**Pattern for Powerful Prayer**

**“Could you not pray for one hour?”**

Jesus told his disciples to “watch and pray” when they were in the Garden of Gethsemane the night of his betrayal. When they dozed off, he said, “Could you not keep watch with me for one hour?” He was saying, “Could you not pray for one hour?”

How about you? Does it sound daunting, praying for one hour?

Focus on these five themes during prayer journey that uses the Lords’ Prayer as an outline. You’ll find it easy to pray 12 minutes on each theme and 60 minutes will seem to pass quickly! It will become a pattern for powerful prayer.

The notes use the plural pronoun “we” so this prayer outline might be used in a group prayer as well.

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**Pattern for Powerful Prayer**

**The Lord’s Prayer**

**Luke 11:1-4**

**Pray with Praise**

“Our Father, Who art in heaven. Hallowed by Thy name.”

*This section includes Luther’s Introduction and First Petition. Here we come to Him as His children. We praise God for who He is and the glory of His attributes. We praise Him as one God in three Persons and what He has done for us.*

*Thank God for calling us His children and giving access to His throne of grace. Luke 11:13*

*Praise God the Father for what He has done for us. Ephesians 1:3-6*

*Praise Jesus for his exalted position. Colossians 1:15-17*

*Praise the Spirit for the fruit He produces in our lives. Galatians 5:22-25*

Praise God for who we are in Christ

Mind of Christ… *1 Corinthians 2:16*

Belong to God… *1 Corinthians 6:19-20*

Access to the Father… *Ephesians 2:18*

Built up in Christ… *Colossians 2:6-7*

**Pray for Priorities**

“Thy kingdom Come, Thy will be done, on earth as it is in heaven.”

*This section includes both the Second and Third Petition. Here we pray for His spiritual priorities: Knowing and doing His will. Being made anew in the likeness of Christ. Intercession for the spiritual needs of others. Growth of His kingdom.*

*May your kingdom be advanced by your Holy Spirit being in full control. 1 Corinthians 2:12*

*May your kingdom be advanced in our marriages or in our single life:*

*Love as Christ loved… Ephesians 5:25-28*

*May your kingdom be advanced in our relationships with children or parents:*

*Honor one another… Ephesians 6:1-4*

*May your kingdom be advanced in our friendships:*

*Live a life of love… Ephesians 5:2*

*May your kingdom be advanced in our lives as we understand and do Your will… 1 John 5:14-15*

*May your kingdom be advanced in our city through our witness… Acts 1:8*

*May your kingdom be advanced through our influence in our workplace… 1 Thessalonians 4:11-12*

*May Your kingdom be advanced in our local congregation, or Synod or global church… Ephesians 6:19*

**Pray for Provision**

“Give us this day our daily bread.”

*Fourth Petition. This section includes prayers for physical blessing: Provision. Health. Trust in Him to provide. Intercession for the physical needs of others.*

*We ask for faith to trust You for all our financial needs… Philippians 4:19*

*We ask for help if we have overspent and are in too much debt… Philippians 4:12-13*

*We ask for those who live under the threat of worry… Matthew 6:33-34*

*We ask for financial provision of our church… 2 Corinthians 9:6-8*

*We ask for financial provision of missions we support… Colossians 4:3*

*We ask for those who have lost jobs… Matthew 7:7*

*We ask for healing for those we know who are sick… James 5:14-15*

*We ask for wise investment of our time… Psalm 90:12*

**Pray for Pardon**

“Forgive us our sins as we forgive the sins of others.”

*Fifth Petition. This section includes prayers for forgiveness and reconciliation: Confession of our sin. Surrendering bitterness and retaliation we might hold against those who sin against us. Spiritual power to receive His grace and give His grace. Broken relationships reconciled.*

*We pray Your forgiveness of corporate sin… 2 Chronicles 7:14*

*Bitterness of unforgiveness… Matthew 5:43-44*

*Thoughts of envy or jealousy… Galatians 5:26*

*Quickness to judge others harshly… Matthew 7:1*

*Fantasies of lust… Matthew 5:28-29*

*Rage of unholy anger… 1 Corinthians 13:5*

*Pursuit of materialism… 1 Timothy 6:10*

*Attitudes of “getting even”… Matthew 5:38-39*

*Lack of compassion for the needy… James 1:27*

*Indifference toward those who need to hear the Gospel… Ephesians 5:15*

*Help us identify areas in our lives that we are “stuck” in sinful patterns and need to confess. We confess those sins to you now… John 8:36*

*Help us identify people whom we are holding a grudge against and are bitter toward. Help us release the debt we are holding against that person. We name some of the people now… Ephesians 4:32*

*Help us live in freedom of forgiveness, no longer under condemnation or burdened by guilt for which You have forgiven. Help us forgive ourselves… Romans 5:1*

*Help us share the grace of God by sharing with others the message of reconciliation and forgiveness in Christ. We mention them now… 2 Corinthians 5:18-20*

**Pray for Protection**

“Lead us not into temptation, but deliver us from evil.”

*Sixth Petition. This section includes prayers for spiritual protection. Identifying the areas we have surrendered to the enemy. Asking for discernment to know the lies of the enemy that we are believing. Claiming the victory of Jesus over the enemy. Asking for power to be victorious in the testing we are going through.*

*Protect us men from the lies of the enemy that hinder our growth… John 8:44*

*“You can do it on your own…” Philippians 4:13*

*“Being right is the most important thing…” Matthew 7:1-2*

*“My identity is my work…” Matthew 6:33*

*“I must impress others…” Galatians 6:4*

*“My private world is none of God’s concern…” Matthew 6:18*

*Help us to put on the full armor of God by applying these to our lives… Ephesians 6:10-17*

*the belt of truth*

*breastplate of righteousness*

*sandals of the gospel of peace*

*shield of faith*

*helmet of salvation*

*sword of the Spirit (Word of God)*

*Help us live in the truth of the victory that we have in Christ…*

*Redeemed… I Peter 1:18-19*

*Righteous… Romans 4:5*

*Brought near to God… Ephesians 2:13*

*Given new life… Romans 6:4*

*In Christ… John 14:20*