

Pray First

abbreviated version



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The full version of
this prayer guide
can be found at
CedarCreek.tv/prayer.

Creating a lifestyle of prayer

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during his life on earth.

1. Have a certain TIME

Jesus got up early in the morning to spend time with his heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

2. Have a certain PLACE

Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

3. Have a certain PLAN

When Jesus taught his disciples how to pray, he gave them a prayer outline. We call it the Lord's Prayer. This outline, along with several other tools, is available in the full version of the guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

The Lord's Prayer

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through him.

“Our Father in heaven, hallowed be Your name. Your Kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. 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 NKJV

1. Connect with God relationally - “Our Father in heaven”

God isn't interested in us practicing religion; instead, he desires a relationship with us. God has adopted us as his children and loves for us to call him our Father. Starting our prayer time by acknowledging our relationship with God is powerful for us and delights him as well.

2. Worship his name - “Hallowed be your name”

God loves when we worship him, and there is power in his name. Here is a list of some of his names to help us worship him specifically and personally. God is righteousness – he makes us clean. God is sanctifier – he has called us and set us apart. God is healer – he heals all our diseases.

God is banner of victory – he defeated our enemies. God is shepherd – he speaks to us and leads us. God is peace – he is our peace in every storm. God is provider – he supplies all of our needs. Speak God’s names out loud. When we proclaim who he is, we not only worship him, but we also remind ourselves how powerful and great our God is.

3. Pray his agenda first – “Your kingdom come. Your will be done on earth as it is in heaven”

Part of being a child of God is caring about what he cares about. We know his will is perfect, and we acknowledge his wisdom and sovereignty when we pray his agenda first. Part of being a child of God is caring about what he cares about. Spend time focusing on what God is focused on. His priorities include: saving the lost, being in relationship with his children, and accomplishing his purpose in our lives.

4. Depend on him for everything – “Give us this day our daily bread”

God promises to supply all our needs; he wants us to come to him with our problems, needs, and desires and to trust him to provide. Ask God for what you need today. Bring your worries and concerns to God and trust him enough to hand them over to him fully. It may help to open your hands before God to physically show your surrender to him.

5. Forgive and be forgiven – “Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive his forgiveness, our hearts are more prepared to forgive others as well. Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from him. Then, it is your turn to forgive those who have offended you. Ask God to forgive you and to help you forgive others.

6. Engage in spiritual warfare – “And do not lead us into temptation, but deliver us from the evil one”

The Bible makes it very clear that we have an enemy. Satan is like a lion seeking someone to devour (1 Peter 5:8), keeping you from God’s best. He will lie to you and tell you that you don’t matter and that there is nothing special about you. As you pray, read and reflect on what God says is true about you. Replace the enemy’s lies with God’s truth. Verses to reflect on: Psalm 139:13-18; John 1:12; Romans 8:1-2; 2 Corinthians 5:17

7. Express faith in God’s ability – “For yours is the kingdom and the power and the glory forever.”

God is more than able to move in every situation, and ending our prayer time claiming his authority and power focuses our minds on the truth and hope of who he is and what he can do. Remind yourself of God’s limitless power and then return to praising him and declaring your faith in him:

- “Yours is the Kingdom” – all authority belongs to you
- “Yours is the power” – all mightiness flows from you
- “Yours is the glory” – your victory will be complete