

**40 Days of Prayer – Part 5**  
**HOW TO PRAY THROUGHOUT YOUR DAY**  
**April 8, 2018**

*Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.*  
Ephesians 6:18

**BY DEVELOPING 2 HABITS**

**1. Keep a running \_\_\_\_\_.**  
*...pray constantly,* 1 Thessalonians 5:17

**2. Schedule prayer times \_\_\_\_\_.**  
*I praise you seven times a day for your righteous judgments.*  
Psalms 119:164

**A DAILY SCHEDULE BUILT ON THE LORD'S PRAYER**

**1. \_\_\_\_\_ with gratitude. (THANKSGIVING)**  
*Don't be like them, because your Father knows the things you need before you ask him. "Therefore, you should pray like this: Our Father in heaven, your name be honored as holy.* Matthew 6:8-9

- **I thank my \_\_\_\_\_.**

**2. Bless \_\_\_\_\_ breakfast. (PRAISE)**  
*Hallowed be your name . . .* Matthew 6:9b

*Those who know your name trust in you because you have not abandoned those who seek you, LORD.* Psalms 9:10

**3. At midmorning, \_\_\_\_\_.**  
**(DEDICATION)**  
*Your kingdom come. Your will be done on earth as it is in heaven.* Matthew 6:10

- **I align myself \_\_\_\_\_ for my life**

*But seek first the kingdom of God and his righteousness, and all these things will be provided for you.* Matthew 6:33

**4. List \_\_\_\_\_ at lunch. (PETITION)**  
*Give us today our daily bread."* Matthew 6:11

- **I ask for \_\_\_\_\_ I need.**

*Whatever you ask in my name, I will do it so that the Father may be glorified in the Son.* John 14:13

- **I ask for what other \_\_\_\_\_ (Intercession)**

*As for me, I vow that I will not sin against the LORD by ceasing to pray for you. I will teach you the good and right way.* 1 Sam 12:23

*His divine power has given us everything required for life and godliness through the knowledge of him who called us by his own glory and goodness.* 2 Peter 1:3

**5. \_\_\_\_\_ in the afternoon. (CONFESSION)**  
*And forgive us our debts, as we also have forgiven our debtors.* Matthew 6:12

- **I admit my sins and \_\_\_\_\_.**

*Then I acknowledged my sin to you and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin.* Psalms 32:5

**6. Ask God to help \_\_\_\_\_ decisions.**  
**(PROTECTION)**  
*And do not bring us into temptation, but deliver us from the evil one.* Matthew 6:13

**7. End my day with an \_\_\_\_\_.**  
**(BENEDICTION)**

*"For yours is the kingdom, and the power, and the glory, forever! Amen!"* Matthew 6:13c (NAS)