

Integrity Community Church
My Prayer Table

Focus on a semi-structured prayer format for 5 days, and then on 2 days “freelance” your prayer time. Refer to the messages on the Lord’s Prayer to add specific points in your prayers.

	Day 1	Day 2	Day 3	Day 4	Day 5
Praise <i>Matthew 6:9</i> <i>....Our Father in heaven, may your name be honored.</i>	Jehovah-Jireh "The Lord my <u>Provider</u>" (Genesis 22:14). Jehovah-Nissi "The Lord my <u>Banner</u>" (Exodus 17:15; Eph. 6:11-18).	Jehovah-Shalom "The Lord my <u>Peace</u>" (Judges 6:24; Phil. 4:6-7). Jehovah-Sabaoth "The Lord of Hosts" (1 Samuel 1:3; Jeremiah 11:20;	Jehovah-Tsidkenu "The Lord my <u>Righteousness</u>" (1 Cor. 5:18; Jeremiah 23:5-6; Jeremiah 33:16). Jehovah-Shammah "The Lord my <u>Indwelling Presence</u>" (1 Cor. 3:16; Ezk. 48:35)	Jehovah-Rophe "The Lord my <u>Healer</u>" (Isa. 53:4-5; 1 Peter 2:24; James 5:14-16) Jehovah-Rohi "The Lord my <u>Shepherd</u>" (Ps. 23:1; Jn. 10:14).	Jehovah-Mekaddesh "The Lord my <u>Sanctification</u>" (Exodus 31:13; 1 Jn. 1:9). Jehovah-Sabaoth "The Lord of Hosts" (1 Samuel 1:3; Jeremiah 11:20;
Priority <i>Matthew 6:10 (NLT) May your Kingdom come soon. May your will be done here on earth, just as it is in heaven.</i>	May You, Jesus, be known in all the world – from my neighborhood to the ends of the earth. <i>Help me be a part of that!</i> May Your purposes be fully completed in this world, and <i>Help me carry out your will on earth just as efficiently as it is carried out in heaven.</i> Help me to reach my full Kingdom potential. <i>Make a desire for the fulfillment of Your Kingdom to be my greatest passion, and for me to reach my full Kingdom potential.</i>	Give me a BIG <u>Kingdom vision</u> – Help me think BIG and pray BIG about Your Kingdom. Help me deal with the tension of <u>perspective</u> by shifting my mindset from a physical paradigm to a <u>spiritual</u> mindset. <i>Matthew 6:19-20 (NLT) "Don't store up treasures here on earth, where they can be eaten by moths and get rusty, and where thieves break in and steal. [20] Store your treasures in heaven, where they will never become moth-eaten or rusty and where they will be safe from thieves.</i> Take away my fear of the unknown	Help me develop consistent daily <u>Kingdom focus</u>. <i>Help me to daily.....</i> <i>1) desire for Your mind & heart,</i> <i>2) surrender of my own will,</i> <i>3) download of Your will..</i> Help me deal with the tension of trust with a mindset shift from sight to <u>faith</u>. <i>Matthew 6:21 (NLT) Wherever your treasure is, there your heart and thoughts will also be.</i> Take away any fear of failure I may have!	Help me to establish <u>Kingdom priorities</u>. <i>"God, May my priorities be in alignment with Yours."</i> List some of those proper priorities and pray about them becoming a deeply engrained part of your life! Help me with the tension of <u>activity</u> with a mindset shift from prioritizing that which is urgent to prioritizing that which is important; <i>Matthew 6:22-23 (NLT) "Your eye is a lamp for your body. A pure eye lets sunshine into your soul. [23] But an evil eye shuts out the light and plunges you into darkness. If the light you think you have is</i>	Help me to establish <u>Kingdom priorities</u>. <i>"God, May my priorities be in alignment with Yours."</i> List some of those proper priorities and pray about them becoming a deeply engrained part of your life! Help me deal with the tension of <u>stewardship</u> by shifting from a mindset of greed to a life of great <u>generosity</u>. <i>Matthew 6:24 (NLT) "No one can serve two masters. For you will hate one and love the other, or be devoted to one and despise the other. You cannot serve both God and money.</i> Take away my fear of scarcity, that makes me want to keep what I have, and a fear of rejection that makes me want to

<p>Provision <i>Matthew 6:11</i> <i>Give us our food for today,</i></p> <p>Each day praise Him as...</p> <p>Jehovah-Jireh "The Lord my Provider" (Genesis 22:14)</p>	<p><i>"Lord, forgive my independence from You, This is a major source of worry for me. When I move away from you, I tend to drift, and I can't see the way."</i></p> <p>Confess to Him areas of your life that you try to handle on your own. For each area, ask Him to make you willing to become more dependent on Him. <i>Matthew 6:25 "If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion.</i></p> <p>Daily Challenge: <i>How prominent are God's principles in driving decisions about finances, material goods, etc.?</i></p> <p>Pray that you'll <u>Embrace</u> God's love of providing for</p>	<p><i>Lord, Help me seek Your wisdom first – before making decisions. Forgive my impulsiveness in managing the resources you have entrusted to me. I know quick decisions that don't incorporate Your wisdom are dangerous, and usually wrong.</i></p> <p>Confess to God impulsive decisions you have made and ask Him to help you learn from them – not to repeat mistakes!</p> <p><i>Matthew 6:25-26 "..... There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. [26] Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds.</i></p> <p>Daily Challenge: <i>How committed am I in seeking God's wisdom in decisions about finances, material goods, etc.?</i></p>	<p><i>Lord, Help me to conform to the image of Your Son Jesus, and not to secular culture. Help me see the uniqueness with which You have made me – and help me find security in that identity – without feeling the pressure to "fit in" with those around me.</i></p> <p>Confess to God any areas of your life in which you feel insecure – because your desire has been to live up to the standards of people rather than the standards of God. <i>Matthew 6:28-29 (Msg) All this time and money wasted on fashion-do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop,</i></p> <p>Daily Challenge: <i>Am I willing to resist the temptation to compare my situation with that of others? Am I willing to admit that when I compare, it will lead to either pride or envy?</i></p>	<p><i>really darkness, how deep that darkness will be!</i></p> <p>Take away my fear of inconvenience, and my ignorance of the light.</p> <p><i>Father, Help me to better know Your methods of provision for me. As you want me to stretch in that tension of trust, help me move from living life by sight to living life by faith. Teach me again and again how You take care of me, and help me not to take Your provision for granted.</i></p> <p>Confess to God areas in your life in which you are not expressing gratitude to Him. Ask Him to make You more naturally grateful for His provision. <i>Matthew 6:31-32 ... I'm trying to ... get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things but you know both God and how he works.</i></p> <p>Daily Challenge: <i>Do I live my life as if to say, "it all depends on me."?</i></p>	<p>"fit in" with the world.</p> <p><i>Father, teach me to Live life one day at a time. Living one day at a time is tough. I can't do it without faith. Just as you taught the Israelites to trust You for manna in the wilderness – only enough for each day – teach me to know that You will meet my needs in a similar manner.</i></p> <p>Confess to God concerning areas of worry about the future. Tell Him about areas that seem to consume your thoughts. He knows about these areas, but He wants you to tell Him anyway. <i>Matthew 6:34 "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.</i></p> <p>Daily Challenge: <i>Jesus said "Plan for tomorrow, but live in today." Do I live my life with a healthy balance between these two aspects of life?</i></p>
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	<p>you. <i>Matthew 6:30 (NLT)</i> ³⁰ <i>And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, <u>he will certainly care for you.</u> Why do you have so little faith?</i></p>	<p>Pray that you'll <u>Trust</u> God's methods of provision. <i>Matthew 6:31–32 (NLT)</i> ³¹ <i>“So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but <u>your heavenly Father already knows all your needs.</u></i></p>	<p>Pray daily for God's Will as your top priority. <i>Matthew 6:33 (NLT)</i> ³³ <i>Seek the Kingdom of God* above all else, and live righteously, and he will give you everything you need.</i></p>	<p>God is more interested in <u>the heart</u> rather than <u>outcomes</u>. <i>John 14:12–14 (NLT)</i> ¹² <i>“I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father. ¹³ You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. ¹⁴ Yes, ask me for anything in my name, and I will do it!</i></p>	<p>Pray for the focus to live life <u>one day at a time</u>. <i>Matthew 6:34 (NLT)</i> ³⁴ <i>“So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.</i></p>
<p>Pardon <i>Matthew 6:12 (NLT) and forgive us our sins, just as we have forgiven those who have sinned against us.</i></p>	<p>“Lord, Help me detect sin at the point of conception in my mind, and to ask for forgiveness at that point, before it goes any further!” At this level, a thought moves into the heart, creating desire. <i>James 1:14-16</i> <i>But people are tempted when their own evil desire leads them away and traps them. This desire leads to sin, and then the sin grows and brings death.....</i></p>	<p>“Lord, use the consequences of my sin to remind me of my <u>potential for hurting You!</u>” When we sin, God is the PRIMARY VICTIM! <i>Hebrews 10:26</i> <i>If we give up and turn our backs on all we've learned, the truth ... we repudiate (to disown, to annul) Christ's sacrifice (Msg)</i></p>	<p>“Lord, use the consequences of my sin to remind me to <u>depend on You to prevent future sin.</u>” The deeper we get into sin – the more times we give into temptation, the tougher it is to come out of it. <i>James 4:7</i> <i>Submit yourselves, then, to God. Resist the devil, and he will flee from you. (NIV)</i></p>	<p>“Lord, use the consequences of my sin to remind me about <u>Your mercy.</u>” When we recognize God's displeasure, sincerely ask for forgiveness, and repent, God typically keeps the consequences from being worse than they could be! <i>Micah 7:18</i> <i>Where is another God like you, who pardons the sins of the survivors among his people? You cannot stay angry with your people forever, because you delight in showing mercy. (NLT)</i></p>	<p>“Lord, use the consequences of my sin to remind me about the <u>impact of my sin on others.</u>” People are always affected by our sin. Even if something is hidden, the relationship is affected, as there is an absence of true honesty in the relationship. <i>1 Cor. 10:13</i> <i>But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will</i></p>

Personal Relationships

Matthew 6:12 (NLT) and forgive us our sins, just as we have forgiven those who have sinned against us.

“Lord, I’m giving You permission to withhold forgiveness from me if I withhold it from others. Please help me forgive as readily and completely and You are willing to forgive me!”

When I neglect the giving of forgiveness to others, I put myself at risk of not receiving forgiveness from God.

Matthew 6:12 (NLT) and forgive us our sins, just as we have forgiven those who have sinned against us.

“Lord, Loving others like You love is preventative. Help me live in such a way that makes forgiveness less necessary, by treating others in just the way I would want to be treated!”

Engaging others with the spirit of Jesus will minimize the need for forgiveness, as that kindness and respect will foster more Christ-like decisions and outcomes.

Matthew 7:12 (NLT) "Do for others what you would like them to do for you. This is a summary of all that is taught in the law and the prophets.

Lord, Help me to love generously by deferring to the needs of others without feeling slighted, and by living within the security of knowing external circumstances can't really hurt me. May my own needs become secondary.

A self-sacrificial attitude and lifestyle will enhance my influence with others, and will benefit them as they live their lives.

Philip. 2:3 Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself.

Lord, Help me forgive with generous forgiveness, granting forgiveness with the same Spirit with which You give it. Help me forgive unconditionally.

Proactive forgiveness is all about granting forgiveness before it is asked for.

Matthew 6:14-15 "If you forgive those who sin against you, your heavenly Father will forgive you. [15] But if you refuse to forgive others, your Father will not forgive your sins.

show you a way out so that you will not give in to it.

Lord, Help me be sensitive to others – and when I sense that someone has something against me, to take the initiative to bring resolution to the relationship.

Real courage is having the tough conversations with others, in order to resolve conflict in a healthy manner. This is about valuing the relationship so much that I'm willing to 'enter the danger zone.'

Matthew 5:23-24 (NLT) "So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, [24] leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

Protection
Matthew 6:13 (NLT) And don't let us yield to temptation, but deliver us from the evil one.

"Lord, give me the Energy and desire to study and know Your Word, and the wisdom to discern when I am confronted with thoughts & claims that don't hold up to Your Truth!"

The best way to detect falsehood is to be absolutely familiar with genuine truth.

Matthew 7:15 (NLT)
"Beware of false prophets who come disguised as harmless sheep, but are really wolves that will tear you apart."

"Lord, show me how to be a better 'fruit inspector'! Give me the wisdom to discern true Christ-followers from professing Christ-followers, and to know truth from heresy. Help me to never become one who compromises the truth of the Gospel."

Being a good judge of character comes out of the wisdom that only God can give.

Matthew 7:16 (NLT)
"You can detect them by the way they act, just as you can identify a tree by its fruit. You don't pick grapes from thornbushes, or figs from thistles."

"Lord, help me to remember that, no matter what situation I find myself in, that in You I am strong enough to endure it, and to get through it!" Help me remember that in Your protection, you don't promise to prevent temptation, but rather You promise to give me the resolve to resist the temptation.

The strength offered me by God in the midst of temptation is enough to allow me to avoid and resist the power of the temptation.

1 Cor. 10:13 (NLT) *But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.*

"Lord, Thank you that I am safe in your protection. Remind me that life is all about the long-term. Thank you that in Your salvation, you have made my purpose clear, and that You will reveal more and more to me as I grow in You."

God has so much that He wants to give us in eternity. He protects us spiritually so that we can enjoy those blessings forever.

1 Peter 1:4-5 (NLT)
⁴ and we have a priceless inheritance—an inheritance that is kept in heaven for you, pure and undefiled, beyond the reach of change and decay. ⁵ And through your faith, God is protecting you by his power until you receive this salvation, which is ready to be revealed on the last day for all to see.

"Lord, help me develop a spiritual perspective with a heart of humble generosity!. Grow my faith and help me focus on what's really important. I want to be more productive and useful in Your Kingdom."

The best protection is living a life of moral authority, which minimizes threats to my spiritual well-being.

2 Peter 1:5-8 (NLT) *⁵ In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, ⁶ and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love for everyone.*

⁸ The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.