

**"Lord Teach Us To Pray.."**

**Luke 11:1**

**HOW TO HAVE A DAILY QUIET TIME ALONE WITH GOD**

**Rev. John S. Mahon**

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## Dedication

*This workbook is dedicated to Sam Clark, missionary, friend, spiritual mentor and godfather to my son, after whom he is named. It was by his guidance and influence that I became convinced of the practice of the daily quiet time alone with God.*

The following short workbook is designed to aid the growing disciple through the introduction of the Daily Quiet Time Alone With God. It will take him from the beginning of the simple discipline of prayer and meditation upon the Word of God to the use of a prayer note book. It is the conviction of the author that the Daily Quiet Time Alone With God is the foundational discipline of Discipleship, upon which all others are built. It has been my experience that while only about one in ten of those who are involved in Bible study go on to be Discplemakers, a full 50% of those who give themselves to the discipline of the Daily Quiet Time Alone With God do so. It is my hope that in mastering this discipline that you will not only grow as a disciple but that you will be equipped with a skill by which you can disciple others. Not everyone has the gift of teaching, not everyone has the gift of leadership, not everyone has been called to pastor a church, but everyone can disciple another and the beginning point of this process is the Daily Quiet Time Alone With God. I leave this workbook with you then with the solemn exhortation, that it was not written solely for your benefit, but also for the benefit of that man or woman whom you begin to disciple through the discipline of the Daily Quiet Time Alone With God.

May 27, 2001

Rev. John S. Mahon



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**CONVICTIONS PAGE:**  
**My Daily Quiet Time Alone With God**  
(SKIP THIS FOR NOW, THE WORK BOOK WILL HAVE YOU REFER TO IT LATER)

1.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:

2.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:

3.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:

4.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:

5.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:

6.) Type of Prayer: \_\_\_\_\_ Passage: \_\_\_\_\_  
In the space below record the passage for future reference:



## **THE DAILY QUIET TIME ALONE WITH GOD.**

Has there ever been an opportunity in your life that you look back on and say to yourself, "I wish I had taken that more seriously." Have you ever wanted to be alone with someone you love? Do you remember how important those fleeting, precious times, all to yourselves were? *Now consider the prospect of being able to spend a **quiet time alone with GOD** on a daily basis. Now that is an opportunity of a lifetime!* This workbook has been developed to aide the disciple of JESUS CHRIST in getting the most out of these times alone with GOD.

### **GETTING STARTED:**

To begin this exciting part of your relationship with GOD all you will need is a pen, a bible, a quiet spot where you can think and pray and this workbook.

We can see the practice of spending *quiet times alone with GOD* in the scripture. Before continuing, take time out to look up **Mark 1:35** and **Psalm 119:147,148**. Record in the space below what characterized JESUS' and David's *quiet times alone with GOD*.

### **HAVING YOUR OWN QUIET TIME ALONE WITH GOD:**

The exciting thing about having a *quiet time alone with GOD* is that HE is always right there with us. When we pray we are praying in the presence of GOD. When we read the Bible, GOD is right there with us speaking to us. We do not have to go to a church, we do not have to go to a preacher or priest, we do not have to go to a special location, we do not need a special posture, we do not need to close our eyes, fold our hands, bow our heads. In having a *daily quiet time alone with GOD*, all GOD asks us to do is to come to HIM. We may choose the surroundings and the way that is most comfortable to us. How do the following verses reflect this truth, that when we are having our *quiet time alone with GOD*, that we are in HIS very presence?

**HEBREWS 4:16; HEBREWS 10:19; JAMES 4:8**

Choose a verse that is especially meaningful to you from this short study. Now to the front cover of the workbook and write this passage out. When satan begins to cause you to doubt the value of the Daily Quiet Time Alone With God, this passage will bolster and encourage you.

All that is left for you to do is to turn the page and get started. Do not be threatened or dismayed by the brevity of the instructions. They have been purposely written in this way. These are your quiet times alone with GOD. You will develop your own style of communicating with GOD and of hearing HIM speak to you. Do not be afraid that you are doing it "wrong", remember, GOD loves you and is very excited about the prospect of getting to spend focused time alone with you. Relax and enjoy your Creator, Savior and Heavenly Father.

**Meditating Daily On The Word of God:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Joshua 1:7 & 8**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

---

Date: \_\_\_\_\_

Passage: **Psalm 27:4**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 77:11 & 12**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 119:14 - 16**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 119: 17 - 19**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 119:27 - 32**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 119:44 - 48**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 119: 145 - 148**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 143: 5 - 8**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 145:1 - 5**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 19:7 - 14**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 119:97 - 104**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

**INTRODUCTION TO QUIET TIMES:**  
**WEEKS ONE AND TWO**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 119:49:1 - 5**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

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Date: \_\_\_\_\_

Passage: **Psalm 77:11 - 15**

- 1.) First, **ask GOD to speak to you** from HIS Word.
- 2.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 3.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

**How will this affect my life today?**

## HOW TO PRAY

Have you ever been in a situation where if you had understood everything at the end that you had at the beginning you would have done and said things differently? All of us are continually growing in our ability to communicate. Saying the "right thing" is not so important in our relationship with GOD as is the growing in our understanding of the options and opportunities open to us.

You have now been having your personal *quiet times alone with GOD* for two weeks and should be getting comfortable with GOD and with recognizing HIS voice as HE speaks to you from HIS Word.

It is only natural that you should begin to desire to know GOD more. What are the options? What are the avenues? What has GOD revealed to us to help us communicate with HIM? How can we know HIM more intimately, how can we use our time alone with HIM most effectively? How can we grow in this relationship?

Up to this point, you have been relating to GOD as a child. Just as a child is frustrated in his inability to express himself, so you should be in your relationship with GOD. This next section will equip you in speaking to GOD. **I Corinthians 13:11** states, "**When I was a child, I used to speak as a child, think as a child, reason as a child; when I became a man, I did away with childish things.**"

So also you will now begin to do away with childish things as it pertains to prayer. You will learn to interact with GOD as an adult, "man to man" so to speak. You will learn to interact with HIM as a friend rather than as a child. **John 15:15** states, "**No longer do I call you slaves; for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from MY FATHER I have made known to you.**" In the same way, you will now speak to GOD as HIS friend, and HE will speak to you as a friend, as HIS child, revealing HIS Person, HIS Love, and HIS Will.

This section will have six divisions or lessons in prayer:

**HOW TO PRAISE GOD**

**HOW TO CONFESS OUR SINS TO GOD**

**HOW TO THANK GOD**

**HOW TO PRESENT OUR NEEDS TO GOD**

**HOW TO PRESENT OTHERS' NEEDS TO GOD**

**HOW TO ENGAGE IN SPIRITUAL WARFARE**

**Luke 11:1** states: "**And it came about that while HE was praying in a certain place, after HE had finished, one of HIS disciples said to HIM, 'LORD, teach us to pray just as John also taught his disciples.'**" Before beginning this section, I would suggest that you go to GOD, your Creator, your Savior, and yes, your Friend. Ask HIM to teach you to pray. Why not now? Write out a short prayer to God asking Him to teach you to pray...

## **ADORATION**

### **HOW TO PRAISE GOD**

Can you imagine having a relationship with someone who had only two thoughts, first, "What have you fixed me to eat?" and second, "Fine, now here is a list of things I want you do for me....?" Have you ever had someone ask to speak with you privately only to find out they wanted something rather than wanting to be with you? Up until now you have been simply asking GOD to give you knowledge and to feed you from HIS Word. Yet our relationship with GOD should be more than simply gimmie, gimmie, gimmie.

We expect this type of behavior from a child. Small children pretty much live at this level and we do not let it bother us. In fact, we view it as kind of cute. Especially in light of some or their requests. But as the child matures into a young person this becomes less and less cute. We begin to expect more in the relationship. Parents, especially, begin to expect some sort of appreciation and gratitude. How would you characterize your interaction with GOD, in terms of content? Would you say it was that of a child or a mature adult?

Turn in your Bible to the following passages and read them carefully:

(Next to each verse write a key word which you feel sums up what is taking place)

**Psalm 100:4**

**Psalm 146:1,2**

**Psalm 147:1**

**Psalm 149:1-4**

**Psalm 150:1-6**

**Hebrews 13:15,16**

You will notice that all of these passages refer to the importance of the adoration of GOD. Reflect on these passages and choose a verse which best expresses your feelings in this area. Circle this particular verse. Now turn to the convictions page of your Prayer Notebook page 5 and write ADORATION, (which means the praise of God without reference to man) in space number one and after it the verse from the above list which spoke most clearly to you on this issue, then underneath write out the quote. Now when satan tempts you not to praise GOD, you will have an answer for satan.

From now on, as a result of this new conviction, before we ask GOD to speak to us in our *quiet times alone with GOD* we will first praise HIM. In doing so, it is important to understand the difference between praising GOD and thanking HIM. **Adoration has to do with the worship of the person of GOD without reference to man.** Thanksgiving, on the other hand, is the expression of appreciation to GOD for what HE has done for man. Read the following prayers and indicate one as adoration and one as thanksgiving.

**Type of prayer:** \_\_\_\_\_ "O LORD, I worship you as the one and only true GOD. You are a GOD of power and might, and I worship YOU for who and what YOU are. You are the only true LORD and GOD of heaven and earth, all powerful and sovereign."

**Type of prayer:** \_\_\_\_\_ "O LORD, we appreciate so much how you sovereignly watch over us. Your power and strength are continually helping us in our day to day lives. As GOD of heaven and earth you care for all our needs on a daily basis. What a blessing to us you are"

## WEEKS THREE AND FOUR - ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 30:1-12

- 1.) First praise GOD.
- 2.) Next ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 67:1-7

- 1.) First praise GOD.
- 2.) Next, ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 95:1-12

- 1.) First praise GOD.
- 2.) Next ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 99:1-9

- 1.) First praise GOD.
- 2.) Next, ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 100:1-5

- 1.) First praise GOD.
- 2.) Next ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 111:1-10

- 1.) First praise GOD.
- 2.) Next, ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 139:1-12**

- 1.) First **praise** GOD.
- 2.) Next **ask GOD to speak to you** from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Psalm 139:13-24**

- 1.) First **praise** GOD.
- 2.) Next, **ask GOD to speak to you** from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 145:1-24

- 1.) First praise GOD.
- 2.) Next ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 146:1-10

- 1.) First praise GOD.
- 2.) Next, ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 147:1-20

- 1.) First praise GOD.
- 2.) Next ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 148:1-14

- 1.) First praise GOD.
- 2.) Next, ask GOD to speak to you from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS THREE AND FOUR- ADORATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 149:1-9**

- 1.) First **praise** GOD.
- 2.) Next **ask GOD to speak to you** from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Psalm 150:1-6**

- 1.) First **praise** GOD.
- 2.) Next, **ask GOD to speak to you** from HIS Word.
- 3.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 4.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*



# **CONFESSION**

## **HOW TO CONFESS YOUR SINS TO GOD**

Up until now we have not addressed the issue which brought us to CHRIST in the first place - sin. Since becoming a Christian, you should be painfully aware that you have continued to sin and may have asked yourself from time to time the following two questions. Let's stop at this point, reflect on each of these questions, read the passage and attempt an answer.

**Question:** "Will I ever get to the point where I don't keep sinning?"

**Answer:** **I John 1: 8 & 10** \_\_\_\_\_

**Question:** "If I do keep on sinning, will that mean I will loose my salvation?"

**Answer:** **Romans 8:1, 38, 39** \_\_\_\_\_

The answers to these two questions beg a third question. If it is true that you will never cease to sin, and it is equally true that your sin will never cause you to lose your salvation., then what good is confession. Why confess sin? The answer has two parts.

First, GOD is a personal GOD, and when we sin it affects our interpersonal relationship. According to **Ephesians 4:30**, our sin hurts GOD and causes HIM grief. Just as in any close, deep relationship, to admit faults and to ask for forgiveness only serves to forge a deeper relationship. This is true for our relationship with GOD. Confession then does not affect GOD's relationship with us, but it deeply impacts our relationship with GOD.

Secondly, confession is taught by GOD. Read **Luke 11:1 - 4**. Notice GOD specifically told HIS disciples to confess their sins when they pray.

Now turn in your Bible to the following passages and read them carefully:  
(By each passage write a word which seems to sum up the heart or meaning of the passage)

**Psalms 41:4**

**Psalms 66:18**

**Psalms 79:9**

**Isaiah 59:1,2**

**Micah 3:4**

**Luke 11:1 - 4**

**Luke 18:13**

**I John 1:9**

Notice that all of these passages refer to confessing sin to GOD.

Reflect back on these and choose the verse which best expresses your feelings in this area. Now turn to the convictions page of your Prayer Notebook page 5 and write **CONFESSION** in space number two and after it record the verse reference. Now underneath write out the passage. Now when Satan tempts you not to confess your sins to GOD, you will have an answer for him.

It is time to continue your growth as a disciple in prayer. Turn now to the section of your Prayer Workbook entitled, "**Confession: Weeks Five and Six,**" Remember, before you ask GOD to speak to you from the Word and to feed you from HIS Word, you will want to first,

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 25:1 - 7

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 39:1 - 13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 40:1 - 17

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: Psalm 41:1 - 13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 51:1 - 19**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: **Psalm 65:1 - 13**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 79:1 - 13**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: **Psalm 80:1 - 19**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 103:1 - 22

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: Isaiah 59:1 - 3

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS FIVE AND SIX - CONFESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Luke 11: 1 - 4

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: Luke 18:9 - 14

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Next, ask GOD to speak to you from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**WEEKS FIVE AND SIX- CONFESSION**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Romans 10:8-13**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: **I John 1:8 - 10**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Next, **ask GOD to speak to you** from HIS Word.
- 4.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 5.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

# **THANKSGIVING**

## **HOW TO THANK GOD**

Doesn't it feel good to be thanked for something when it really isn't necessary? Have you ever done something sacrificial that pretty much went unnoticed and then someone comes up and thanks you for it. That person sure seems special. Now think over the other side of the coin. What happens in the life of the thankful person in terms of his or her character? Why is important that children thank their parents? Certainly this does not decide whether or not their parents love them or keep them. No, it is important for the child, not simply the parent. In our *quiet times alone with GOD* we will want to remember how important a word of thanks is in developing a close interpersonal relationship with someone.

Turn now in your Bible to the following passages:

**Psalm 92:1 & 2**

**Psalms 100:1 - 5**

**Psalm 118:1, 29**

**Psalm 136:1-3, 26**

**Psalms 138:1, 2**

**Hebrews 13:15, 16**

Notice that all of these passages refer in one way or another to the practice of giving thanks to GOD. As you reflect back on your own life, consider the relationships listed below. In these relationships, as you compare the number of times you asked for something versus the number of times you specifically thanked them for something, which would be more. By each relationship place a "+" if you thanked more than asked and a "-" if you asked more than thanked.

**PARENTS \_\_\_\_\_ TEACHERS \_\_\_\_\_ MINISTERS \_\_\_\_\_ BROTHERS AND/OR  
SISTERS \_\_\_\_\_ SUNDAY SCHOOL TEACHERS \_\_\_\_\_ GOD \_\_\_\_\_**

In your interpersonal relationships with others are you more likely to ask people for something or thank them? \_\_\_\_\_

Reflect back on the passages you just read and choose a verse which best expresses your feelings in this area. Now turn to the convictions page of your Prayer Notebook and write **THANKSGIVING** in space number three and after it write the verse reference. Now below it write out the verse you have chosen. Now when Satan tempts you not to thank GOD, you will have an answer with which to rebuke him. In addition, if your own sinful self is in the habit of not thanking others, more or less GOD, you will have a reminder of this important practice. Remember, we come to God with prayers of Thanksgiving, not that we have received something, not that we have something, but rather that God would deem to give it.

Now, as you pray, you will first praise GOD, then confess your sins to GOD and then before we ask GOD for anything we will show our appreciation by giving HIM the thanks HE so richly deserves. We will then be as the lepers in **Luke 17:11 - 19**. Read this passage and reflect on how GOD will feel as you thank HIM each morning before asking HIM for anything.

---

Turn now to the section in your prayer notebook entitled, "**Thanksgiving: Weeks Seven and Eight.**" Remember, before you ask GOD to speak to you from the Word of GOD, you must first praise HIM, confess your sins to HIM and then thank HIM.

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Deuteronomy 28:47 & 48

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: Psalm 50:23

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next, ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 92:1 - 4

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 100:1 - 5

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next, ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 107:1-9, 42 & 43

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: Psalm 118:1, 2,21,24,28,29

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next, ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 136:1 - 26

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Psalm 138:1 - 8

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next, ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Psalm 140:12 & 13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Luke 17:11 - 19

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next, ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Philippians 4:6 & 7; I Thessalonians 5:18

- 1.) First ***praise*** GOD.
- 2.) Use this time now for ***confession***.
- 3.) Set aside this time for ***thanksgiving***.
- 4.) Next ***ask GOD to speak to you*** from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Colossians 3:15,16 & 4:2

- 1.) First ***praise*** GOD.
- 2.) Use this time now for ***confession***.
- 3.) Set aside this time for ***thanksgiving***.
- 4.) Next ***ask GOD to speak to you*** from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

## WEEKS SEVEN AND EIGHT - THANKSGIVING

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: I Thessalonians 1:2; 2:13; 3:9; II Thess 1:3;2:13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Hebrews 13:15 & 16

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Next ask GOD to speak to you from HIS Word.
- 5.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 6.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## **SUPPLICATION**

### **HOW TO ASK GOD FOR THINGS**

Have you ever had someone ask you for something and you could tell that they were really uptight about it but for you it was no big deal? Have you ever had someone ask you for something but you had to turn them down because it just wasn't right or the best for them? When we think about asking GOD for something, we have to remember that HE is our Father and Friend. He is delighted for us to come to Him with our requests. HE's glad that we are developing our interpersonal relationship with HIM. *After all, HE does feel free to ask things of us and HE wants us, as HIS friend to feel the same way.* God though has the freedom to turn us down. What kind of relationship would you have with someone if, when presented with a request and the reply was "no" your response was, "Well, your no friend of mine." Or if in a marriage your spouse would doubt if you were ever even married if you ever turned down a request?

Up until now the things you have been asking GOD for have been as a direct result of feeding upon HIS Word and HIS speaking to you on an issue from HIS Word. What assurance does **I John 5: 14, 15** give us concerning this approach to asking GOD for things?

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**James 4:3, 4** gives the description of the more conventional "gimmie, gimmie, gimmie" approach to asking GOD for things (supplication). Read this passage. Which of these approaches most closely reflects your prayer life? **(circle one) John 5:14, 15** or **James 4:3, 4**

Why do you suppose that this is? \_\_\_\_\_

---

Have you ever felt like many of your prayers go unanswered? Does this shed some light on that dilemma? (explain). \_\_\_\_\_

---

Turn in your Bible to the passages listed below. As you read them you will notice that they all refer to asking GOD for things.

**Psalms 116:1, 2**  
**John 16: 23, 24**

**Isaiah 62: 6, 7**

**Luke 11: 1 - 13**

**I John 5: 14, 15**

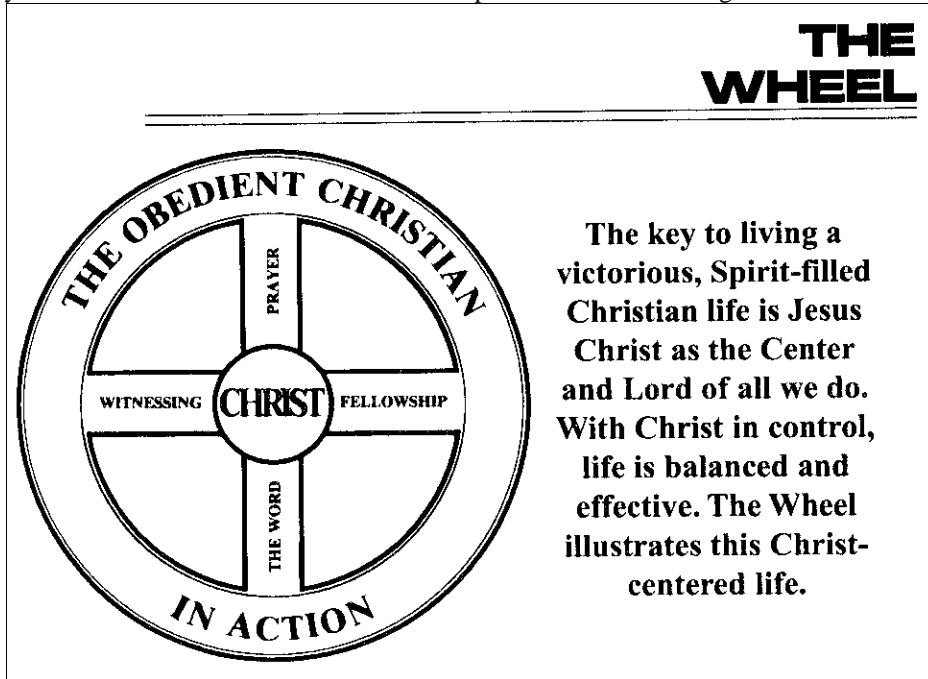
As you reflect on these passages, choose a verse which best expresses your feelings in this area. Turn to the convictions page of your Prayer Notebook and write **SUPPLICATION** in space number four, after it record and the verse reference. Now below it write out the passage. Now when Satan challenges you when you ask GOD for something you will have an answer with which to rebuke him. **(BEFORE TURNING TO YOUR QUIET TIME SHEETS FOR WEEKS NINE AND TEN, FILL OUT THE TWO SUPPLICATION SHEETS WHICH FOLLOW. FROM NOW ON YOU WILL MOVE THESE SHEETS WITH YOU AS YOU CONTINUE THROUGH THE NOTEBOOK.)**

# SUPPLICATION SHEET ONE

## PERSONAL DISCIPLESHIP

(To help you organize your requests to GOD these "SUPPLICATION" sheets have been provided for your use. Take time now to fill them out. As you move through the notebook you will want to move these sheets with you to aide you in your prayers.)

An effective illustration for understanding discipleship is the "Wheel Illustration." As you can see in the space below, CHRIST is the hub, the power source of the wheel. The rim is the disciple in action, where the rubber hits the road. Power transference takes place through the spokes. Each spoke is represented by one of the four disciplines of the disciple. The Word, Prayer, Fellowship and Witnessing. This Wheel is how it would look if all spokes were in perfect harmony and balance. In the space provided draw the small circle as the hub representing Christ the Center. Now draw your spokes as they represented in your life from week to week. Lastly draw the rim so that it connects the spokes, representing your obedience. As you view your wheel reflect, "Does this explain the week to week difficulties I am having living out the Christian life?" Does this is perhaps explain the start stop, hot cold nature of your walk with God. What would be the experience of a car or wagon with wheels such as this?



## **APPLICATION**

(Now in the space below write out your prayer requests as they have to do with your need to grow as a disciple. Include wherever possible Bible verses along with the request.)

### **THE WORD OF GOD:**

### **PRAYER:**

### **FELLOWSHIP:**

### **WITNESSING:**

## **SUPPLICATION SHEET TWO**

### **PERSONAL AND FAMILY NEEDS**

IN THE SPACE BELOW RECORD THE YOUR REQUESTS AS GUIDED BY THE VARIOUS TOPICS. FEEL FREE TO ADD ADDITIONAL SHEETS OF YOUR OWN.)

MY RELATIONSHIP WITH MY FAMILY:

SCHOOL/CAREER:

CHARACTER/PERSONAL PURITY:

HEALTH/EMOTIONAL WELL BEING:

FINANCIAL/PHYSICAL NEEDS:

**(NOW TURN TO THE WORKBOOK SECTION TITLED "WEEKS NINE AND TEN",  
MOVING YOUR TWO SUPPLICATION SHEETS WITH YOU AS YOU GO.)**

**WEEKS NINE AND TEN - SUPPLICATION**

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Psalm 116:1 & 2**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession.**
- 3.) Set aside this time for **thanksgiving.**
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Isaiah 62:6 & 7**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession.**
- 3.) Set aside this time for **thanksgiving.**
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS NINE AND TEN - SUPPLICATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Matthew 6:5 - 8

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next ask GOD to speak to you from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.

**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Matthew 6:9 - 13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next ask GOD to speak to you from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.

**GOD said:**

*How will this affect my life today?*

## WEEKS NINE AND TEN - SUPPLICATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Matthew 18:19 & 20

- 1.) First ***praise*** GOD.
- 2.) Use this time now for ***confession***.
- 3.) Set aside this time for ***thanksgiving***.
- 4.) Pray over your ***supplication*** sheets at this time.
- 5.) Next ***ask GOD to speak to you*** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Luke 11: 5 - 13

- 1.) First ***praise*** GOD.
- 2.) Use this time now for ***confession***.
- 3.) Set aside this time for ***thanksgiving***.
- 4.) Pray over your ***supplication*** sheets at this time.
- 5.) Next ***ask GOD to speak to you*** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

## WEEKS NINE AND TEN - SUPPLICATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: John 15:7

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next ask GOD to speak to you from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: John 16:23 - 27

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next ask GOD to speak to you from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**INTRODUCTION TO QUIET TIMES:**

## WEEKS NINE AND TEN - SUPPLICATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Ephesians 3:14 - 21**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Philippians 4:6 & 7**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS NINE AND TEN - SUPPLICATION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **James 1:5 - 8**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: **James 4:1 - 4**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## **WEEKS NINE AND TEN - SUPPLICATION**

**(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)**

Date: \_\_\_\_\_

Passage: **I John 3:21 & 22**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

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Date: \_\_\_\_\_

Passage: **I John 5:14 & 15**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next **ask GOD to speak to you** from HIS Word.
- 6.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 7.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*



# **INTERCESSION**

## **HOW TO ASK GOD FOR THINGS FOR OTHERS**

Have you ever noticed how much easier it is to ask for something for someone else than it is for yourself. Have you ever found yourself defending someone else's honor or position when if it was you, you might very well let it pass. Have you noticed how much more upset you get over injustices done to your own family members than to yourself? You see, we already have within us all the motivation we need to pray on behalf of our brothers and sisters in CHRIST and our fellow man.

It may or may not have occurred to you that up until this time your prayer requests have centered totally around yourself and your relationship with GOD. Now you will learn the real power of prayer. The ability to serve, to minister to, to bless, to encourage, to protect people all over the face of the earth, without ever moving from the spot where you are having your *daily quiet time alone with GOD*.

### **TURN TO THE PASSAGES BELOW - HOW THEY REVEAL THIS POWER?**

**Romans 15:30**

**II Corinthians 1:11**

**Philemon 22**

**Ephesians 6:18**

**Ephesians 6:19**

(Choose a passage and enter it on page 5 to remind you of this convictions when you pray)

In this next section we will learn the power of prayer. We will discover that even if we were never called to the mission field, we can labor there. Even if we were never called into student work, we can labor there. Even if we were never called to abortion protests, we can labor there. Even if we were never called to the inner-city, we can labor there. Even if we were never called to translate the scriptures into new languages, we can labor there. Even if we were never called into mass evangelism, we can labor there. In the space below, list areas that you think it would be exciting to be called into to labor full time for the LORD.

#### ***MY MINISTRY FANTASY LIST***

## **INTERCESSION SHEET ONE**

(To help you organize your requests to GOD these "INTERCESSION" sheets have been provided for your use. Take time now to fill them out. As you move through the notebook you will want to move these sheets, as well as your supplication sheets, to aide you in your prayers.)

**FAMILY (immediate):**

**FAMILY (extended):**

**FRIENDS:**

## **INTERCESSION SHEET TWO**

(IN THE SPACE BELOW BEGIN TO MINISTER TO THOSE ON YOUR "FANTASY LIST". THANKS TO THE AWESOME POWER OF INTERCESSION, IT IS A FANTASY NO LONGER. COLLECT AS MANY PRAYER LETTERS, REQUESTS AND FACTS THAT YOU CAN ABOUT THE MINISTRIES YOU ARE NOW ENGAGED IN. RECORD THESE AS REQUESTS. CORRESPOND WITH YOUR CO-LABORERS, KEEPING TRACK OF ANSWERS AND NEW REQUESTS.)

## **INTERCESSION SHEET THREE**

One important area that many overlook in praying for others, is the area of non-Christian friends and associates. Many of us have spheres of influence that have gone untapped in terms of leading others to CHRIST. Spheres of influence are any relationship groups which you move in among which you have the opportunity through casual conversation to influence others. These may include, family, work, neighborhood, school, marketplace, clubs, professional organizations etc.. On this sheet, try to divide it up under the broad topics of your spheres of influence. Then list names in each sphere that you would like to ask GOD to bring in to a saving knowledge of HIM.

**(NOW TURN TO THE WORKBOOK SECTION TITLED "WEEKS ELEVEN AND TWELVE",  
MOVING YOUR SUPPLICATION AND INTERCESSION SHEETS WITH YOU AS YOU GO.)**

## **WEEKS ELEVEN AND TWELVE - INTERCESSION**

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **I Samuel 12:23**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Job 1:1 - 5**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**WEEKS ELEVEN AND TWELVE - INTERCESSION**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Matthew 5:44; Luke 6:28

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Luke 23:33 & 34

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS ELEVEN AND TWELVE - INTERCESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: John 17:9 – 18:1

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Romans 10:1

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS ELEVEN AND TWELVE - INTERCESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Romans 15:30**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **II Corinthians 1:11**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS ELEVEN AND TWELVE - INTERCESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Ephesians 6:18 - 20

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Colossians 1:9 - 12

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**WEEKS ELEVEN AND TWELVE - INTERCESSION**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Colossians 4:12 & 13

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

Date: \_\_\_\_\_

Passage: II Thessalonians 1:11 & 12

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) Next ask GOD to speak to you from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## WEEKS ELEVEN AND TWELVE - INTERCESSION

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage **II Thessalonians 3:1**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **James 5:14 - 18**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) Next **ask GOD to speak to you** from HIS Word.
- 7.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 8.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## **SPIRITUAL WARFARE** **HOW TO FIGHT AGAINST SATAN**

Can you ever remember a time when you really needed help and someone you could really depend on bailed you out? Perhaps it was you father, your spouse or a friend but you didn't hesitate and neither did they. That is what spiritual warfare is all about. In our *quiet times alone with GOD* we have the opportunity of joining in the spiritual struggle that is taking place all around us.

This last area of prayer is a crucial, yet often neglected discipline. It is our spiritual tool by which we combat a very real yet invisible enemy. It will be helpful for you to reflect on the following passages.

<b>SPIRITUAL WARFARE</b>			
Psalm 89:22, 23	Romans 16:20	Hebrew 2:12 - 16	James 4:7
I John 4:1 - 4	I John 5:4-6, 18-20	Revelation 12:10, 11	Revelation 20:7-10

Reflect on these passages and choose a verse which best expresses your feelings in this area. Now turn to the convictions page of your Prayer Notebook and write SPIRITUAL WARFARE, at line number six along with the reference of the verse which you chose. Underneath write the verse out. Now when Satan tempts you not to pray against him, you will have an answer with which to rebuke him.

Both Satan and his demonic kingdom are real, but even more real is the power of the shed blood of CHRIST, the witness of the SPIRIT within us, the authority and rule of the sovereign GOD and FATHER over HIS kingdom, and the myriads of the elect angels under HIS service. GOD's kingdom is at war with the rebellious kingdom of Satan. From now on when you pray you will be striking a blow at Satan and his pitiful, evil attempts at thwarting the ever forward march of the armies of the living GOD.

You will notice that the workbook provides you in the following pages an aide entitled "Spiritual Warfare". **Add these to your sheets on Supplication and Intercession and keep them with you as you spend your daily quiet time alone with GOD. You will now be engaging daily in this battle.**

Turn now to the section in your Prayer Notebook marked, "**Spiritual Warfare: Weeks Thirteen and Fourteen**", taking your prayer sheets with you. You are now making use of all the major aspects of prayer. The acronym for this is ACTSIS:

- Adoration
- Confession
- Thanksgiving
- Supplication
- Intercession
- Spiritual Warfare

# **SPIRITUAL WARFARE SHEET**

Below are verses to claim in Satan's defeat. Below them are evil works which Satan carries out, as revealed by scripture. As you read these verses, pick out ones that are especially meaningful to you and place them under the heading "victory passages". Hereafter, when you pray, you can claim these "victory passages" as you specifically oppose Satan's evil works. (As you move through weeks thirteen and fourteen, move your supplication, intercession and spiritual warfare sheets with you, allowing them to aid you in your prayers.)

## **VICTORY PASSAGES**

<b>Matthew 16:18</b>	<b>Luke 1:71</b>	<b>John 8:12</b>	<b>John 12:30 - 33</b>
<b>John 16:8 - 11</b>	<b>John 17:15</b>	<b>Acts 26:18</b>	<b>Romans 8:37, 38</b>
<b>I Cor. 15:54 - 58</b>	<b>II Cor. 2:14 - 16</b>	<b>Ephesians 4:8</b>	<b>Col. 1: 13, 14</b>
<b>Col. 2: 13 - 15</b>	<b>Hebrews 2:12 - 16</b>	<b>James 4:7</b>	<b>I Peter 5:9</b>
<b>I John 2:12 - 14</b>	<b>I John 3: 7, 8</b>	<b>I John 4: 1 - 4</b>	<b>I John 5: 4 - 6</b>
<b>I John 5: 18 - 20</b>	<b>Jude 9</b>	<b>Rev. 12: 10, 11</b>	<b>Rev. 20: 7 - 10</b>

## **MONDAY:**

**VICTORY PASSAGE:**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Murdering and lying - John 8:44
2. Fear and destruction - I Peter 5:8
3. Deception and distortion - Colossians 2:8

## **TUESDAY:**

**VICTORY PASSAGE:**

**SPECIFICALLY OPPOSE THESE EVIL WORKS**

1. Impersonation of the works and ministry of angels and GOD - II Cor. 11: 13-15
2. Captivating through fear. Hebrews 2:14, 15

## **WEDNESDAY**

**VICTORY PASSAGE:**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Thwarting the missions and works of GOD's ministers. I Thess. 2:18
2. Temptations to sin. Mark 1:13
3. Greed and lying among Christians. Acts 5:3

## **THURSDAY**

**VICTORY PASSAGE:**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Illness, physical loss, depression and discouragement. Job 1:9 - 11; 2:4 - 7
2. Accusations Revelation 12:10

**FRIDAY**

**VICTORY PASSAGE**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Blinding to spiritual truths. II Corinthians 4:4
2. tempting to worldliness. Luke 4: 5 - 8
3. Scheming to oppose the works of GOD. Ephesians 6:11

**SATURDAY**

**VICTORY PASSAGE**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Waging war on the people of GOD Ephesians 6:12, 13
2. Hurling flaming missiles. Ephesians 6:16
3. The touch, power and idolatrous influence he exerts. I John 5:18, 19, 21

**SUNDAY**

**VICTORY PASSAGE:**

**SPECIFICALLY OPPOSE THESE EVIL WORKS:**

1. Snatching away the sown Word of GOD. Mark 4:14, 15
2. Interference with spiritual messengers. Daniel 10:12, 13
3. Opposition via his power over this world. I John 5:19

**THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **John 12:30 - 33**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time wage **spiritual warfare** against Satan.
- 7.) Next **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **John 17:15**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: Acts 26:18

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) During this time, wage spiritual warfare against Satan.
- 7.) Next, ask GOD to speak to you from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: Colossians 1:13 & 14

- 1.) First praise GOD.
- 2.) Use this time now for confession.
- 3.) Set aside this time for thanksgiving.
- 4.) Pray over your supplication sheets at this time.
- 5.) Next pray over your intercession sheet.
- 6.) During this time, wage spiritual warfare against Satan.
- 7.) Next, ask GOD to speak to you from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## **THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE**

**(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)**

Date: \_\_\_\_\_

Passage: **Colossians 2:13 - 15**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **James 4:7**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

**THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE**  
(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Hebrews 2:14 - 18**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **I Peter 5:8 - 10**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **I John 2:12 - 14**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **I John 3:7 & 8**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you?  
What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

# THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **I John 5:4 - 6**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **I John 5:18 - 20**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
**GOD said:**

*How will this affect my life today?*

## THIRTEEN AND FOURTEEN – SPIRITUAL WARFARE

(CHECK EACH BOX BEFORE GOING ON TO THE NEXT)

Date: \_\_\_\_\_

Passage: **Revelation 12:10 & 11**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

---

Date: \_\_\_\_\_

Passage: **Revelation 20:17 - 20**

- 1.) First **praise** GOD.
- 2.) Use this time now for **confession**.
- 3.) Set aside this time for **thanksgiving**.
- 4.) Pray over your **supplication** sheets at this time.
- 5.) Next pray over your **intercession** sheet.
- 6.) During this time, wage **spiritual warfare** against Satan.
- 7.) Next, **ask GOD to speak to you** from HIS Word.
- 8.) Now read the passage, reflecting as you read on what GOD is causing to stand out to you? What is God saying to you concerning the theme of this section?
- 9.) Record in the space below what God has said to you concerning the theme of this section.  
***GOD said:***

*How will this affect my life today?*

# **GOING ON FROM HERE: THE PRAYER NOTEBOOK**

## **MOVING FROM PROJECT TO LIFESTYLE**

Many relationships begin as a "project". Perhaps it's a business or school task that brings you together. It might be a blind date for the sake of a friend, a first time date where you barely know each other or perhaps you are thrown together by virtue of sharing a church responsibility. Whatever the case, most relationships begin in the framework of planned activities. If it is a date or are hosting a guest you barely know you have to think, "What will we do, what will we talk about, how do I fill up the time?". Have you ever had a relationship that began like this but then moved to a closer less formal level? Then you just get together, true there is structure, but it is not the center piece of the relationship, now the relationship is the center piece and the structure is just there to help. That is what you will need to do in your *daily quiet times alone with GOD*. You will of coarse want to continue to make use of the six basic types of prayers in your relationship with GOD. These are aspects of prayer which God teaches us to use in our relationship with Him. Even after years of marriage a good husband still practices those social skills which he worked so hard on during courtship. He will want to know what pleases his wife and will build the events around that. But you will want to grow out of the dependence on workbooks. *You will want to develop your own devotional and worship style.* This second section is devoted to helping you grow as a disciple of CHRIST though the development of the **Prayer Notebook**.

For this second section you will need a few basic tools...

**A Notebook (Three Ring Binder)**

**Blank Notebook Paper (Three hole)**

**Bible**

**Pen/Pencil**

**Supplication, Intercession and Spiritual Warfare Sheets from the previous section.**

**(Also you may find it helpful to have a hole punch)**

With these basic tools you can begin a prayer notebook which you will find to be one of the most powerful tools at your disposal, both in your walk with GOD and in your ministry. Before going on, for review, see if you can complete the project below, without referring back to section one. List the six basic types of prayer and write a short description of each.

**I. \_\_\_\_\_:**

**II. \_\_\_\_\_:**

**III. \_\_\_\_\_:**

IV. \_\_\_\_\_ :

V. \_\_\_\_\_ :

VI. \_\_\_\_\_ :

You are now ready to develop a **Prayer Notebook** for yourself. To do so just follow these simple steps.

- I. Open the note book and take the cover sheet and convictions sheet from your workbook (pages one and two) and place them at the front of your notebook, which from now on will be referred to as your **Prayer Notebook**.
- II. Take the blank Adoration, Confession, Thanksgiving, Supplication, Intercession and Spiritual Warfare sheets from the back of this section (pages 71 – 16) and place them in your **Prayer Notebook**.
- III. Include with the Supplication, Intercession and Spiritual Warfare sections any projects or helps which you would like to include in your **Prayer Notebook** by removing them from the Workbook and placing them in their proper place in your **Prayer Notebook**.
- IV. After that, add the blank pieces of notebook paper at the very last section of your **Prayer Notebook**.
- V. Last of all add the appendices to your **Prayer Notebook**. (See appendix at the back of this Workbook after page 76)

Now all you have left is your **Prayer Notebook**, your **Bible** and *your quiet times alone with GOD*.

In the Workbook the meditations were provided for you to aide you in understanding God's will concerning prayer. To continue this process of growth in prayer I strongly suggest that your initial meditations be taken from the book of Psalms. Since many of the Psalms are relatively short, you should feel free to read as many as you want. There is no "right" number to read so you should feel free to move at whatever pace the Holy Spirit leads you, one day it may be one Psalm, another day five and still another day you may only read a paragraph or part of a Psalm.

Now that you know how to pray you do not need a check list. Now, as before, your will first praise GOD (**Adoration**), then confess sins (**Confession**), then thank HIM (**Thanksgiving**), followed by your personal requests (**Supplication**), then your requests for others (**Intercession**) and lastly strike a blow against Satan (**Spiritual Warfare**). Remember - **ACTSIS**. If you are unsure of yourself in these areas, look back at the mini-studies you did in the Workbook, feel free to add them to your prayer notebook.

Then of coarse you will ask GOD to speak to you from HIS Word, recording your devotions on the blank sheets and marking the Psalms as you go along. Here is a good project for you to do while working your way through the Psalms in your *daily quiet time alone with God*. As you read, categorize the Psalms as either primarily **A/T** - Adoration and Thanksgiving, **C** - Confession, **S** - Supplication or **I** - Intercession. Some Psalms will be none of these. There are many types of Psalms, some will be historical in nature while others will be teaching Psalms. Also you will find that some Psalms are such a combination of the different types that you will not want to categorize them as any specific type or you may want to break them up. As you decide on what type of Psalm each is, mark them in your Bible as well as recording them on the appropriate sheet in your prayer notebook. On each sheet you will no doubt make other suggestions concerning the development of your prayer notebook and walk with God. You can keep track of these under the heading Devotional Thoughts.

If you do this project, when you get through you will have a prayer notebook which will not only guide you in your prayers. But you will have as well prayers and passages supplied by God to aide you. I use these when my heart is cold in these areas to give me a spiritual "jump start", like an engine on or cold day or when the battery is run down. Sometimes I am spiritually cold or run down. In such an event I have the Psalms and devotional thoughts and passages to guide my prayers. To give me a spiritual "jump start".

You are now ready to embark on an exciting adventure. Assemble your prayer notebook. Go back through your workbook. Is there anything else you want to keep? Then move it to your prayer notebook. You will no doubt find some sections very helpful and want to keep them. Other sections you will keep parts while throwing the rest away. Once you have done this you will have your completed **Prayer Notebook**. Finish the Psalms project so you will have the various Psalms handy to aid you when your heart is cold and needs prodding. Once finished, from that point on personalize and develop your **Prayer Notebook**, as the Holy Spirit leads you. The appendix in the back has many ideas to help you but if you find them or any of the sheets provided to be cumbersome, just toss them and develop your own. GOD does provide us with the principles found in ACTSIS, but the applications are yours. Enjoy your new found spiritual maturity, I know the LORD will.

Your **Prayer Notebook** should look something like this:

- Cover Sheet
- Conviction Sheet
- Adoration Section
- Confession Section
- Thanksgiving Section
- Supplication Section
- Intercession Section
- Spiritual Warfare Section
- Journal of Meditations from you time in the Word each morning (this section will just be blank notebook pages)

### **Each morning...**

**First: prayer through the types of prayer asking God to speak to you from the Word**

**Second: Read a Psalm, Chapter or Passage recording what God says to you, thanking Him for speaking to you from His Word.**

**Third: Go out into the world confident –  
that you have met with God  
and that He has spoken personally to you.**

## ADORATION

Psalms And Passages On Adoration:

Devotional Thoughts:

# THANKSGIVING

Psalms And Passages On Thanksgiving:

Devotional Thoughts:

## CONFESSION

Psalms And Passages On Confession:

Devotional Thoughts:

## SUPPLICATION

Psalms And Passages On Supplication:

Devotional Thoughts:

## INTERCESSION

Psalms And Passages On Intercession:

Devotional Thoughts:

# SPIRITUAL WARFARE

Psalms And Passages On Spiritual Warfare:

Devotional Thoughts:

# The Prayer Hand

*“The sons of Reuben and the Gadites and the half-tribe of Manasseh, ... valiant men, men who bore shield and sword ... were skillful in battle...who went to war”*

**I Chronicles 5:18**

**II Corinthians 6:7** *“in the word of truth, in the power of God; by the weapons of righteousness for the right hand and the left,”*

**JOH 15:7** *“If you abide in Me, and My words abide in you, ask whatever you wish, and it shall be done for you.*

**Introduction: The Shield of Faith –**

**A. Shield not necessarily a defensive weapon**

**JOB 15:26** *“He rushes headlong at Him With his massive shield.*

**PSA 76:3** *There He broke the flaming arrows, The shield, and the sword, and the weapons of war.*

**B. In warfare, when the shield is a defensive tool the duel is over. – “TAKE UP...”**

## **The Shield Of Faith**

**EPH 6:16** *in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one.*

**PSA 84:8, 9** *O Lord God of hosts, hear my prayer; Give ear, O God of Jacob! Selah. Behold our shield, O God, And look upon the face of Thine anointed.*

**C. The Shield of Faith is pro-active**

**PSA 35:2** *Take hold of buckler and shield, And rise up for my help.*

**EPH 6:13** *Therefore, take up the full armor of God...*

**EPH 6:16** *...taking up the shield of faith ...*

**D. One Shield and One Shield only – Jeremiah 7:9 & 10**

**E. Weak shields fail – II Kings 17:33; 18:12**

### **Adoration**

**Psalm 95:6**

**Philippians 4:4**

1. The worship of God without reference to man
2. Invalid examples/ False

### **Confession**

**Psalm 32:5,6; Psalm 51:1**

Fellowship, not Relationship

### **Thanksgiving**

**Psalm 140:13**

**I Thessalonians 5:17, 18**

1. Not that we have it but that God would give it
2. What does it mean when you stop saying “Thank you”?

### **Supplication**

**Psalm 116:1,2**

**Ephesians 6:18**

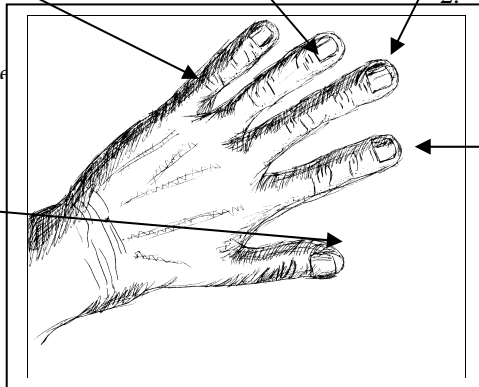
1. Ourselves
2. Others
3. Newlywed illustration

### **Spiritual Warfare**

**James 4:7**

**I John 4:4**

satan and I are not on speaking terms.



*Therefore I want the men in every place to pray...*

**1 Timothy 2:8**

*“ Devote yourselves to prayer...”*

**Colossians 4:2**

1. Prayer is more than health, jobs and relationships



**QUIET TIMES ALONE WITH GOD**

*JEREMIAH 15:16*

**THEME:**

**PASSAGE FOR MEDITATION:**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

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**The A, B, C's  
Of  
A Daily Quiet Time Alone With God**

For your quiet times during our times in Ephesians, pray daily over the passage and then reflect on the questions below. You can do one each day in order, reflect on all five each day or allow God to impress you with a different one each day as you skip around under His leadership.

**Passage:**

**A: Adoration -** Something from the passage about which you can praise God.

**Worship:** Praising God for His Character, who is.

**Thanksgiving:** Praising God for something He has done for you.

**B: Be -** As you reflect on the passage, consider an area of you character. What does God want you to be?

**Personal Character:** Your character as it relates to man.

**Spiritual Nature:** Your character as it relates to God.

**C: Confess -** As you meditate on the passage, is there an area of sin in your life, which God brings to mind, which you should confess? Reflect on your life as a whole, what areas of your life would God have you repent of, confess and then turn and go in a new direction?

**Sin against God:**

**Sin against man:**

**D: Do -** As you pray over the passage, is there something, which God is motivating you to do? What kind of actions can be taken as a result of reading this passage?

**Relationship with God:**

**Relationship with man:**

**E: Express -** Is there something God would have you express to others, to share with another person?

**Who:**

**What:**

**When:**

**Where:**

