

# HOW DO I PRAY?

Our Lord, Jesus Christ, gave us a model for prayer. It is found in Matthew 6:9-13. It is known as "The Lord's Prayer"

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.<sup>1</sup>

## BELIEVE IN THE POWER OF PRAYER:

### PRAY THIS:

Father, I believe in the power of prayer. I recognize that I should pray in all circumstances whether I suffer hardships or not, whether I am sick or I am well. Your word declares that the fervent prayers of the righteous will have great power and produce wonderful results. That is my desire, Lord! Search my heart and know me; try me and see if there is any wickedness in me. I confess my sins to You now Lord and I repent. I turn from everything that does not please you. Cleanse me and free me from every sin according to Your will. Clothe me in righteousness. My desire is to plant good seeds of righteousness to harvest a crop of love, so plow up the ground of my heart. Create in me a clean heart and renew a loyal spirit within me. I come boldly before your throne knowing that you are gracious and will have mercy on me. Give me grace as I need it more now than ever before. I pray all of these things according to Your Word and based on the redemptive work of Jesus Christ who lives in me. In Jesus' Name, AMEN<sup>2</sup>

## PUT ON THE WHOLE ARMOR OF GOD:

Father, I commit to be strong in the You and in Your mighty power. I put on all of your armor so that I will be able to stand firm against all strategies of the devil. I know that I am not fighting against flesh and blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Therefore, I put on every piece of Your armor so I will be able to resist the enemy in the time of evil. Then after this battle I will still be standing firm. I will stand my ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, I put on the peace that comes from the Good News so that I will be fully prepared. In addition to all of these, I hold up the shield of faith to stop the fiery arrows of the devil. I put on salvation as my helmet, and take the sword of the Spirit, which is the word of God. I will pray in the Spirit at all times and on every occasion. I will stay alert and be persistent in my prayers for all believers everywhere. I pray all these things in the mighty Name of Jesus, AMEN<sup>3</sup>

<sup>1</sup> Scripture references: Matthew 6:9-13

<sup>2</sup> Scripture references: James 5:13-18; Psalm 51:10; Hosea 10:12; Hebrews 4:16

<sup>3</sup> Scripture reference: Ephesians 6:10-18