

Pray First

A PERSONAL PRAYER GUIDE

Dear Reader,

Since the beginning of our journey as a church, we made a commitment to be a people of prayer. We believe that prayer is proof that we need God. For us to become who He has called us to become and to do what He has called us to do, prayer is essential.

Our heart's cry has simply been, "Pray First." In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort. Understanding the necessity of prayer is not enough. 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 because they have never been taught how to pray. That's where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, 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.

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 —
In every situation — PRAY FIRST!
Prayer changes everything!

Pastor Jason Laird

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LIFESTYLE PRAYER

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

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).

- 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 follow His example; make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus would pray in a solitary place. You can pray anywhere but it's often times hard to focus when there are many distractions around you. Try and find a place of prayer that is an undistracted environment where you can pray out loud and even have some worship music playing in the background.

- A CERTAIN PLAN

Jesus taught about prayer having structure and intentionality. Go into your prayer time with a plan, but be prepared to change it as the Spirit leads you. When Jesus taught His disciples how to pray, He gave them a prayer outline: the Lord's Prayer. This outline along with several other tools are available in this booklet.

THE LORD'S PRAYER

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).

"Our Father in heaven..."

1. CONNECT WITH GOD RELATIONALLY

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).

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.

"...Hallowed be Your Name..."

2. HONOR HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

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

Great Resource: <https://www.lwf.org/discover-jesus/names-of-god>

"...Your Kingdom come, Your will be done on earth as it is in heaven..."

3. PRAY HIS AGENDA FIRST

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).

God's priorities:

- Saving the Lost
- Guiding those in authority – parental, spiritual, governmental, & workplace
- His will in us

“...Give us this day our daily bread...”

4. DEPEND ON HIM FOR EVERYTHING

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).

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

“...Forgive us our debts as we forgive our debtors...”

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

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).

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.

“...And do not lead us into temptation but deliver us from the evil one...”

6. ENGAGE IN SPIRITUAL WARFARE

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).

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 yours is the Kingdom and the Power and the Glory forever.”

7. EXPRESS FAITH IN GOD'S ABILITY

“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).

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

TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a process to enter the presence of God. Today, these same steps can help us connect with God and lead us through important elements of prayer.

1. THE OUTER COURT – THANKSGIVING AND PRAISE

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name (Psalm 100:4).

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR – THE CROSS OF JESUS

Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:2-5).

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin
Healing – God heals all my diseases
Redemption – God saves me from my sin
Transformation – God puts His love in me
Provision – God provides everything I need

3. THE LAVER – CLEANSING AND PREPARING

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin.
Offer your body to God.

Your tongue – to speak good and not evil
Your eyes – to see God and the needs of others
Your ears – to be sensitive to His voice
Your hands – to do good to others
Your feet – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).
Ask God to give you the Fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK – THE HOLY SPIRIT

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:2).

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord
The Spirit of Wisdom

The Spirit of Understanding
The Spirit of Counsel
The Spirit of Might
The Spirit of Knowledge
The Fear of the Lord

You should also ask God to give you spiritual gifts (1 Corinthians 12:8-10).

5. THE TABLE OF SHEWBREAD – THE WORD OF GOD

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful (Joshua 1:8).

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are some ways to nourish your soul:

Read God's Word.
Claim His many great promises.
Ask for fresh revelation of the Word.
Take time to read and meditate on the Word.
Get a Word for the day.

6. THE ALTAR OF INCENSE – WORSHIP

The name of the LORD is a strong tower; the righteous run to it and are safe (Proverbs 18:10).

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, which included the following:

God is My Righteousness – Jeremiah 23:6
God is My Sanctifier – Leviticus 20:7-8
God is My Healer – Exodus 15:26
God is My Provider – Genesis 22:14
God is My Banner of Victory – Exodus 17:15
God is My Peace – Judges 6:24
God is My Shepherd – Psalm 23:1
God is Always There – Ezekiel 48:35

7. THE ARK OF THE COVENANT – INTERCESSION

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).

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest would intercede on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family, and workplace

My family

My church – pastor, small group, members, and vision/mission

My city, nation, and world

My needs

PRAYER AND SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

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

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63:3-4) by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility

Sing a new song to Him (Psalm 96:1-2; Colossians 3:16).

Invite Holy Spirit through praise (Jude 20; 1 Corinthians 14:15).

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

Ask God to search your heart (Psalm 139:23-24) for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in perspective (Psalm 90:12; Philippians 3:13-14).

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

Present the day's details to God (Psalm 37:4-5, 31:14-15; Deuteronomy 33:25):

- By choosing the fear of the Lord.
- By committing your works to God.

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).

Request specific direction for actions and decisions (Psalm 25:4-5; Isaiah 30:21).

Make a decision to obey God's explicit instructions
(Matthew 6:11, 7:7-8).

Through the Word of God

By choosing to do His will

WARFARE PRAYERS

Prayer is not only communion with God; it is confrontation with the enemy. These 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).

THE ARMOR OF GOD

(based on Ephesians 6:13-17)

"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 from the love of Christ and the place I have in Your kingdom. I am clothed in Your righteousness today against all condemnation and corruption. Cover 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. Give me strength to walk daily with You. I believe You are powerful against every lie and assault of the enemy. You have great things in store for me. No matter what happens, I can overcome it because You are with me. Holy Spirit, show me the truths of God's Word to fight off the enemy as You bring those scriptures to my mind. Finally, Holy Spirit, please lead me in your ways in everything I do as I continue to be in tune with you through prayer.

THE WEAPONS OF WARFARE

(based on 2 Corinthians 10:4-5)

"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). Holy Spirit, show me the truths of God's Word to fight off the enemy as You bring those scriptures to my mind. Finally, Holy Spirit, please lead me in your ways in everything I do as I continue to be in tune with you through prayer.

Lord Jesus, I confess and repent of all my sins and actions, even of the past, to You, as well as renouncing them. I lay down at Your feet all of my sins of the flesh, tongue, heart, and unholy thoughts. Thank you, Lord for purifying me with your precious blood.

I stand on Your Word as the enemy is driven out of my life, home, workplace, church, ministries, kids, and loved ones. I declare the enemy is not able to stand against me. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I give You thanks, praise, glory, honor & worship.

PROTECTION PRAYER

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

“Heavenly Father, I bow in worship and praise before You. I pray the blood of the Lord Jesus Christ of me and my loved ones. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and everyday I ask for protection, safety, welfare over my spouse, each of my children, family, friends, and myself. 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.”

GENERAL CONFESSION PRAYER

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

Lord, I confession 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, and also help me to forgive and accept myself.”

FORGIVENESS PRAYER

(based on Matthew 6:14-15; Leviticus 19:18)

Lord, I confession 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, and also help me to forgive and accept myself.”

PRIDE PRAYER

(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

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

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

GENERATIONAL BONDAGE PRAYER

(based on Exodus 20:4-6, 34:7; Numbers 14:18)

“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. I thank You, Lord, for setting me free.”

PERSONAL PRAYER TARGETS

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 your authority.

MY GOVERNMENT

President
National leaders
State leaders
City leaders

MY FAMILY

Spouse
Children
Parents
Siblings
Extended family

MY CHURCH

Pastor
Small group leader
Small group members

MY LIFE

Employer
Co-workers
Employees
Teachers/Professors

THOSE I INFLUENCE

Close friends

THOSE WHO NEED GOD

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. BIND THE SPIRIT THAT BLINDS THEIR MINDS

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. LOOSE 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. LOOSE 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 NEEDS

Prayer Request

Date

Date Answered

MY PRAYER JOURNAL

