



40 Days of prayer

Week 4 – The Pattern for Prayer (Part 2)

Foundation Passage;

Not to us, O Lord, not to us, but to your name be the glory, because of your love and faithfulness.
Psalm 115:1

Step 6: I admit _____ **MY FAULTS** _____.
The Prayer of Cleansing – “Forgive us our sins.”

God promises that if you will confess your sins to Him, He will forgive you instantly, freely, completely, and permanently.

⁹ 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

32 ¹⁻² What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.

³ There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. ⁴ All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day ⁵ until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, “I will confess them to the Lord.” And you forgave me! All my guilt is gone.

Psalm 32:1-5 Living Bible (TLB)

Sept 7: I release _____ **THOSE THAT HAVE HURT OR OFFENDED ME** _____.
The Prayer of Release – “...as we forgive those who sin against us.”

Forgiveness is not about fairness. Forgiveness is about grace. The first key to learning about how to forgive others is to remember how much you have been forgiven.

³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Ephesians 4:32

You will never have to forgive anyone more than God has already forgiven you.

¹⁴ “For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:14-15

When you are hurt you only have two options: You can either relive it or release it. Reliving the hurt only sustains the pain. But releasing the hurt is the path to peace on the inside.

⁷Blessed *are* the merciful, For they shall obtain mercy.

Matthew 5:7

[Love] keeps no record of wrongs.

1 Corinthians 13:5 New International Version (NIV)

Step 8: I ask God _____ **TO GUARD MY HEART** _____.

The Prayer of Protection – “Lead us not into temptation.”

Temptation is not always about doing the wrong thing. Temptation is also about *not* doing the right thing.

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,

²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24 New International Version (NIV)

Step 9: I depend on _____ **GOD'S POWER** _____.

The Prayer of Deliverance – “Deliver us from evil.”

Step 10: I praise God _____ **FOR TOTAL VICTORY** _____.

The Prayer of Victory – “Yours is the kingdom and the power and the glory forever. Amen.”

The Lord’s Prayer end where it began – with the glory of God. Jesus is teaching us that ultimate aim of our prayers is that God will be glorified, no matter what the outcome. The purpose for prayer is not to conform God to my way of thinking and feeling things; the purpose of prayer is to conform me to the kingdom, power, and glory of God.

¹ Not to us, LORD, not to us, but to your name be the glory, because of your love and faithfulness.

Psalms 115:1 New International Version (NIV)

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

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.

Read the verses under step six. Why does God want us to confess our sins to Him?

Forgiveness is about grace and not fairness. You will never have time to forgive anyone more than God has forgiven you. Where would you be without God’s grace? How does this truth encourage you to be more forgiving?

How is the model prayer currently effecting your prayer life?

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 – Do you have an ought against a brother or sister in Christ? Do you feel bitterness, anger, or any other negative emotions? If so, prayer the prayer of forgiveness for them. After you pray, begin to confess your forgiveness, because Christ has forgiven you.

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 22 – March 15, 2018- Matthew 6:9-13

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

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 23 – March 16, 2018- 1 John 1:9

1 John 1:9

⁹ 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

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Day 24 – March 17, 2018- Psalm 32:1-5

Psalm 32:1-5 Living Bible

32 ¹⁻²What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. ³There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. ⁴All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day ⁵until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone.

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Day 25 – March 18, 2018- Ephesians 4:32

Ephesians 4:32

³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.
Ephesians 4:32

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

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Day 26 – March 19, 2018- 1 Corinthians 13:5

1 Corinthians 13:5

⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs

1 Corinthians 13:5

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?

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Day 27 – March 20, 2018- Colossians 3:23-24

Colossians 3:23-24 (NIV)

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24 New International Version (NIV)

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Day 28 – March 21, 2018- Psalm 115:1

Psalm 115:1

¹Not to us, LORD, not to us, but to your name be the glory, because of your love and faithfulness.
Psalm 115:1 New International Version (NIV)

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