy (Eph. 2:8-10).
- Today, by faith & through the power of your Spirit, when I sin, I will own it fully, confess it quickly, reject condemnation completely, and receive grace joyfully (Rms 8:1; Jms. 5:16; Rms. 3:23-24).
- Today, by faith and through the power of the Spirit, I present to you the members of my body—my mind, my heart, my eyes, my ears, my tongue, my nose, my hands, my feet--as instruments of righteousness (Rms. 7:23).
- Today, by faith and through the power of the Spirit, I will give thanks to you, Jesus, in all things, for you are good and Your love endures forever (Eph. 5:18; Ps. 100:5). Amen

### **Praying the Promises of God for Men**

- Today, because of you Jesus, I am a beloved Son of the King, and by faith and through the power of the Spirit, I will live in light of my Father's delight in me (Mt. 3:17; 2 Sam. 22:20).
- Today, by faith and through the power of your Spirit, I will glorify and enjoy you Jesus and make you my #1 priority. That is what I was built to do and that is what I will do (Dt. 6:5; 1 Cor. 10:31; Rms. 11:36; Ps. 73:24-26).
- (SKIP IF NOT APPLICABLE) Today, by faith & through the power of your Spirit, I will love and serve my wife, my #2 priority, with all of my heart, soul, mind, and strength. I will pray for her and lead her by sacrificially laying down my life as Christ did for His bride (Eph. 5:21-33).
- (SKIP IF NOT APPLICABLE) Today, by faith & through the power of your Spirit, I will be a loving father to my #3 priority, my children, and teach them to trust you Jesus and take hold of your Spirit and seek first your kingdom. We'll laugh together and enjoy one another (Pr. 22:6; Eph. 6:4).
- Today, by faith & through the power of your Spirit, I will bless my parents and extended family through praying for them and loving them in any ways you see fit (Ex. 20:12).

- Today, by faith & through the power of your Spirit, I will step into the work that you have called me to do, knowing that you have called me to this work and that you will use it for your glory and the renewal of all things (Eph. 2:8-10; Rev. 21:5).
- Today, by faith & through the power of the Spirit, I will love my neighbors and serve my church and city (Mark 12:31; Jer. 29:7; Eph. 4:11-13).
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- Today, by faith & through the power of your Spirit, I have control over my mind (Rms. 8:6), and I will live an abundant life (John 10:10), with a peace that passeth understanding (Phil. 4:7), a light-hearted happiness (Mt. 11:30), and a focused freedom (2 Cor. 3:17).
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