

Prayer Day - April 30, 2020

How do you spend a day in prayer?

I believe that the instructions Jesus gave to his disciples provide us with a way to remain in prayer as we live out the day.

Check Yourself Before You Begin

Jesus wants his disciples to pray in a specific manner - and also wants them to avoid certain habits. Hear what he tells them:

Matthew 6:5–8 (ESV)

⁵ “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷ “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

So when you pray....

- don't be two-faced, saying one thing but desiring or living something else
- don't delight in being seen by other people
- pray in secret (in private/inner life)
- don't stack up lots of words
- don't believe that you are heard because of many words
- understand and believe that your Father knows your needs

Therefore, you are praying to God in faith and love, not in performance, or for your demands. You are praying to express your need for God and your desire for his presence in your life.

What follows is the instruction that Jesus gives on how to pray. We know this commonly as “The Lord’s Prayer.” As a church, we will take the elements of the Lord’s Prayer to shape what we pray in the course of the day. Even though we are apart in this time, we remain unified through our common faith in Jesus and in our focus of prayer together on this set apart day.

We will pray the Lord’s Prayer at different intervals of the day. We will offer these prayers in the daily rhythms of our lives (work and home) and in the secret places of our hearts. Please take what time you have to focus on each interval and it’s focus. As you pray, each interval of the day will have a way to pray inwardly (for yourself) and outwardly (for others). We hope that this exercise of prayer helps you walk in growing discipleship and intimacy with Christ.

“Pray Then Like This” (from Matthew 6:9-13)

(Pray upon waking)

Our Father in heaven, hallowed be (honor to) your name.

Inward

Pray that you are able to honor God with the day that he has given you today

Outward

Pray for opportunity to encourage others to recognize God or honor him today

>>> My Prayers:

(Pray sometime between 8:00am - 9:00am)

Your kingdom come, your will be done, on earth as it is in heaven.

Inward

Pray for a growing submission to Christ’s rule, demonstrating that you are part of his Kingdom

Outward

Pray for ways to help others fulfill God’s will in their lives. Pray that the world is able to see God’s will done in other disciples.

>>> My Prayers:

(Pray when you eat lunch or at mid-day)

Give us this day our daily bread,

Inward

Thank God for his provision in your life. Pray for those needs that are not met.

Outward

Pray for God to sustain and help others who remain in need or who are lacking.

>>> My Prayers:

(Pray sometime between 3:00pm - 4:00pm)

and forgive us our debts, as we also have forgiven our debtors.

Inward

Pray for forgiveness for sin that God's Spirit convicts in you.

Outward

Pray for others who have wronged you, for those you need to forgive.

>>> My Prayers:

(Pray after supper or in the evening)

And lead us not into temptation, but deliver us from evil.

Inward

Pray for strength against the ways the world, the devil, or your flesh tempt you away from the holiness that God desires.

Outward

Pray for others who have shared their temptations and struggles with you, that their lives may be preserved in holiness.

>>> My Prayers:

(Pray as you lie down to sleep)

For yours is the kingdom, the power, and the glory, forever

Amen ("Let it be so")

Inward

Praise God for the reality of his kingdom and his power that has saved you. Pray that he is glorified in your life and in the day to come.

Outward

Praise God for those who share the reality of God's kingdom with you. Pray that they continue in the power of the Holy Spirit and glorify the Father.

>>> My Prayers: