



40 Days of Prayer

Week 3 – The Pattern for Prayer (Part 1)

Foundation Passage

Oh that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men!

Psalm 107:15 NKJV

In this manner therefore pray;

Matthew 6:9 NKJV

Jesus did not say, “This is what you should pray.” He said, “In this manner therefore pray.” The Lord’s Prayer is not just a line of text to be memorized and quoted, it is a pattern for regular prayer.

⁹ In this manner, therefore, pray:

Our Father in heaven,
Hallowed be Your name.

¹⁰ Your kingdom come.

Your will be done

On earth as *it is* in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,

As we forgive our debtors.

¹³ And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 6:9-13 New King James Version (NKJV)

The Lord’s Prayer is a ten-step pathway that will lead you to a deeper and closer relationship with God.

Step 1: I remember _____ **HOW MUCH GOD LOVES ME** _____.
The prayer of connection – “Our Father in heaven.”

¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what *is* the width and length and depth and height— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

Ephesians 3:17-19

God’s love is long enough to last forever, wide enough to embrace everything about you, deep enough to pull you out of your deepest challenges, and high enough to forgive every offense.

Step 2: I tell God HOW MUCH I LOVE HIM .
The Prayer of Refocusing – “Hallowed by your name”.

God’s names tell us who he is. He is your creator who made you, your Father who loves you, and your Savior who forgives you. He is your Shepherd who guides you, and your Shield who hides you. He is your Counselor who gives your wisdom, and your Comforter who gives your strength. He is the best Friend you will ever have.

¹⁵ Oh, that *men* would give thanks to the LORD *for* His goodness, And *for* His wonderful works to the children of men!

Psalm 107:15

Step 3: I offer my life TO BE USED FOR GOD’S PURPOSES .
The Prayer of Cooperation – “Your kingdom come.”

¹¹ For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Jeremiah 29:11

Even when you can not make sense of the challenges that you are going through, you can be confident that God is there for you and is working everything out for your good.

²⁸ And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

Romans 8:28

Living for God’s purposes is not a one-time decision. It has to be a daily choice and attitude of the heart.

So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Romans 12:1-2 The Message (MSG)

Step 4: I give God MY PAIN AND SORROW .
The Prayer of Surrender – “Your will be done on earth as it is in heaven.”

³⁶ And He said, “Abba, Father, all things *are* possible for You. Take this cup away from Me; nevertheless, not what I will, but what You *will*.”

Mark 14:36

That is the prayer that Jesus prayed on His way to the cross. In His hour of deepest suffering, He prayed the Prayer of Surrender. He gave God His pain and sorrow, and He surrendered to the will of God.

Step 5: I trust God **TO MEET ALL MY NEEDS** .
The Prayer of Dependence – “Give us this day, our daily bread.”

Now that you have told your heavenly Father you love him, and you have surrendered to His will, bring Him your prayer requests. He cares about everything that is on your mind. Tell Him about the challenges you are facing today, the needs that you have, and the fears and worries that you are fighting.

¹⁹ And my God shall supply all your need according to His riches in glory by Christ Jesus.

Philippians 4:19

Jesus teaches us to ask for daily bread because God wants you to depend on Him one day at a time.

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Matthew 6:34

Discovery Questions

Please feel free to discuss one or more of the questions listed below. Please choose the question(s) that are most relevant for your group. The point is to take time to allow God to work in your lives.

Prayer begins with who God is and not what we need. Why do you think that Jesus taught us to praise God (hallowed by thy name) and to surrender to God (your kingdom come, your will be done) before we make our requests to God?

Some of the names of God are: Creator, Father, Savior, Shepherd, Shield, Counselor, Comforter, and Friend. Which name reminds you most of God's presence in your life, or your current circumstances?

The Lord's Prayer teaches us to ask God for our daily bread. How has God provided for you?

Activate

We do not just want to be hearers of the Word, we also need to be doers of the Word (James 1:22). To activate this Word on the Purpose of Prayer, go to the prayer resources section at the back of this book select one of the patterns of prayer to

Action 1 – This week start your daily prayer time with adoration (praise and worship). Notice what happens in your prayer life. Make a gratitude list of some of the things you are grateful for each day.

Action 2 – Meditate on the daily scripture and write your insights.

Action 3 – Pull out your ALWC Prayer Calendar and integrate the daily prayer focus into your prayers.

Day 15 – Matthew 6:9-13 – March 8, 2018

Matthew 6:9-13

⁹In this manner, therefore, pray: Our Father in heaven,
Hallowed be Your name.¹⁰Your kingdom come. Your will be done,
On earth as *it is* in heaven.
¹¹Give us this day our daily bread. ¹²And forgive us our debts, As we forgive our debtors.
¹³And do not lead us into temptation, But deliver us from the evil one.
For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 6:9-13 New King James Version (NKJV)

What did you hear?

What did God say to you as you read today's bible passage?

What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God's wisdom or help. It's up to you, but take a minute to write a prayer of response to God.

Day 16 – Ephesians 3:17-19 – March 9, 2018

Ephesians 3:17-19

That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what *is* the width and length and depth and height— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

Matthew 6:9-13 New King James Version (NKJV)

What did you hear?

What did God say to you as you read today’s bible passage?
What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God’s wisdom or help. It’s up to you, but take a minute to write a prayer of response to God.

Day 17 – Psalm 107:15 – March 10, 2018

Psalm 107:15

Oh, that men would give thanks to the Lord for His goodness,
And for His wonderful works to the children of men!

Psalm 107:15 New King James Version (NKJV)

What did you hear?

What did God say to you as you read today’s bible passage?
What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God’s wisdom or help. It’s up to you, but take a minute to write a prayer of response to God.

Day 18 – Romans 8:28 – March 11, 2018

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose

Romans 8:28 New King James Version (NKJV)

What did you hear?

What did God say to you as you read today’s bible passage?
What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God’s wisdom or help. It’s up to you, but take a minute to write a prayer of response to God.

Day 19 – Romans 12:1-2 – March 12, 2018

Romans 12:1-2

So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Romans 12:1-2 Message Bible

What did you hear?

What did God say to you as you read today’s bible passage?
What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God’s wisdom or help. It’s up to you, but take a minute to write a prayer of response to God.

Day 20 – Mark 14:26 – March 13, 2018

Mark 14:26

And when they had sung a hymn, they went out to the Mount of Olives.

Matthew 6:9-13 New King James Version (NKJV)

What did you hear?

What did God say to you as you read today’s bible passage?
What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God’s wisdom or help. It’s up to you, but take a minute to write a prayer of response to God.

Day 21 – Matthew 6:34 – March 14, 2018

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Mathew 6:34 New King James Version

What did you hear?

What did God say to you as you read today's bible passage?

What word or phrase was most meaningful to you?

What do you think?

What is God revealing to you about this passage? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer confession or a request for God's wisdom or help. It's up to you, but take a minute to write a prayer of response to God.
