

Prayer Requests

Ephesians 1:15-20

Mon: That I will be thankful to God for my faith in Christ, and for my love for others.

Tues: That I will thank the Lord for all of the other people who have this same faith and love.

Weds: For God to give me His spirit of wisdom and revelation, so that I may know him better.

Thurs: That my heart will be enlightened to know the Hope that I am called to.

Fri: For God to teach me to grasp the riches of His glorious inheritance (people).

Sat: That I will acknowledge the Lord's incomparably great power.

Sun: That I will know and experience the working of God's mighty strength (through Jesus).

Prayer requests that will lead me toward a blameless life:

Psalm 26:1-8

Mon: That I will completely and wholeheartedly trust in God without wavering.

Tues: That I will continually walk in His Truth.

Weds: That I will refuse to consort with deceitful men and hypocrites.

Thurs: For wisdom and strength to stand against evildoers and to refute the wicked.

Fri: That I will spend adequate time at the altar of the Lord, proclaiming aloud His praise.

Sat: For boldness to tell people about His wonderful deeds – the Good News of Jesus.

Sun: That I will cherish the Lord's House – the dwelling place of His glory.

Prayer Requests: Colossians 1:9-14

Mon: For God to fill me with the knowledge of his will through spiritual wisdom and understanding.

Tues: That I will always strive to live a life worthy of the Lord.

Weds: That I may please God by bearing fruit in every good work and by growing in my knowledge of Him.

Thurs: For the Lord to strengthen me with all power according to His glorious might.

Fri: That I may continue to have great endurance and patience.

Sat: That I will joyfully give thanks to the Father for qualifying me, and for my inheritance in the kingdom.

Sun: That I will joyfully give thanks to God for rescuing me from the dominion of darkness, as well as for my redemption and forgiveness of sins through Jesus Christ.

Praying for Holiness

(Adapted from an article in Discipleship Journal "Declaration of Dependence" by J. Bridges)

Mon: For God to renew my mind through His Word, giving me understanding and insight His Truth. (Rom. 12:2, Pr. 2:3)

Tues: That strong roots of Biblical conviction will develop and be consistently building in my heart. (Col. 2:6-7)

Weds: That God will make me alert and watchful for any internal sinful desires and for those situations and times where I am vulnerable to temptations.

Thurs: That the Lord will reveal any areas in my life where I am not living according to the Truth. (Ps. 139:23-24)

Fri: For God's perfect strength and wisdom to always choose right, saying YES to His will and NO to temptation. (Ps. 119:36-37)

Sat: That the Holy Spirit will conform my deeply rooted desires to imitate Jesus in loving righteousness and hating wickedness.

Sun: That God will enable and bless me in the discipline of holiness, revealing any sinful attitudes I am harboring (i.e. self-pity, resentment, covetousness, bitterness, anger, jealousy).

31 Qualities and Characteristics of a Godly Woman

Proverbs 31:10-31

1. Excellence (v. 10)
2. Virtue and Worthiness (v. 10)
3. Trustable and Honest; not hindering (v. 11)
4. Always good, never doing evil (v. 12)
5. Works with delight; makes things; excels in quality work (v. 13)
6. Willing to go/travel to feed family; frugal, getting the best buys (v. 14)
7. Not lazy; doesn't oversleep, rising early to prepare for the day (v. 15)
8. Generous to everyone; prepares and thinks of others (v. 15)
9. Smart and knowledgeable in business opportunities (v. 16)
10. Invests and saves money, earns supplemental income for family (v. 16)
11. Learns to be strong in the Lord; daily discipline (v. 17)
12. Good self image; self-confident and aware of strengths and talents (v. 18)
13. Works into the night if needed; always ready to help (v. 18)
14. Works hard with hands and abilities (v. 19)
15. Helps the poor and needy (v. 20)
16. Prepares for stormy times (v. 21)
17. Godly bold husband; a pillar in the community, standing up for God (v. 23)
18. Provides clothing for family and self (v. 22)
19. Makes and sells to provide for the family and for others (v. 24)
20. Inner strength and dignity that others can observe (v. 25)
21. Optimistic about the future, anticipates the end days (v. 25)
22. Smiles with enthusiasm (v. 25)
23. Speaks wisely and carefully (v. 26)
24. Teaches kindness (v. 26)
25. Looks out for the household; is clean and neat (v. 27)
26. Not idle or lazy (v. 27)
27. Loving, obedient children (v. 28)
28. Adoring husband who believes in her, praising and respecting her qualities (v. 28)
29. Strives to be the best of the best (v. 29)
30. Fears the Lord; loves him (v. 30)
31. Bears fruit others can see (v. 31)

(Study also: Prov. 14:1, 25:24, & 27:15-16; I Tim. 5:10,13; Eph. 5:22-24; Titus 2:3-5)

A Prayer Guide of monthly items for meditation in the areas of

Praise and Thanksgiving

Psalm 86

1. God inclines His ear and hears our requests (v. 1)
2. God guards our life and preserves our soul (v. 2)
3. He is our God (v. 2)
4. God saves us (v. 2)
5. He is trustworthy (v. 2)
6. He is graciously available all the time (v. 3)
7. God brings us joy: makes our souls glad (v. 4)
8. God is good (v. 5)
9. God stands ready to forgive (v. 5)
10. He is abundant in loving-kindness (v. 5, 15)
11. The Lord heeds all of our prayers (v. 6)
12. He will answer us (v. 7)
13. God has no equal (v. 8)
14. God does incomparable works (v. 8)
15. The Lord made all the nations (v. 9)
16. God deserves all the glory (v. 9)
17. The Lord is great (v. 10)
18. God does wonderful, marvelous deeds (v. 10)
19. He alone is God (v. 10)
20. God is the author of truth (v. 11)
21. His name is to be feared (v. 11)
22. God has great love toward us (v. 13)

23. He delivers us from the depths of the grave (v. 13)
24. God is merciful and compassionate (v. 15)
25. He is a gracious God (v. 15, 16)
26. The Lord is slow to anger (v. 15)
27. God is abounding in faithfulness (v. 16)
28. God has mercy on me and strengthens me (v. 16)
29. God gives me signs of His goodness (v. 17)
30. The Lord helps me (v. 17)
31. The Lord comforts me (v. 17)

Putting on the Armor of God

Ephesians 6:10-18

Father God, in Your mighty power and as an act of my will...

Sun: *I now put on the belt of truth. I commit my emotions to believe Your Truth. In my “gut” feelings, I know that you are truth.*

Mon: *I now put on the breastplate of righteousness. I confidently stand in what You have done on my behalf. I claim your protection of my “vital organs” moment by moment.*

Tues: *In now put on the shoes of readiness. I ask for opportunities to share the gospel of peace with those who do not know You, as I put on these “cleated shoes” and trust that You will give me firm footing and endurance for the race.*

Weds: *I now put on the shield of faith. I place my total faith in You and in Your unlimited resources at my disposal. I take hold of this faith shield to deflect all of the fiery darts that Satan aims at me to cause doubt, fear, or guilt.*

Thurs: *I now put on the helmet of salvation. I placed this assurance of my salvation over my mind to protect me from the “thought onslaught” of Satan. I commit to meditating today that Christ has reconciled, justified, redeemed, and forgiven me through His blood!*

Fri: *I now put on the sword of the Spirit. I take hold of the Word of God that His Spirit brings to my mind today, in order to attack and defeat the enemy deftly and at close range. I proclaim that Your Word is living, powerful, effective, and instructive.*

Sat: *I now commit to pray for all the saints. I lift up my friends, family, and Christians throughout the world who are undergoing the same trials of spiritual temptation that they will put on Your armor as protection.*

Prayer Guide for Praising God’s Qualities and Meditating on His Character

Psalm 18

1. You are my **Strength & Sustainer** (v. 1, 32, 35)
2. You are my **Rock** (v. 2, 31, 46)
3. You are my **Fortress** (v. 2)
4. You are my **Deliverer & Rescuer** (v. 2, 17, 19, 48)
5. You are my **Refuge** (v. 2, 30)
6. You are my **Shield & Armor** (v. 2, 30, 35)
7. You are my **Salvation** (v. 2, 27, 46)
8. You are my **Stronghold** (v. 2)
9. You are my **Protector** (v. 3, 48)
10. You are my **Help & Support** (v. 6, 18, 29)
11. You are my **Rewarder** (v. 20, 24)
12. You are my **Light** (v. 28)
13. You are my **Victory** (v. 35, 39, 40)
14. You are my **Avenger & Subduer** (v. 47)

Praying For My Husband

1. That I will be a **helpmate**, companion, friend, and support; forgiving him with unconditional love, while respecting his leadership. (Eph. 4:32)
2. Bless my husband's labor; give him confidence; help me to encourage him; help him handle the stress and pressure of **his job**. (Prov. 22:29)
3. That we will both commit our **finances** to You; to be good stewards of what You give us; to have wisdom to handle money wisely; that we will not be anxious about our finances. (Luke 12:29-31)
4. Bless his **sexuality**, make it fulfilling; protect us from manipulation, busyness, criticism, apathy, resentment, & disappointment; keep us pure & desirable to each other; deliver us from past mistakes; help us to remain sensitive to each other's needs. (1Cor. 6:18-20)
5. For open, effusive physical **affection** between us; teach us to demonstrate how much we care, and keep us from indifference and busyness. (Eph. 5:28-29)
6. Give him strength, courage, & self-control to resist **temptation**; deliver him from addictions, pornography, adultery, perversion; put a wall of protection around him. (Jms. 1:13-15)
7. Protect & shield his **mind** from the lies of the enemy; that he will discern Your voice and take all thoughts captive; cleanse his mind from impurity; transform/renew his mind; keep him "anxious for nothing". (Phil. 4:8)
8. Deliver him from **fears** that destroy & replace them with godly fear; unite his heart to fear Your name & rest in Your protection. (Isaiah 11:2)
9. That he will clearly hear Your call on his life; give him certainty of high **purpose**; enable him to walk worthy & not get sidetracked; strike down discouragement; lift him above circumstances; make his desires Your desires; give him patience for Your timing. (Ps. 20:4)
10. Give him wisdom and discernment in all decisions; help him seek Your truth & make godly **choices**; keep him from foolishness; enable him to recognize and avoid errors; make him respect & learn from godly counsel, but to hear Your counsel above all else. (Prov. 1:5)
11. Heal him of disease, injury, illness, infirmity, weakness; give him a strong heart & body to function as You designed it; that he will eat **healthy** food, avoid harmful things, and exercise regularly; that he will present his body (Your temple) as a holy, acceptable, & living sacrifice. (Psalm 103: 2-3)
12. **Protect him** from accidents, evil influence, violence, diseases; secure his steps; give him wisdom & discretion to stay safe and avoid danger; be his fortress and shield, his strength & stronghold, his rock, salvation, & defense; save him from the enemy. (Psalm 91:11-12)
13. Give him endurance, grace, mercy, & patience to wait on You; help him stand strong & not give up; strengthen his heart for battle; save him out of **his trials** & troubles; help him to continue diligently in prayer. (Psalm 34:6)
14. For **integrity** & teachability; for strength & courage not to compromise truth; keep him from deception; give him willingness to listen to the voice of wisdom; and that he will confess his mistakes quickly. (Psalm 7:8)
15. For honesty, trustworthiness, humility, & an untarnished **reputation**; keep him safe from gossip, lawsuits, & legal entanglements; defend & deliver him from enemies; guide him so that men will see his good works & glorify You; teach us both to put our trust in You. (Psalm 31:17-18)
16. That we will both seek You first each day & set our **priorities** in Your order; be Lord & Ruler of our hearts; that we will make time alone with You daily; enable us to place each other over all things and to demonstrate this in our actions. (Phil. 2:4)
17. For Godly, trustworthy, truthful male friends; for discernment about people who are poor influences; for good **relationships** with all people; to forgive & love his enemies; that we will remain best friends; give us believing married couples as friends. (1 John 1:7)
18. That he will be a **good father**; that he will want to know You as his Father & become like You; help him balance mercy, judgment, discipline, & instruction; to communicate well with his kids – patient, affirming, consistent, & understanding. (Prov. 23:24)
19. Enable him to let go of **his past**; deliver him from former conduct & habitual thinking; renew his mind to clearly discern Your voice; keep bitterness, resentment, & revenge out of his heart. (2 Cor. 5:17)
20. For Your love, peace, & control to fill him; that he will be patient, unselfish, & kind; re-lease him from anger & anxiety; for an **attitude** of joy & contentment. (Ezek. 18:31)
21. Shield our **marriage** from selfishness, neglect, & unhealthy situations; no thoughts of divorcee or infidelity; free us from jealousy, unrealistic expectations, past hurts, & relationships; unite us in friendship, commitment, generosity, & understanding; rid us of immaturity, hostility, inadequacy; that our love will grow stronger daily. (Mal. 2:15-16)
22. Free him from negative **emotions** – depression, anger, jealousy, hopelessness, anxiety, fear; teach me to understand & encourage him; don't let him bottle his emotions; show him how to share deeply with me; teach him to trust You, not his feelings. (Pr. 28:26)
23. Direct my husband's steps; teach him Your way & truth; lead him to a **deeper walk** & hunger for Your Word; reveal his sins; make him quick to confess/repent; enable him to walk in the Spirit, not in the flesh; may he bear the fruit of the Spirit. (Ps. 15:1-2)
24. Guard his **speech** from destructive words, grumbling, & foul language; may he speak only godly, edifying, & life-giving words; let Your love overflow in him so he will build up, not tear down; for each of us to speak with respect & encouragement. (Eph. 4:29)
25. Convict him of error in his life; cleanse him from secret sin; make him quick to confess; bring him to full **repentance**; remove pride – work in him a humble heart. (Pr. 28:13)
26. For **deliverance** from things that bind him; keep him from discouragement; be his Refuge & Fortress of Defense from the enemy; put Your full Armor upon him. (Ps. 18:2,3)
27. Reveal disobedience in *my* life & show *me* any selfish, critical, resentful, unforgiving, or bitter attitude; give him a heart for **obedience** & for praise; help him bring thoughts & actions under Your control; teach him to embrace discipline & discipleship. (Jer. 7:23)
28. That he will find his identity in You & understand his worth; that he will recognize & appreciate the qualities/talents You've given him; help him realize it's Your perfection that will get him through this life; give him the security to know he's accepted; may his true **self-image** be the image of Your Son stamped upon his soul. (Col. 3:9-10)
29. Give him an added measure of **faith** today; increase his ability to believe in you, Your Word, promises, & power; may he trust & rely totally on You with unfailing certainty; feed his soul with Your faith-giving Word; make his faith a protective shield. (Rom. 14:23)
30. Give my husband a vision and hope for **his future**; help him to understand that Your plans are good; fill him with wisdom, understanding, and knowledge of Your will; may he not walk in doubt or fear; show him how to invest in his future – don't let him lose his sense of purpose; keep him fresh, flourishing & bearing fruit all his life. (Jer. 29:11)

(Summarized from Stormie Omartian's book *The Power of a Praying Wife*)

WHO I AM IN CHRIST

Mon: I am of value to God, or Christ died in vain

Tues: Three things are eternal – God, His Word, & His people

Wed: Wait on the Lord patiently, hope with expectancy, abide in him

Thurs: Be still and know that He is God

Fri: You will know the truth, and the truth will set you free

Sat: Present your bodies and renew your mind

Sun: He is abounding in riches for all who call upon Him.

IN CHRIST, I AM:

1. A child of God (Jn. 1:12)
2. Adopted and chosen by God (Eph. 1:5)
3. A new creation (2 Cor. 5:17)
4. A branch, a channel that His life flows through (Jn. 15:16)
5. His daughter; He is my Father (Rom 8:14-15; Gal. 3:26, 4:6)
6. Christ's friend (Jn. 15:15)
7. A temple or dwelling place of God (1 Cor. 3:16, 6:19)
8. Sealed by his Holy Spirit – irrevocable (Eph. 1:13)
9. A joint heir with Christ, sharing His inheritance (Rom. 8:17)
10. Reconciled by God (2 Cor. 5:18-19)
11. The salt of the earth (Mt. 5:13)
12. The light of the world (Mt. 5:14)
13. A "living stone" used in His house (1 Pet. 2:5)
14. One spirit with Him (1 Cor. 6:17)
15. A member of Christ's body (1 Cor. 12:27; Eph. 5:30)
16. His workmanship; His handiwork; His tapestry (Eph. 2:10)
17. Righteous and Holy (Eph. 4:24)
18. A citizen of Heaven, seated in Heaven right now (Phil. 3:20)
19. Chosen by God, Holy, and dearly loved by Him (Col. 3:12)
20. A child of Light and not darkness (1 Th. 5:5)
21. Part of His chosen race, a royal priesthood, a holy nation, a people for God's own possession (1 Pet. 2:9-10)
22. An heir of eternal life and eternal home (1 Jn. 5:11-12)
23. An enemy of the devil (1 Pet. 2:9-10)
24. Dead to the power of sin's rule over my life (Rom 6:16)
25. Establishing God's Word here on earth (Matt. 16:19)
26. Justified completely, forgiven and made righteous (Rom 5:1)
27. Free from condemnation (Rom 8:1)
28. A child with direct access to God through His Spirit (Eph. 2:18)
29. A child with the mind of Christ (1 Cor. 2:16)
30. Complete in Christ (Col. 2:10)

Confession:

Getting Right Before God

Psalm 15: A Prayer Guide for self-evaluation

"Lord, who may dwell in Your sanctuary? Who may live on Your holy hill?" (Psalm 15:1)

1. Is my walk (my actions, my lifestyle) blameless and above reproach?
2. Am I always striving to do what is righteous?
3. Do I consistently speak the truth from my heart?
4. Are my conversations absent of slander?
5. Am I treating my neighbor as I should (no wrongs)?
6. Do I cast slurs on my fellowman (gossip, complaining, talking negatively behind someone's back)?
7. Do I despise evilness or do I tolerate it? Condone it? Encourage it? Engage in it?
8. Am I honoring and respecting all those who fear the Lord or am I stirring up contention, divisiveness, or jealousy among the brothers?
9. Do I keep my oaths even when it hurts or is difficult?
10. Am I willing to lend money without interest or profiting in any way?
11. Have I accepted any bribes or compromised in any way that would affect my witness to those around me?

If I am innocent before God in these areas, confessing and having been forgiven, I will never be shaken and I may come into His presence, dwell in His sanctuary and bow before His throne in supplication.

SHORT-TERM GOALS
Ending date: _____

1. *Spiritual:* _____

2. *Evangelical:* _____

3. *Work-Related:* _____

4. *Health:* _____

5. *Social/Recreation:* _____

6. *Family:* _____

7. *Financial:* _____

PRAYER NEEDS

"...in all your prayers ask God for what you need, always asking Him with a thankful heart." (Phil 4:6)

PRAISE & THANKSGIVING

+	+
+	+
+	+
+	+

PERSONAL NEEDS & CONCERNS

+	+
+	+
+	+
+	+

ADDITIONAL DAILY CONCERNS

+	+
+	+
+	+
+	+

SPECIAL REQUESTS

+	+
+	+
+	+
+	+

CHURCH & MINISTRY

+	+
+	+
+	+
+	+

FAMILY

+	+
+	+
+	+
+	+

Prayer Guide for a Disciple-maker

Pray for one characteristic in your life each day of the month

1. Good reputations with non-Christians; no dishonesty or cheating (1Cor. 5:11)
2. Worthy of respect/trustworthy (Luke 16:10)
3. No slander, malicious talk or gossip (Eph 4:29)
4. Hold to the deep truths of faith (1 Tim. 3:9)
5. No drunkenness or sexual immorality (Rom 13:13)
6. Fearlessly declare the mystery of the Gospel (Eph. 6:19)
7. Behave accordingly to biblical truths (Col 1:10-12)
8. Stand firm; don't compromise (Phil. 4:1)
9. Set my mind on things above (Phil. 4:8)
10. Content in Christ's strength and God's control (Phil 4:12-13)
11. Clothed in modesty and good deeds (1 Tim. 2:9-10)
12. Pursue/continue in faith, love, holiness, righteousness, peace (2 Tim. 2:22)
13. Temperate, self-controlled, clear-minded (1Pet. 4:7)
14. Respectable and sincere (1 Tim. 3:2)
15. Hospitable and kind (2 Tim. 2:24)
16. Devoted to sharing Scripture and to preaching the Word (1 Tim. 4:13)
17. Diligence, consistency, commitment, discipline (2 Chron. 31:21)
18. Eagerness; no resentment (Titus 2:11-14)
19. Able and ready to teach (2 Tim. 2:24)
20. Not quarrelsome or argumentative (Prov. 26:21)
21. Not materialistic, greedy, or a money lover (1 Tim. 6:6-11)
22. Not conceited; boast in Christ and the Word only (2 Cor. 10:13)
23. Do the work of evangelism (2 Tim. 4:5)
24. Patient; not quick-tempered (Titus 1:7)
25. Not overbearing, bossy, or controlling (1 Pet. 5:2-3)
26. Gentle and quiet spirit (Eph. 4:2)
27. Pure, reverent behavior; submissive to authority (1 Pet. 5:5)
28. Live in harmony and be sympathetic (1 Pet. 3:8)
29. Keep the tongue from evil; no deceitful speech (1 Pet. 3:10)
30. Integrity; blameless/clear conscience/above reproach (1 Pet. 3:16)
31. Use gifts/talents to serve others (1 Pet. 4:10)

PRAYING FOR HUMILITY

Proud People	Broken People
1. Focus on the failure of others	Are overwhelmed with their own spiritual need
2. Are self-righteous; have a critical, fault-finding spirit; look at their own life with a telescope, but others' with a microscope	Are compassionate; have a forgiving spirit; look for the best in others
3. Look down on others	Esteem all others better than self
4. Are independent; have self-sufficient spirit	Have a dependent spirit; recognize others' needs
5. Maintain control; must have it their way	Surrender control
6. Have to prove that they are right; claim rights	Are willing to yield the right to be right; yield rights
7. Have a demanding spirit	Have a giving spirit
8. Are self-protective of time, right, reputation	Are self-denying
9. Desire to be served	Are motivated to serve others
10. Desire for self-advancement	Desire to promote others
11. Are driven to be recognized and appreciated; are wounded when others are promoted and they are overlooked	Have a sense of unworthiness; are thrilled to be used at all; are eager for others to get the credit; rejoice when others are lifted up
12. Think, "The ministry is privileged to have me!"	Think, "I don't deserve to serve in this ministry!"
13. Feel confident in all they know	Are humbled by how much they have to learn
14. Keep people at arm's length	Risk getting close to others; are willing to take the risks of loving intimately
15. Are quick to blame others	Accept personal responsibility; can see where they were wrong
16. Are unapproachable	Are easy to be entreated

Proud People	Broken People
17. Are defensive when criticized	Receive criticism with a humble, open heart
18. Are concerned with being respectable; concerned about what others think	Are concerned with being real; know all that matters I what God knows
19. Work to maintain their image and protect their reputation	Die to their own reputation
20. Find it difficult to share spiritual needs with others	Are willing to be transparent with others
21. Want to be sure no one finds out about their sins	Are willing to be exposed; know that once they are broken, there's nothing to lose
22. Have a hard time saying, "I was wrong. Would you forgive me?"	Are quick to admit fault and to seek forgiveness
23. Deal in generalities when confessing sin	Deal in specifics
24. Are concerned about the consequences of their sin	Are grieved over the root of their sin
25. Are remorseful for being caught	Are repentant over sin and forsake it
26. Wait for the other party to come and ask for forgiveness in conflict	Take the initiative to be reconciled
27. Compare themselves with others and feel deserving of honor	Compare themselves with the holiness of God and feel desperate for mercy
28. Are blind to their true heart condition	Walk in the light
29. Don't think they have anything of which to repent	Have a continual heart attitude toward repentance
30. Don't think they need revival (think everyone else does)	Continually sense their need for a fresh encounter with the filling of the Holy Spirit

7 Biblical Heart Attitudes

As a disciple of Jesus, I realize that often I will need to...

1. Put the goals and interests of others above my own (Phil. 2:4)
- 2. Live an honest and open life before others (Eph. 4:25)**
3. Give and receive scriptural correction (Heb. 3:13)
4. Clear up relationships (Matt. 5:23-24)
5. Participate in the ministry of my church (1 Peter 4:10)
6. SUPPORT THE WORK FINANCIALLY (2 COR. 9:7)
7. Follow spiritual leadership within scriptural limits and make it a joy for them (Heb 13:17)

