

## Prayer That Cracks the Ceiling: *Making the Right Prayer List*

When Jesus was asked to teach his disciples to pray, he gave them an outline – **read Matthew 6:9-13**. Prepare yourself to practice this outline for yourself and for others whom you care about. Make a plan to pray through this **every day**. Work each step **daily for two weeks**...then plan to share with your friends or the church testimonies of what you experienced—whether good or bad.

### STEP ONE: Set-Up Your Plan Properly

**Don't skip this step**...all else hangs on this! Make a commitment in writing to yourself in the space below. Mark it in your calendar, your Outlook, your phone...however you manage your time. Don't skimp here...without a proper plan, we will not get to it!

- **When** – I will pray at this time: \_\_\_\_\_ •
- Where** – In this place: \_\_\_\_\_ •
- How Often** – On these days: \_\_\_\_\_

Will I really do this? (*Be honest...*)

- Yes** – mark it in Outlook; schedule it with sacredness
- No** – why not? Stop here if “no.” Ask God for help.

### STEP TWO: Focus On the Proper “Who”

Get focused on who you are praying **to** and who you are praying **about**. Define the attributes and what you will pray. Make some notes here or in a journal about each of these questions:

#### **Who # 1 – God**

- How will I “hallow” Him?
- What do I need to shift away from / set aside to hallow Him? •
- What attributes of God / stories of His fame speak to me? •

Look up Bible verses on “praise”. Pick 4 to practice praying.

#### **Who # 2 – Me**

- What do I need God to do in me?
- What stage of spiritual formation am I in?
- What human decision is next for me?
- What is God’s activity for me in this?
- What scriptural promise will I stand on?

#### **Who # 3 – Others**

- Who is God wanting me to pray for?
- What stage of spiritual formation are they in?
- What human decision is next for them?
- What is God’s activity for them in this?
- What scriptural promise will I stand on?

### STEP THREE: Make the Right Prayer List

For each person on your prayer list (including you), list out below or in a journal the needs for “**The Lesser (*but still good*) Goals**”: • Health:

- \_\_\_\_\_
- Finances: \_\_\_\_\_
  - Life circumstances: \_\_\_\_\_

List out the needs for “**The Greater (*and more spiritual*) Goals**”:

- **Provision** – what does God want to provide me (them) in spiritual, emotional, physical needs? What is scriptural promise that goes with this?

Me: Others:

- **Forgiveness** – What do I (they) need to receive God’s forgiveness for? Where do I (they) need to trust God’s mercy and grace?

Me: Others:

- **Forgiveness** – What do I (they) need to forgive in others?

Me: Others:

- **Deliverance** – What guidance, protection, deliverance do I (they) need from God?

Me: Others:

#### **STEP FOUR – Own the Outline / Pray the Outline:**

**Matthew 6:9-13:** Use the outline that Jesus gave us to pray for the needs you listed above slowly, carefully. Add in your own thoughts and words and perspectives (**example on next page**). Make this your own. Do not rush. Spend more time listening than speaking; let God guide you in what to pray (*see Romans 8:26-27*).

When you pray for others, adjust the words to be praying these things on their behalf, interceding as if you were in their shoes praying for them.

**Matthew 6:9-13**

**“This, then, is how you should pray:**

**Father in heaven, hallowed...**

*Father, I set aside this space to make you sacred, special to me. I pull back from \_\_\_\_\_ pursuits, \_\_\_\_\_ ideas, \_\_\_\_\_ desires to make you truly the most sacred and superior thing in my life... ..be your name...*

*...because I think of your attributes of \_\_\_\_\_; I think of the story of when you \_\_\_\_\_; I trust you because you once \_\_\_\_\_...*  
**Your kingdom come, your will be done on earth as it is in heaven... ..I want your way in my life no matter the cost. Guide me into the truth of what your way is. I trust you whether my circumstances improve or not. I surrender \_\_\_\_\_ in my life...**

**Give us today our daily bread...**

*God, provide for my spiritual needs, which are \_\_\_\_\_; my emotional needs, which are \_\_\_\_\_; my physical needs, which are \_\_\_\_\_...*

**Forgive us our debts...**

*I receive your forgiveness for \_\_\_\_\_; I accept your mercy and grace and reject my own doubt that you could forgive me... ..as we also have forgiven our debtors...*

*...I choose to forgive \_\_\_\_\_ for \_\_\_\_\_; I release my right to be angry; I release my right to be hurt; I entrust their offense to You, God, and no longer hold it as my own. I ask that you pour out your mercy and blessing upon them; help them receive your forgiveness...*

**And lead us not into temptation...**

*Help me overcome the temptation to \_\_\_\_\_. Give me eyes to see where the potential pitfalls in my life may be. Help me choose to think better about \_\_\_\_\_ and trust you with \_\_\_\_\_... ..but deliver us from the evil one.”*

*I submit myself to you and resist the devil. In the name of Jesus, I stand in faith against the enemy’s efforts of \_\_\_\_\_ in my life...*