

REFRESHED

- A Prayer Guide -



Introduction

Have you ever seen somebody with something that you also wanted? The disciples found themselves in that same situation. They could see the difference that Jesus prayer made and asked him: «Master, teach us also to pray.»

This prayer guide will show you in practical steps how to connect with God and how your prayers will be effective and cause you to mature in Him.

*Now Jesus was praying in a certain place,
and when he finished, one of his disciples said
to him, «Lord, teach us to pray, as John taught
his disciples.» [Luke 11,1](#)*

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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 today our
daily bread. Forgive us our debts, as we
also have forgiven our debtors. And lead us
not into temptation, but deliver us from
the evil one, for yours is the kingdom and
the power and the glory forever.
Matthew 6,9-13



The Lord's Prayer

This prayer comes out of the overflow of a thankful heart that we can call the creator of the universe «Our father»! God's love for us is without measure.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever. Matthew 6,9–13

Our Father in Heaven

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, «Abba, Father». Romans 8,15

Hallowed be Your Name

The Names of God are very special as they reveal a part of Gods nature and character. You can get in agreement with the promises of His names concerning your life.

God's name is a place of protection – the righteous can run there and be safe. Proverbs 18,10

Name	Meaning	Promise
Jehovah Tsidkenu	Our righteousness	He forgives all my sins and makes me clean
Jehovah M'Kaddesh	Our sanctifier	He has called me and set me apart
Jehovah Rapha	Our healer	He heals all my diseases
Jehovah Nissi	Our banner	He has defeated my enemies
Jehovah Raah	Our shepherd	He speaks to me and leads me
Jehovah Shalom	Our peace	He is my peace in every storm
Jehovah Shammah	God is with us	He is my ever present and my help in time of need
Jehovah Jireh	Our provider	He supplies all my need

Your Kingdom come, Your Will be done on Earth as it is in Heaven

Pray that His Kingdom will impact every area of your life and that God's will will be done in your life.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. Luke 12,31

1. Your country, canton and city
2. Your church
 - a) Pastors
 - b) Leaders, Board-members
 - c) Church leaders
 - d) Vision of the church
 - e) The lost
3. Your family
4. Your personal life

Give us this day our daily bread

Make your request known to God and expect that He will be faithful to His promises. Trust in the Lord and trust Him for all your needs.

I look up to the mountains – does my help come from there? My help comes from the Lord, who made heaven and earth! Psalm 121,1-2

- Tell God what your cares are
- Ask for God's blessings on every area of your life

And forgive us our debts as we forgive our debtors

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1. John 1,9

- Ask God to forgive you
- Forgive yourself and release others
- Be willing to forgive those who have sinned against you

And do not lead us into temptation but deliver us from the evil one

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6,12

1. Put on the whole armor of God:
 - a) The belt of truth
 - b) The breastplate of righteousness
 - c) The shoes with the gospel of peace
 - d) The shield of faith
 - e) The helmet of salvation
 - f) The sword of the Spirit which is the Word of God
2. Pray for God to protect every area of your life

For Yours is the Kingdom and the Power and the Glory forever

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. Jeremiah 32,17

«Yours is the Kingdom» – all rule belongs to You
«Yours is the Power» – all might flows from You
«Yours is the Glory» – Your victory shall be complete

The Tabernacle Prayer

And so, dear brothers and sisters, we can
boldly enter heaven's Most Holy Place
because of the blood of Jesus. By his death,
Jesus opened a new and life-giving way
through the curtain into the Most Holy Place.
Hebrews 10,19-20



The Tabernacle Prayer

The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

The Outer Court - Thanksgiving and Praise

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100,4

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

The Brazen Altar - the Cross of Jesus

Praise the LORD, my soul, and forget not all his benefits - who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103,2-5

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. God placed all your sins upon Jesus and paid for the penalty of sin so that the devil lost any claim to your life (Colossians 1,13-14)! There is no condemnation, guilt or fear in your life. You simply need to receive the benefits of what Jesus did for you on the cross.

Salvation - God forgives all my sin
Healing - God heals all my diseases
Redemption - God rescues me from every attack
Transformation - God puts His love in me
Provision - God provides everything I need

The Laver - Cleansing and Preparing

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Romans 12,1

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin. Offer your body to God:

Your tongue

To speak good and not evil

Your eyes

To see God and the needs of others

Your ears

To be sensitive to His voice

Your hands

To do good to others

Your feet

To walk in God's ways

Offer your mind to God (Philippians 4,8; Romans 12,2).

Ask God to give you the fruit of the Spirit (Galatians 5,22-23).

The Candlestick - the Holy Spirit

The Spirit of the LORD will rest on him - the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD. Isaiah 11,2

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

- The Spirit of the Lord
- The Spirit of Wisdom
- The Spirit of Understanding
- The Spirit of Counsel
- The Spirit of Might
- The Spirit of Knowledge
- The Fear of the Lord

You should also ask God to give you spiritual gifts.
1. Corinthians 12,8-10

The Table of Shewbread – the Word of God

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1,8

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

- Read God's Word.
- Claim His many great promises.
- Ask for fresh revelation of the Word.
- Take time to read and meditate on the Word.
- Get a Word for the day.

The Altar of Incense – Worship

The name of the LORD is a strong tower; the righteous run to it and are safe. Proverbs 18,10

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

- God is My Righteousness – Jeremiah 23,6
- God is My Sanctifier – Leviticus 20,7-8
- God is My Healer – Exodus 15,26
- God is My Provider – Genesis 22,14
- God is My Banner of Victory – Exodus 17,15
- God is My Peace – Judges 6,24
- God is My Shepherd – Psalm 23,1
- God is Always There – Ezekiel 48,35

The Ark of the Covenant – Intercession

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. 1. Timothy 2,1-4

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

- Those in authority – spiritual, civil, family, and workplace
- My family
- My church – pastor, small group, members, and vision/mission
- My city, nation, and world
- My needs

Warfare Prayers

Therefore put on the full armor of God,
so that when the day of evil comes, you may
be able to stand your ground, and after
you have done everything, to stand.
Ephesians 6,13



*And without faith it is impossible to please him,
for whoever would draw near to God must believe
that he exists and that he rewards those who seek
him. Hebrews 11,6*

The Helmet of Salvation

The helmet of salvation protects my thoughts. I don't have to think negative thoughts to the end, but can take them captive and exercise my authority over the lies and unclean thoughts of the enemy. When I wear the Helmet of Salvation, the cares of this world have no room. God cares for me (1. Peter 5,7). Jesus gave me a complete victory.

*We destroy arguments and every lofty opinion raised
against the knowledge of God, and take every thought
captive to obey Christ. 2. Corinthians 10,5*

The Sword of the Spirit

To take up the sword of the spirit means the following: I acknowledge that God's Word is true and stands supreme over all human wisdom (Psalm 119,160). I pray that the Holy Spirit will reveal to me the truth of God's Word expose the traps of the enemy. I also pray that He will unfold the Word to me and remind me of its truth when I am faced with temptations.

*So shall my word be that goes out from my mouth;
it shall not return to me empty, but it shall accomplish
that which I purpose, and shall succeed in the thing
for which I sent it. Isaiah 55,11*

The Prayer of Jabez

Jabez cried out to the God of Israel,
«Oh, that You would bless me and enlarge
my territory! Let Your hand be with me,
and keep me from harm so that I will be free
from pain.» And God granted his request.
1. Chronicles 4,10



The Prayer of Jabez

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

1. Blessing

Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4,2-3 tells us, «*You do not have because you do not ask God. When you ask, you do not receive, because you ask with the wrong motives, that you may spend what you get on your pleasures.*» God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention.

Oh, that You would bless me ... 1. Chronicles 4,10

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

Prayer:

«Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask you to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people.»

2. Influence

Next, Jabez asks for more influence. As God's blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

Enlarge my territory ... 1. Chronicles 4,10

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

Prayer:

God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you'd like to have more influence). Help me to be a good steward of the responsibility You've entrusted to me. I pray for greater territory to impact for Your glory.

3. Presence

In order to have lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3,20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

Let Your hand be with me ... 1. Chronicles 4,10

In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your life today.

Prayer:

Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You.

4. Protection

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear.

Keep me from harm. 1. Chronicles 4,10

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

Prayer:

God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.

Our Weapons in Spiritual Warfare

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.
2. Corinthians 10,4-5



Our Weapons in Spiritual Warfare

The Name of Jesus

There is power / authority in the Name of Jesus

The seventy-two returned with joy, saying, «Lord, even the demons are subject to us in your name!»

Luke 10,17

*Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. *Philippians 2,9-11**

Pray:

Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54,17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus' name. Your Word says that trouble will not arise a second time (Nahum 1,9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus' name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

I trust you in faith and proclaim the power of your Name.

The Blood of Jesus

The shed blood of Jesus is the ultimate defeat of our enemy, the devil.

And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death!

Revelation 12,11

Pray:

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue and the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels: for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

The Word of God

There is power in the Word of God.

*For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. *Hebrews 4,12**

Pray:

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.

Important Prayers and Faith Confessions



Important Prayers

Prayer for protection

2. Corinthians 6,14-7,1; 10,3-5; Romans 12,1-2

Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Prayer of repentance

Romans 10,10; James 5,16; 1. John 1,7-9; 3,8

Lord Jesus, I believe that you are the Son of God. You are the Messiah who came to earth in the flesh to destroy the works of the evil one. You died on the cross, paying the price for all my sins and then you rose again from the dead on the third day. I now confess all of my sins and turn away from my own ways. I ask you to forgive me and to cleanse me. Thank you that I now have been forgiven through your blood and that you have saved me, cleansed me and made me righteous and holy.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels: for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

Prayer of forgiveness

Matthew 6,14; Leviticus 19,18

Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.

Prayer against pride

Proverbs 11,2; 16,18; 26,12; 1. Timothy 3,6

Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

Faith Confessions

I am accepted

I am a child of God. → [John 1,12](#)

I am a friend of Jesus. → [John 15,15](#)

I have been declared righteous. → [Romans 5,1](#)

I have been bought with a price and belong to God.

→ [1. Corinthians 6,19-20](#)

I am a member of the body of Christ. → [1. Corinthians 12,27](#)

I am accepted as a child of God. → [Ephesians 1,5](#)

I have direct access to God through the Holy Spirit. → Ephesians 2,18
All my sins are forgiven. → Colossians 1,14
I am one (complete) in Christ. → Colossians 2,10

I am important

I am the salt and the light of the world. → Matthew 5,13–14
I am a branch of the true vine, a channel of His life. → John 15,1+5
I am chosen and appointed to bear His fruit. → John 15,16
I am a personal witness of Christ. → Acts 1,8
I am the temple of God. → 1. Corinthians 3,16
I am his workmanship. → Ephesians 2,10
I can come boldly and confidently to God. → Ephesians 3,12
I can do all things through Christ who strengthens me.
→ Philippians 4,13

I am confident

I am free of eternal damnation. → Romans 8,1–2
I am confident that all things will work together for my good.
→ Romans 8,28
I am free from all accusations against me and any damning guilt.
→ Romans 8,31–34
I cannot be separated from the love of God. → Romans 8,35–39
I am confident in this, that the good work God has begun in me will be completed. → Philippians 1,6
I am a citizen of heaven. → Philippians 3,20
I have not been given a spirit of fear, but a Spirit of love, power and a sound mind. → 2. Timothy 1,7
I can find grace and mercy in time of need to help me. → Hebrews 4,16
I have been born of God and nothing shall by any means hurt me.
→ 1. John 5,18

Personal Prayer Targets

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.
1. Timothy 2,1–4



Personal Prayer Targets

Pray for those in authority and those under your authority

My Government

Federal Counsel

National Counsel

Canton Counsel

City Counsel

My Family

Spouse

Children

Parents

Siblings

Extended Family

My Church

Pastor

Small group leader

Small group members

My Life

Employer

Co-worker

Employees

Teachers / Professors

Those I influence

Close friends

My V.I.P.

Those who need God

1. Pray that the Father would draw them to Jesus

No one can come to me unless the Father who sent me draws him. [John 6,44](#)

2. Pray that God will open their eyes to the gospel

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. [2. Corinthians 4,4](#)

3. Pray that they will desire a spiritual family

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, «Abba, Father». [Romans 8,15](#)

4. Pray that other believers will cross their paths

Ask the Lord of the harvest, therefore, to send out workers into his harvest field. [Matthew 9,38](#)

5. Pray that God will give them wisdom and revelation on

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. [Ephesians 1,17](#)

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