

HOW TO PRAY THROUGHOUT YOUR DAY

40 Days of Prayer – Week 5

(Note – may only be reproduced for use as a participant in MCF's 40 Day of Prayer campaign)

Prayer is our greatest Privilege – friendship w God
CARD1 Paul prayed continuously.

EPH.6:18 “**Pray in the Spirit AT ALL TIMES with ALL KINDS OF PRAYERS, asking for everything you need. To do this you must always be ready and never give up. And always pray for all God's people.**”

7 INSTRUCTIONS:

1. Pray “*in the Spirit*” = let God lead you. Listen to impressions! Now!
2. At *all times* = *no bad time!* Always a good idea to pray
3. With all *kinds of* = a prayer for *every emotion...& situation*
Psalms: complaining...crying out...comforting...confessing...clarifying celebrating
4. About *everything* – no subject off limits! *phy...*
5. *Always be ready* - Requires a plan! Must be prepared. *Think thru*
6. *Never give up!* - Never stop praying!
7. *Pray for all people!* Everybody! Can't do that on 2 min a day!

HOW? MUST DEVELOP 2 HABITS

1. KEEP A RUNNING CONVERSATION WITH GOD

Like breathing - you don't think about it. Just do it naturally
Like with any habit – with practice, get good at it

To pray conversationally = just talk to God about *whatever's on your mind* at that moment! It's a *free-flowing conversation*

EPH. 6:18 “**Pray on every occasion, as the Spirit leads.**” (TEV)
o “*occasion*” can talk to God *anywhere... about anything..... all the time!*
o “*leads*” - when you get an impression/idea – *pray about it!*

o *If I don't feel like praying... means I'm not praying what I feel!*

1 TH. 5:17 “**Never stop praying! Pray all the time!**”

2. SCHEDULE PRAYERTIMES THROUGHOUT MY DAY

For 1000s of yr – Jews said prayers at set times. Fixed hours
Daniel knelt 3x a day
ILL NT - Roman cities; the bell in the forum rang 6x a day

6 am - **Prime** 1st hour
beginning of business
9 am – 3rd hr Noon (**6th hr**) lunch break 3 pm (**9th**) back to work
6 pm (**12th**) end of work

Soon Christians starting using the bells for prayer times!
Monk put bells in monasteries! “**Liturgy of the Hours**” developed

In 400s Monks invented the first mechanical devices to ring the bells!
Old Latin word for bell is CLOC!
Clocks were created to remind us to pray!

PS.119:164 (David) “**Seven times a day I praise you!**” (NIV)

Over centuries, the Divine Office- 8x to pray each day= **complicated!**

Today: a simple format I created based on the 7 phrases of
A DAILY SCHEDULE BUILT ON THE LORD'S PRAYER

First thing you do when you awake

1. GET UP WITH GRATITUDE! (START DAY WITH THANKSGIVING!)

Not with *grumbling, griping, groaning, growling or grunting!*

Doctors: the healthiest human emotion is gratitude. APPRECIATION

- To get started, make a gratitude list & keep it by your bed! (SHOW)
- Make a Playlist of songs of thanks - & Wake up with Worship!

1 COR. 4:7 screen “**What do you have that God did not give you? Everything is a gift from God! And if it was given to you, how can you brag about it?**”

So start your day focusing on the goodness of God!

MT. 6:8-9 Jesus said, “Your Father knows what you need before you ask him. So then, this is how you should pray: ‘Our Father in heaven’...” Last wk: Our Father is **Caring, Consistent, Close, Capable**

JAM.1:17 “**Every good gift and every perfect present comes from your Father of light in heaven...**”

First thing out of bed:

o **I thank my Father in heaven for his consistent love & I recall all of the ways that He is good to me**

when you're ready to eat

2. BLESS GOD'S NAME AT BREAKFAST! (PRAISE)

To bless means to honor, give respect, and to praise (ADORATION)
It's the 2nd phrase of LP

MT.6:9b "Hallowed be your name"

PS.145:2 "Every day I will bless your name, & praise it forever & ever!"

- In Psalms, God's Name is praised about 80 times!
- *What's the big deal?* Bible: Your name is your character

ILL: Your word/promise is *only as good as your name!*

BIBLE: God reveals himself to us thru almost 100 titles/names

So to "hallow" God's name in prayer means..

o I review God's names & the promises they imply (few examples)

GOD SAYS "I AM..."

Abba I am Your Loving Father!
El Deah I'm your God **who knows you** & knows everything
Jehovah Rapha I'm your God who **heals you!**
El Shaddai I'm **Almighty God** - with all the power you need!
Jehovah Jirah I'm your **Provider**
Jehovah Shalom I'm your Peace *Email PastorRick@saddleback for a list of all*

PS. 9:10 "Those who know your name trust in you, for you, Lord, have never abandoned those who truly seek you."

So you start work, and about midmorning, take a brief prayer break

3. AT MIDMORNING, REMEMBER WHAT MATTERS MOST

Is it easy to get distracted by busyness? Forget your priorities?
lose your focus & miss the big perspective?

Pause & pray:

MT. 6:10 "May your kingdom come, and may your will be done, on earth as it is in heaven."

(DEDICATION)

o I align myself with God's purpose & plans for my life

God has promised to help you with your work you do this!

MT. 6:33 "If you seek first God's kingdom and his righteousness, all the other things will be given to you as well."

Finally, it's time for lunch

4. LIST MY NEEDS AT LUNCH (PETITION)

You may be eating a sandwich & that can remind you of the 4th phrase

MT. 6:11 "Give us today our daily bread."

Bread represents *everything you need to live*. Not *monthly* bread!

So what do I do? 2 things:

o I ask for ANYTHING I need.

JN.14:13 Jesus: "You can ask for anything in my name"

"You have not because..."

o I ask for what other people need too. (INTERCESSION)

1 SAM.12:23 "I'd be sinning against the Lord if I failed to

pray for you." Note "Give US" not just Give ME! *plural*

2 PET. 1:3 "Jesus has the power of God, by which he gives us everything we need to live, and to serve God. We have these things because we know him." (NCV)

Sometimes, by noon, you're already stressed out:

PHIL.4:6-7screen "Do not get anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (NIV)

If you'll list your needs at lunch- you'll go back to work more peaceful

By mid-afternoon, I've dealt with frustrating people, disappointment, & hurt and I've piled up a stack of sinful attitudes & action. So I

5. ASK FOR FORGIVENESS IN THE AFTERNOON (CONFESSION)

MT. 6:12 "Forgive us our sins as we forgive those who sin against us"

This doesn't take long, but neither does taking out the garbage.

I own up to my own wrong reaction,

o I admit my sins and I forgive others who've frustrated me.

Because you certainly don't want to be carried around any resentment

LISTEN: there is no rational reason for carrying around guilt!

Just confess it!

PS. 32:5 "I confessed my sins to you and didn't try to hide them... Then you forgave me and now all my guilt is gone!"

After work, **you head home**. Did you know that 90% of arguments happen 1 hr before dinner? Knowing that, it's wise to ask for help!

6. **ASK GOD TO HELP ME MAKE WISE DECISIONS** **(AND TO PROTECT ME FROM MAKING DUMB DECISIONS)**

MT. 6:13 **"And lead us not into temptation but deliver us from the evil one."**

I don't know about you, but my worst temptations come in the evening through the refrigerator & the TV. Maybe computer for you)

But God has given us a great promise:

1 COR.10:13 **screen** **"Remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it."** (NLT)

If you watch stuff that's no good for you, you might want to memorize:

PS. 101:3 **screen** **"I will refuse to look at anything vile and vulgar."** (NLT)

7. **END MY DAY WITH AN ENCOURAGING TRUTH (BENEDICTION)**

MT. 6:13c **"For yours is the kingdom, and the power, and the glory, forever! Amen!"** Remember:

1. God is in control
2. This is not the end of the story
3. God, and his family, win in the end.

That will help you sleep better!

Now, I encourage you to try this format of using the Lord's Prayer to mark out regular, short prayer times throughout your day.

Here's the secret sauce: Get a prayer partner to pray with you during at least one of your prayer times.

EXCUSE: **"I don't have time to pause and pray!"** Then **you're too busy!**

PR.10:27 **"Reverence for God adds hours to each day."** (LB)

The Lord's Prayer is not just a pattern for praying, it is a pattern for living!

PRAY

CARD Luther: Small Catechism

contains an enormous list of things that "bread" means: food, drink, clothes, shoes, houses, farms, fields, lands, money, property, a good marriage, good children, honest and faithful public servants, a just government, favorable weather (neither too hot nor too cold!), health, honors, good friends, loyal neighbors. Perhaps the best commentary on the meaning of the term in the prayer is in the discourse of Jesus on the folly of worry (Matt.6:19-34). The things that the heathen seek and that Christians are inclined to worry about are food, drink, clothing, and shelter. These are the necessities of life.

150 yrs ago, a young Boston woman married a printer, and they happily had 3 kids. But the Civil war ended their happiness as Mary's husband was conscripted into the Northern Army and died at the battle of *Antietam*. Next, her 12-year-old son drowned, and then her only daughter died too.

In her grief, Mary Ann Kidder turned to writing hymns of faith that helped millions of others. In total, she wrote 181 worship songs.

This one is called... **DID YOU THINK TO PRAY?**

I remember my parents singing it as a child

When you left your room this morning, Did you think to pray?

In the name of Christ our Savior, did you ask for loving *favor*,
As a shield today?

When you met with great temptation, did you think to pray?

By His dying love and merit, Did you claim the Holy *Spirit*
As your guide and stay?

When your heart was filled with anger, did you think to pray?

Did you plead for grace, my brother, that you might forgive *another*
Who had crossed your way?

When strong trials came upon you, did you think to pray?

When your heart was filled with sorrow, did the love of Christ you *borrow*
At the gates today?

Refrain: Oh, how praying rests the weary! Prayer will change your night to day; So when life seems dark and dreary, Don't forget to pray!