

Outline for Daily Prayer

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I have discovered that there is more life-changing **power** in **consistent, daily, intercessory prayer** and journaling **than I ever imagined possible!**

At one point in my life, the difficult circumstances which I was facing left me with no other choice, I felt, but to seek God in sincere and earnest prayer. Despite the pain I was experiencing at the time, or maybe because of it, I noticed I felt a profound comfort and peace whenever I knelt in prayer during those dark days in my life. I realized this was the 'place where God is found'...a place of inner humility and brokenness mixed with a realization of my need for a 'power greater than myself.'

After visiting that 'place' of peace and serenity a few times, I knew that I wanted to keep re-visiting it again and again throughout the rest my life. It was then that I made a life-long commitment to daily prayer. I also made this commitment as a kind of bargain with God, in exchange for His answers to my prayers for help at the time (the "drowning man plea").

When I finally made that commitment, and started keeping it, my life quickly began to change for the better in just about every way. All manner of conflicts and challenges in my life either faded into the background or quickly got resolved.

I'm now convinced of the power and transforming effects which a life-long commitment to '*daily, early morning**, *intercessory prayer*' can bring.

Here's a brief outline which I use for my daily prayer times, during which I speak to God **verbally/out loud**, and which I keep track of in a journal.

Feel free to either use it as is or tailor it to your own use.

- 1. Acknowledge God** (e.g., "Hello God"; "I acknowledge that you exist, God, and that you're here with me right now", "I come into your presence now, Lord, with gladness and praise, and with thanksgiving in my heart...", etc)
- 2. Praise** (This is a brief time of praising the Lord, out loud.)
- 3. Thanksgiving and Gratitude** (This is a brief moment of being and feeling sincerely thankful to God for the good things in my life which I've been blessed with. Also, I take time here to specifically mention, out loud, several of God's blessings in my life that I'm thankful for.)
- 4. Forgiveness:**
 - a. Forgiving Others**, sincerely, whom I feel may have hurt me or wrong me.
 - b. Self-Accounting/Self-Examination** (This is a brief time of searching my mind and heart, as well as reflecting on the events of my life over the past few days...and then personally/privately **acknowledging and confessing** to God, out loud, any areas where I feel that I may have fallen, made mistakes, or hurt others.)
 - c. Asking for, and receiving, God's Forgiveness** for anything I've identified in b. above.

5. Intercession (Intercession is praying in an honest and heartfelt manner **for the specific needs of Others**) <-- THIS IS THE GOLD!!!!

People to consider interceding for regularly:

- a. Family members, with specific needs
- b. Co-workers and subordinates, and their specific needs
- c. Supervisors and others who are in positions superior to mine; I've found that it's extremely powerful to pray for any and all forms of authority - such as my immediate boss; mid-level managers; CEO; chain of command; the local mayor; the state governor; the President and his cabinet; Congressmen, etc; and even my landlord, if I'm a renter.
- d. Friends and neighbors, with specific needs
- e. Any Other Persons that I know of, or have heard of, who may have specific needs (ie, illnesses, legal or financial problems, relationship issues, etc)

6. Prayer for My Own Needs - This comes second to last during my prayer sessions, and this is where I pray very specifically for each of my own needs.

7. Meditation/Quiet Listening to God - This is a brief time of sitting in complete stillness and quietness, listening to and sensing the silent presence of God. This is when I allow God to speak to my heart...in still, silent communication.

Miscellaneous Notes:

Patience and Persistence in Prayer:

I like to keep in mind the lesson that Jesus taught, regarding the poor widow *who persistently and patiently kept knocking* on the judge's door...until the judge finally came out and granted the woman the request that she had. (Luke 18:1-8) **The KEY to effective prayer is maintaining PERSISTENCE;** Never giving up.

In order for prayer to be its most effective, **I must know and fully believe in my heart that God's help IS on the way**, for whatever need or request which I bring to Him in sincere and humble prayer. **God's answer starts to manifest from the first moment that I begin to pray for a need or a request...even though the complete manifestation of it does not always appear visible right away.** I realize that sometimes God's fulfillment of my needs and requests can take days, or weeks, or months, or even years...before I may actually see the help, the answer, or the miracle, in the visible arena.)

Prayer Time Length:

My prayer sessions are typically somewhere between 9 and 20 minutes, or so, long.

Prayer Journaling:

I've found that keeping track of my prayer sessions by using a journal or a notebook is a powerful means of ensuring that I stay focused during my prayer times, as well as ensuring that I maintain my commitment to daily prayer. In my prayer journal, I write down the start time, the stop time, and the total amount of time I've spent in prayer, for each session. Also, I write down the names of each person I've

prayed and interceded for (and, ideally, the specific needs of theirs which I've prayed for). I also write down each of my own personal specific needs which I've prayed for. Currently, I use a pre-printed prayer guide that I've made, which contains the prayer outline described above.

** Note: While I've found that early morning is the best and most fruitful time of the day to conduct my daily prayer sessions, on some days I'm not always able to pray in the morning. When this happens, I don't stress it. Instead, I just try to make sure that I get my prayer session done at least some time during that day or evening, before my day ends and before going to bed that night.*

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."
Matthew 7:7 (NIV)