



10

2

drink a  
BITE TO EAT



9

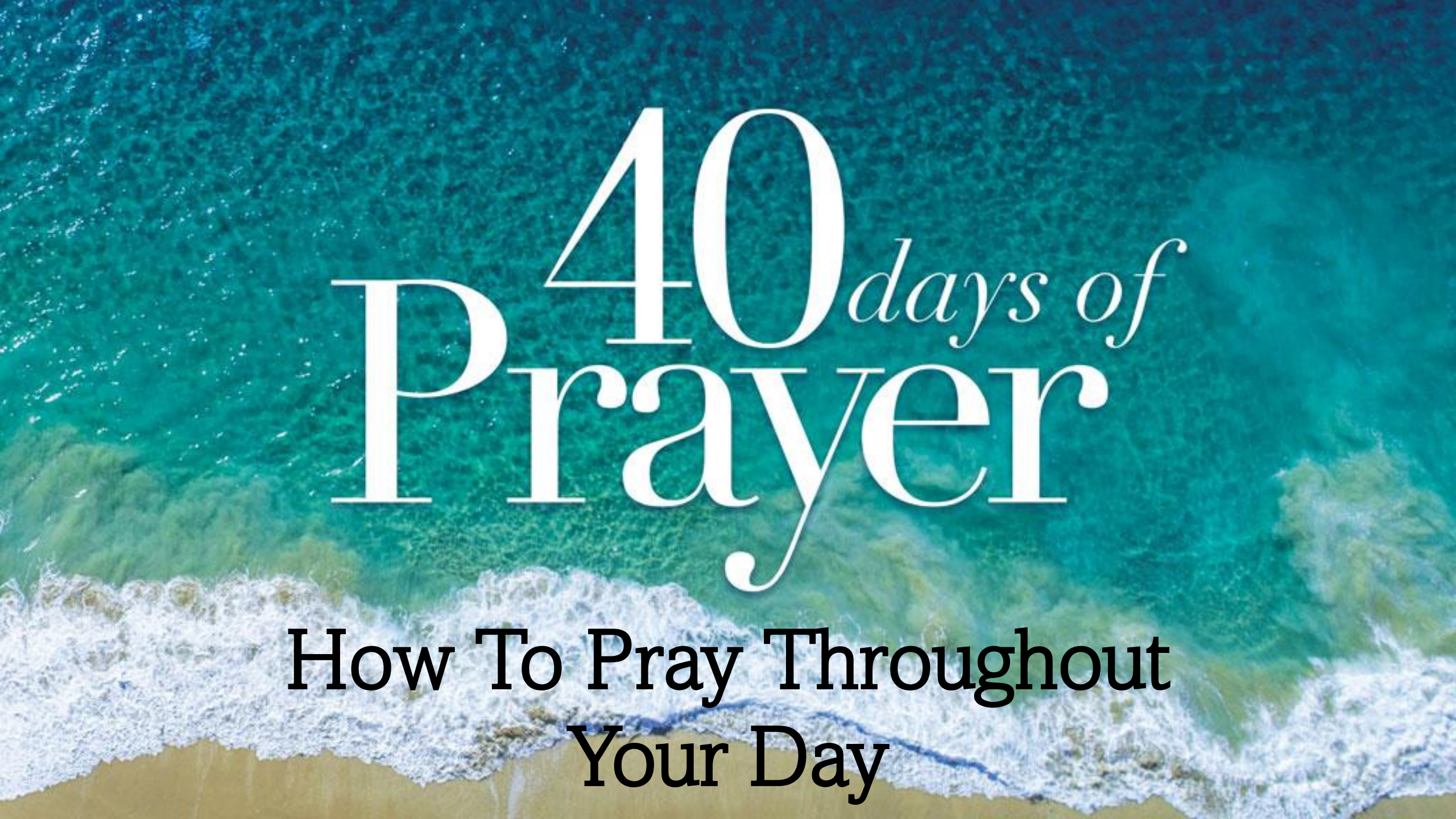
3

at 10 2 o'clock



8

4



# 40 *days of* Prayer

How To Pray Throughout  
Your Day

## How To Pray Throughout Your Day

- **Keep A Running Conversation With God**
  - *“Pray on every occasion, as the Spirit leads” Eph 6:18*
  - *“Pray without ceasing” 1Thess 5:17*
- **Schedule Prayer Throughout Your Day**
  - *“Seven times a day I praise you” Psm 119:164*
- **Pray 7 Times A Day To Pray Built On The Lord’s Prayer**
- \_\_\_\_\_ **Get Up With Gratitude**
  - *Your father knows what you need before you ask him, so this is how you should pray, “our Father who is in heaven” Mt 6:9*
- \_\_\_\_\_ **Bless God’s Name At Breakfast**
  - *“Hallowed be your name” Matt 6:9*
  - *“Every day I will bless your name” Psm 145:2*
- \_\_\_\_\_ **At Midmorning, Remember What Matters Most**
  - *“May your kingdom come, may your will be done” Mt 6:10*
  - *“Seek first His kingdom all other things will be given to you” Mt 6:33*

# How To Pray Throughout Your Day

## Keep A Running Conversation With God

*“Pray on every occasion, as the Spirit leads” Eph 6:18*

*“Pray without ceasing” 1Thess 5:17*

## Schedule Prayer Throughout Your Day

*“Seven times a day I praise you” Psm 119:164*

# How To Pray Throughout Your Day

## \_\_\_\_\_ Get up with Gratitude

*Your Father knows what you need before you ask him, so this is how you should pray, "Our Father who is in heaven"*

Mt 6:9

Find 5 things you can be grateful for!

# How To Pray Throughout Your Day

\_\_\_\_\_ Bless God's Name At Breakfast

*"Hallowed be your name"*

*Matt 6:9*

*"Every day I will bless your name"*

*Psm 145:2*

# THE NAMES OF GOD

*El Ohim*  
GOD THE CREATOR(S)

*El Elyon*  
GOD MOST HIGH

*El Shaddai*  
GOD ALMIGHTY

*Adonai*  
MY LORD

*Jehovah/Jahweh*  
PERSONAL NAME

*I AM*  
THE EXISTING ONE

*Jehovah Jireh*  
GOD MY PROVIDER

*Jehovah Rophe*  
GOD MY HEALER

*Jehovah Nissi*  
GOD MY BANNER OF WAR

*Jehovah N'kaddesh*  
GOD MY HOLINESS

*Jehovah Shalom*  
GOD MY PEACE

*Jehovah Sabaoth*  
GOD WHO FIGHTS MY BATTLES

*Jehovah Rohi*  
GOD MY SHEPHERD

*Jehovah Tsidkenu*  
GOD MY RIGHTEOUSNESS

*Jehovah Shammah*  
GOD EVER PRESENT

Who do you need  
Today?



# How To Pray Throughout Your Day

\_\_\_\_\_ At Midmorning, Remember What Matters Most

*“May your kingdom come, may your will be done”*

Mt 6:10

*“Seek first His kingdom all other things will be given to you”*

Mt 6:33

# How To Pray Throughout Your Day

## \_\_\_\_\_ List Your Needs At Lunch

*"Give us today our daily bread"*

Mt 6:11

~What I need:

*"Ask for anything in my name"*

John 14:13

~What others need:

*"I'd be sinning against God if I failed to pray for you"*

1Sam 12:33

# How To Pray Throughout Your Day

## \_\_\_\_\_ Ask For Forgiveness In The Afternoon

*“Forgive us our sins as we forgive those who sin against us”*

*Mt 6:12*

~Ask for forgiveness for your sin: 1Jn 1:9

~Choose to forgive others who sin against you: Eph 4:32

# How To Pray Throughout Your Day

                     In The Evening Ask For God To Help You Make Wise  
Decisions

*“And lead us not into temptation, but deliver us from the evil one”*  
Matt 6:13

*“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”*  
James 1:5-6

# How To Pray Throughout Your Day

\_\_\_\_\_ End The Day With Assurance Of God's Protection  
And Power

“For yours is the kingdom, and the power, and the glory, forever!  
Matt 6:13

Jer 29:11 “I know the plans I have for you, plans to prosper you, not to harm you, plans to give you hope and future”

Jer 31:3 “I have loved you with an everlasting love, therefore I have continued my faithfulness to you!”

Mt 6:25-26 “Don't be anxious about your life...eat, drink, wear...He provide for birds of air...more valuable”

Prov 3:5-6 “Trust in the Lord with all your heart, lean not on you own understanding...”

Challenge For This Week  
Pray 7 Times A Day EVERY Day!

*“Seven times a day I praise you”*

Psm 119:164