



Midweek Study

Strategies for Prevailing Prayer



PATTERNS OF PRAYER

No person will ever conform to the “image of Christ” apart from having a meaningful time with God daily in prayer

1 John 5:14-15: *Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.*

A PERSONAL PRAYER PLAN

Prayer must not be left to convenience or feelings. Jesus Himself prayed **persistently** and **regularly** (Mark 1:35). A well-thought-out plan will help you develop a consistent prayer life.

Step 1: Read the Bible

- Before you begin to read, bow your head, be quiet for a moment and clear your mind.
- Begin by asking God to speak to you through His Word.
- Use a reading plan...like read the Bible in a year or some systematic plan.
- Write down, highlight, or underline meaningful verses.

Step 2: Patterns of prayer

The ACTS Framework

1. **A – Adoration:** Adoration is praising God for who He is—His character, attributes, and greatness. It focuses on worship rather than requests.

Psalm 34:3 Oh, magnify the Lord with me, and let us exalt His name together.

2. **C – Confession:** Confession involves acknowledging our sins before God, repenting, and seeking His forgiveness. This restores our fellowship with Him.

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

3. **T – Thanksgiving:** Thanksgiving is expressing gratitude to God for His blessings, provision, and answered prayers. It shifts our focus from what we lack to what we have received.

1 Thessalonians 5:18 “In everything give thanks; for this is the will of God in Christ Jesus for you.”

4. **S – Supplication:** Bring your requests and intercessions before God for yourself and others.

1. Intercession – Praying for other’s needs.
2. Petition – Focus your prayer on your needs

Philippians 4:6 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Step 3: Use a Weekly Prayer Calendar

Dedicate specific days to pray for particular topics:

- **Sunday:** Church Staff and Ministries
- **Monday:** Missionary Monday
- **Tuesday:** Two Friends Tuesday
- **Wednesday:** Worship Wednesday
- **Thursday:** Thankful Thursday
- **Friday:** Family Friday
- **Saturday:** Government leaders

A calm hour with God is worth a lifetime with man.
– Robert Murray McCheyne

Forgive us for thinking that prayer is a waste of time and help us to see that without prayer our work is a waste of time. – Peter Marshall

Remember, we don't pray to change God. Prayer allows God to change me. – A.W. Tozer

Breath Prayers

These are short, simple prayers that can be repeated throughout your day. For example:

- “Lord Jesus Christ, Son of God, have mercy on me, a sinner.”
- “I trust You, Lord.”
- “Your will, not mine, be done

Scripture Prayers

Use Bible verses as the foundation for your prayers. For example:

- Psalm 100: A prayer of thanksgiving and praise.
- Psalm 51: A prayer of repentance.
- Psalm 121: A prayer of trust in God’s protection.

ENCOURAGEMENT

God desires to meet with you daily. Regular prayer builds strength, comfort, guidance, and dependence on God in your life. Make time each day to talk with Him honestly and openly. He is waiting for you.