

Prayer Guide

Prayer throughout Daniel is a central rhythm and practice. In fact it was common practice to pray 3 times a day. This discipline is referred to as fixed hour of prayer. That doesn't mean you pray for three hours a day. Rather there were three fixed time slots for prayer each day.

As we find ourselves in this unique time and place one of the primary opportunities for growth seems to be in the area of prayer.

This week I thought I'd encourage us to practice this discipline throughout the week. With a morning, midday and evening/bedtime prayer prompt. Fight for a fixed time especially for midday prayer, if we do not plan for it, and commit to it most likely the midday prayer time will be eaten up by something else.

Morning (few minutes)

First thing, before any screens, before breakfast, even before coffee, take time in your bed, or if you're able I strongly encourage you to roll out of your bed and kneel at your bedside to start your day with a prayer like we learned this week in Daniel.

"God you are God and I am not, Jesus I need you today and want to be with you. Would you give me eyes to see what you are doing today? I trust you with today, help me serve you and others today."

End with the Lords Prayer:

"Our Father who is 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 sins as we forgive those who sin against us, and lead us not into temptation but deliver us from evil."

Midday - Contending Prayer

Contending prayer is a place where we look to God for renewal and revival. Where we look at how God has moved throughout history and ask him to do it again. We look at God's character and desire like we see in Timothy that all would come to a saving knowledge of him. Remember as Paul reminds us in Ephesians 6:12 the battle we are in is not one of flesh of blood but

against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. So then let us contend in the spiritual places in prayer.

How to structure contending prayer time.

- Pray for those in your life your sphere of influence who may be far from God. Pray for them by name.
 - Neighbors
 - Family
 - Co-workers
 - Friends
- Pray for our city, nation, and world for God's kingdom to come.

Evening - Prayers of Gratitude and Thanksgiving

How you start and end your days play a huge role in our discipleship to Jesus. This week in Daniel we were reminded that all belongs to God, and any blessing we have ultimately comes from our Heavenly Father who gives good gifts to his children.

1 Thessalonians 5:18 Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

As you climb into bed, or if you prefer kneeling by your bedside, end your day in gratitude and thanksgiving to God for the day. Take a few moments to take an inventory of the day and ask the Holy Spirit to remind you of the things he wants you to see. Be as specific as possible and try and avoid generalities during this time. Since God hasn't been generically faithful, generous, loving, forgiving, but specifically faithful, generous, loving and forgiving be specific with your thanksgiving as well. Then start your time of thanksgiving.

"Thank you for ..." and end your time with, "and even now as I lay my head down to sleep God I just want to be with you."