

Directed

Time with

GOD



CONTENTS

- 1-2** Create in Me a New Heart *Sandy Uhler*
- 3-4** Encounters with God *Dane Skipper*
- 5** Body Prayer *Joel Sigler*
- 6-7** The Armor of God *Charlene Scribner*
- 8-9** God's Promises *Keith Frith*
- 10** A.C.T.S. Prayer Model *Larry Anderson*
- 11** Names of God *Rusty Frith*
- 12** Search Me *Mike Shiver*
- 13-14** Filling & Power of the Holy Spirit *Dane Skipper*
- 15** The Lord's Prayer *Joel Sigler*
- 16-17** Mary & Martha & Me *Sandy Uhler*
- 18-21** Tabernacle Prayer *Keith Frith*
- 22-23** Mercy for Others *Charlene Scribner*
- 24-25** The Lord's Prayer (Extended) *Larry Anderson*
- 26** Receive Rest *Mike Shiver*
- 27** Those in Authority *Rusty Frith*
- 28-30** Journaling Prayer *Joel Sigler*
- 31-32** Redeem the Time *Dane Skipper*
- 33** The Five Finger Prayer Method *Larry Anderson*
- 34-35** Apostolic Prayers *Keith Frith*
- 36-37** Forgiveness & Jesus *Charlene Scribner*
- 38** Childlike Faith *Rusty Frith*
- 39** Prayer for Leaders *Mike Shiver*
- 40-41** Peace & Renewal *Sandy Uhler*
- 42** Keeping a Prayer Log *Larry Anderson*

The directed times of prayer in this guide are written or curated by our Harvest pastors.

Our hope is that you will strengthen and deepen your relationship with God as you spend time with Him.



CREATE IN ME A NEW HEART

“For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.” Ezekiel 36:24-27

As you begin to meet with God and spend time with Him regularly, you will realize that with your old heart, you can't do what is necessary to make you a godly person. In fact, none of us can make that transformation happen under our own power – and fortunately, we don't have to. In Ezekiel 36:26, God says, “I will give you a new heart and put a new spirit in you.”

God offers us a heart transplant, one that is even more remarkable than a medical transplant of a physical heart. Thankfully, not every one of us will need a new physical heart, but each of us does need a new spiritual heart. Why? Because we are born with a sinful nature.

Take a moment to study the following scriptures: Psalm 51:5, Psalm 51:10, Jeremiah 17:9, Matthew 15:19, Romans 7:19-20, and 1 John 1:8. Write down what God is speaking to you specifically about them. What is the condition of your own heart?

So what are we to do? Not even the most skillful physician can cure a sinful heart or give us a new and pure one. But God can! And according to His promise, He will.

This kind of heart operation at the loving hands of your divine Physician doesn't require major medical insurance. There are no disclaimers or deductibles. God offers this transformation to us free of charge. It costs

Him greatly – He gave His only Son for our salvation – but it’s a gift to us. All we have to do is accept it. No strings attached!

Prayer:

Father God, you know I need a new heart – not one that a doctor transplants but one You change. Give me that newness of spirit that refreshes like the spring water which flows through the valley. Amen.

Thoughts for Action:

1. Pray to God in earnest that you truly want a new heart.
2. In your prayer journal or using the space below, write down five areas of your life where you want to create a new heart and spirit.
3. Under each of these areas write down two to three activities you will do to accomplish these changes. Beside each activity write a date when you will accomplish each.

Additional Scripture Reading:

2 Corinthians 5:17, Romans 5:5



ENCOUNTERS WITH GOD

In the movie *The Lord of the Rings: Return of the King*, there's a scene where the fortified city of Gondor lights beacons along mountain peaks that lead all the way to the town of Rohan in order to request help in a battle. One by one you see each beacon light up along the mountain range until the last one is seen by the protagonist, Aragorn, who rallies Rohan to action.

We all have mountain top experiences in our lives where God moves powerfully in a moment. But eventually we must come back down into the valley of everyday life. The key to living in the valley is to realize the mountain top experiences can be seen from afar. Just like the beacons on the mountain, we can see the Lord lighting a fire in the distance—something to strive toward.

“A time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.” John 4:23-24

Write some of your observations from this passage.

There are many encounters with God recorded in Scripture. The above passage in John is just one of them. God has always desired to be near to His children and have an encounter with them.

“Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, ‘Where are you?’” Genesis 3:8-9

What was God doing in this passage?

Why would he call to Adam and Eve? Didn't He already know where they were?

In John chapter 4, Jesus tells the woman at the well that God is seeking those who will worship him in spirit and truth. Most of the time we think we are the ones pursuing God. Based on this chapter though, who is the one who pursues?

"Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." Hebrew 11:6

Prayer Focus:

1. Take some time to listen to God. He wants to speak to you! Write any impressions you have from the Lord.

2. Ask Him to fill you with His presence and His Spirit.
3. Give thanks for any past encounters with God you've had and ask Him for more in the future.



BODY PRAYER

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Romans 12:1

Write any thoughts about this verse.

Invite God to meet with you, to remove all distractions, and make His presence known.

1. **Brain/Mind** – Give God your thoughts, ideas, worries, imagination, intellect, and anything else associated with your mind/brain. Ask Him to use it, anoint it, and be Lord over it.
2. **Ears** – Ask God to give you ears to hear His voice today and the ability to hear (be attuned to) the things you need to hear today. Surrender everything you listen to and hear.
3. **Eyes** – Give God your eyes. Pray that everything you look at will be pleasing to Him, pure, and righteous. Receive eyes to see what He sees.
4. **Mouth** – Surrender your words and your voice. Pray that your words would only build up and not tear down, bring life and not death, and bring blessings and not curses.
5. **Shoulders** – Surrender the weight of your responsibility. Jesus said His burden is light; allow Him to take your load.
6. **Lungs** – Receive the breath (Spirit) of God into you. Receive His inspiration and life all throughout the day.
7. **Heart** – Give God your desires, emotions, and affections—what you love, what you long for, and what you feel. Claim His Lordship.
8. **Hands** – Commit your work to Christ - that everything you put effort to today would be blessed and guided by Him.
9. **Stomach** – Give God your cravings and surrender what you choose to consume today.
10. **Sexuality** – Receive purity today in every way. Surrender your masculinity/femininity to God. Give Him your sexuality and your sexual identity. Surrender your marriage and relationships to Him.
11. **Feet** – Ask God to take you where He wants you to go today. Pray that you would follow His lead, and everywhere you step will be ground taken for the Kingdom of God.



THE ARMOR OF GOD

Understanding how to pray for the Armor of God in your life is important when you are experiencing spiritual warfare. The armor is not just another pretty image. It's real armor God has given you for spiritual battle!

Spiritual battle? Yes, we are at war. Every day there is a battle going on around us. You have a real enemy, the devil, who is plotting against you and wants to destroy you and your family.

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." Ephesians 6:10-12

Like the Scriptures above state, there are rulers, authorities, powers of this dark world, and spiritual forces of evil in the heavenly realms that you will have to battle against.

You may think, *But how can I withstand everything trying to take me down?* The Armor of God, that's how!

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." Ephesians 6:13-18

Your armor from God includes a belt, breastplate, fitted feet, shield, helmet, sword, and prayer. Suit up in the Armor of God daily so you are not caught off guard!

Keep this prayer in mind each day:

Thank you God for giving me Your armor from heaven. God, You have said that this armor is real. I know there is power in putting on Your mighty armor. Help me stand strong today and please encourage my heart so that I'm fit for battle.



GOD'S PROMISES

Today's prayer guide focuses on us receiving God's promises. There are hundreds of promises located throughout scripture. We can find many of God's promises in Psalm 25: 1-15.

"In you, LORD my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemies triumph over me. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause. Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, LORD, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, LORD, are good. Good and upright is the LORD; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way. All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant. For the sake of your name, LORD, forgive my iniquity, though it is great. Who, then, are those who fear the LORD? He will instruct them in the ways they should choose. They will spend their days in prosperity, and their descendants will inherit the land. The LORD confides in those who fear him; he makes his covenant known to them. My eyes are ever on the LORD, for only he will release my feet from the snare."

The first promise I see is verse 3: *"No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause."*

Here is an example of how to pray this scripture over your life:

Lord your word says that no one who hopes in you will ever be put to shame. Thank you for this promise. Lord, all of my hope is in you today. Thank you that I will never be ashamed of this hope.

Now take a few moments to write down and pray the promises found in Psalm 25: 1-15 over your life.

Just like children trust in the promises of their parents, we need to trust in every promise God gives us as His children.

Now, find another promise in Scripture and pray it over your life. When you learn these great and precious promises, you will never be defenseless when the enemy attacks or when life circumstances catch you off guard. Pray His promises child of God!



A.C.T.S. PRAYER MODEL

“This is the confidence we have in approaching God, that if we ask anything according to his will, he hears us. And if we know that he hears us-whatever we ask-we know that we have what we asked of him.”
1 John 5:14-15

This model of prayers uses the acrostic **A.C.T.S.**

A — Adoration and Praise

“But you are holy, who inhabit the praises of Israel.” Psalm 22:3

1. Begin by praising God for Who He is. God inhabits, dwells in and reveals His Presence when we praise Him!
2. His attributes: love, mercy, holiness, purity, patience, forgiveness, power, trustworthiness, goodness, sincerity, compassion
3. Which attribute of God do you appreciate most?
4. Tell Him why you love Him.

C — Confession

“But if we confess our sins to Him, He can be depended on to forgive us and to cleanse us from every wrong.” 1 John 1:9

1. Confess and turn from all known sin and wrong.
2. Receive God’s forgiveness.

T — Thanksgiving

“Enter His gates with Thanksgiving...” Psalm 100:4

1. As we pour out our thanksgiving, we enter His presence!
2. Thank Him for everything He has done in your life: salvation, provision, protection, answered prayer, healing, deliverance, etc.
3. Thank Him for the people He has used to bless your life!

S — Supplication

“...Let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7

1. What are your needs today (spiritual, physical, emotional, relational or financial)?
2. What are you tempted to worry about? Pray over these things.
3. Ask God to meet the specific needs of those closest to you.



NAMES OF GOD

Lord, I draw near to You.

Take a few moments to consider God's awesome majesty and thank Him that He loves you and wants an intimate relationship with you.

Here are a few names of God to meditate on:

Yahweh Jireh: "The Lord will provide." Thank the Lord that He is your provider. Thank the Lord for His faithfulness. Cast all your cares upon Him.

Yahweh Nissi: "The Lord is my banner." Pray this verse from Isaiah 40:31: "*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will walk and not be faint.*" Make the verse personal (ex: *I will hope in You, Lord*). God will fight our battles. He goes before us to bring victory. Take any concerns to the Lord that is on your heart currently.

Yahweh Rapha: "The Lord who heals." Thank God that this is part of His character. Thank the Lord that He has healed your heart from the terminal sickness of sin through Christ's sacrifice on the cross. Thank Him that He still heals today!

Yahweh Roi: "The Lord is my Shepherd." Pray through Psalm 23. Christ said in John 10:11, "I am the good shepherd. The good shepherd lays down His life for the sheep." Thank the Lord for His care and giving His life for us. He is our Yahweh Roi.

Emmanuel: One of the names used for Jesus. "God with us." He is the God who understands. This name speaks grace and comfort to us.

Abba: "Father" or "Dearest Father." Read the following verses: Matthew 6:9, Romans 8:15, and Luke 11:11-13. Think about how good it is to be a child of God.

There are many other names that all have great significance and reveal to us more ways to worship the Lord. I recommend finding more to use for other prayer times.



SEARCH ME

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” Psalm 139:23-24

Take time today to ask God to search your heart and show you anything that He wants to remove.

Prayer:

I desire holiness and purity today and every day. God, show me anything impure in me. Show me anything that is hindering me in my relationship with You. Give me a pure heart and pure thoughts. Lead me and guide me. Help me, Lord, to walk in purity this week.

Take time to listen to anything God wants to impress on you. Write down those impressions and thoughts.



FILLING & POWER OF THE HOLY SPIRIT

Imagine a glass filled with coffee. Now picture taking pure water and pouring it into the glass. Slowly you begin to see the glass become more and more clear. Eventually, all you see in the glass is pure clear water. This is a great picture of how the Holy Spirit wants to fill us. He wants us to be filled to the point where the darkness is pushed out and we overflow with His grace and goodness.

“On one occasion, while he was eating with them, he gave them this command: ‘Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit ...you will receive power when the Holy Spirit comes on you; and you will be my witnesses...” Acts 1:4-8

What does Jesus say they would receive in verse 8?

When we accept Jesus and surrender our lives to Him, we receive the Holy Spirit. God poured out the Holy Spirit on the believers as they waited for Him after Jesus had ascended into Heaven. This wasn't the only time the Lord filled believers with the Holy Spirit.

“While Apollos was at Corinth, Paul took the road through the interior and arrived at Ephesus. There he found some disciples and asked them, ‘Did you receive the Holy Spirit when you believed?’ They answered, ‘No, we have not even heard that there is a Holy Spirit.’ So Paul asked, ‘Then what baptism did you receive?’ ‘John’s baptism,’ they replied. Paul said, ‘John’s baptism was a baptism of repentance. He told the people to believe in the one coming after him, that is, in Jesus.’ On hearing this, they were baptized in the name of the Lord Jesus. When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied.” Acts 19:-1-6

The Lord not only wants us to receive the Holy Spirit when we first believe in Jesus, but He also wants us to be continually filled so we may operate in His power as we walk in Him. A major part of a believer's

victory over sin and our ability to walk in His power and strength is how much we allow the Holy Spirit to fill us.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”
Romans 15:13

Prayer Focus:

1. Jesus wants us to rely on Him fully. Take some time right now to listen to God. Ask Him to reveal anything within you that you are depending on for strength other than Him.
2. Repent for any areas in your life that you are not depending on the power of the Holy Spirit to fill, and then ask Him to fill you.
3. Thank Him for the gift of the Holy Spirit.



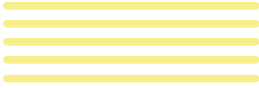
THE LORD'S PRAYER

1. **“Our Father, who art in heaven”** – Acknowledge that God is your Father and you are His child. Make that connection based on your loving relationship as His child.
2. **“Hallowed be thy name”** – Spend some time in praise and adoration for who He is. Give Him glory.
3. **“Thy kingdom come”** – Ask for the present and future establishment of God’s Kingdom on the earth.
4. **“Thy will be done, on earth as it is in heaven”** – Ask for God’s will to be done in you, through your day, in your family, your work, in all the situations around you, and in the world.
5. **“Give us this day, our daily bread”** – Ask for God to supply your needs, especially needs for today.
6. **“And forgive us our trespasses”** – Confess your sins and receive God’s forgiveness.
7. **“As we forgive those who trespass against us”** – Forgive anyone in your life who has wronged you.
8. **“Lead us not into temptation, but deliver us from evil”** – Receive divine protection, guidance, deliverance, and freedom.
9. **“For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.”** – Confess God’s victory, authority, and power over all of who you are.

Record any thoughts about this prayer time.

Note:

See pages 24-25 for a more extended model from The Lord’s Prayer.



MARY & MARTHA & ME

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” Luke 10:38-42

A lot of people could probably confess to being more like Martha than Mary. We desire to be like Mary, but our Martha side keeps getting in the way.

With a basic knowledge of people’s differences, we can see that Martha is the doer. Martha has a desire to control the situation. She has the ability to take charge of anything instantly. She is valuable in work because she can accomplish more than anyone else in a shorter time, and she’s usually right. But she has weaknesses too. She’s often bossy, domineering, autocratic, insensitive, and impatient. She is usually unwilling to delegate or to give credit to others.

On the other hand, Mary would be identified as peaceful and phlegmatic (“Let’s do it the easy way”). Mary wants to avoid conflict and to keep peace. She has a balance in life, an even disposition, and usually a dry sense of humor. Her personality is pleasing. She is valuable in work because she cooperates and is a calming influence. She keeps peace, mediates between contentious people, and objectively solves problems. However, she will often lack decisiveness, enthusiasm, and energy.

See if you can relate to any of the following:

My Martha Side:

*My house is a tyrant, demanding each hour.
Imperiously ordering. “Sweep, mop, and scour!
Do the dishes, the laundry, then iron, dust, and cook!”*

*And there's mending to do if you'll just take a look.
"Now, Martha, get busy and don't waste a minute;
dirt is a sin, and you're wallowing in it!"*

My Mary Side:

*My housework can wait – there's a friend I must see
who's lonely and frightened; she's looking for me.
Then I'll tidy up quickly and hurry to hear
that fine missionary we support at church every year.
Home again. "Father, thank you. Please help me to care
for the hungry and homeless who live in despair."*

Mary+Martha Side:

*Martha nags me to keep my house spotless each day,
and Mary says gently, "I need time to pray."
Martha's concerned with what the neighbors might think
if they dropped in and found dishes stacked in the sink.
While Mary chides, "Selfish! I think it's a crime
if you don't share with others your talents and time."*

Prayer:

*Father God, I desire a balanced life. Reveal to me how I can be a Martha
and a Mary. They were both virtuous in the way they ministered to You,
and I have only pure desires to serve You as well. Please show me the
way. Amen.*

Thoughts for Action:

1. Write down in your journal the struggles you have with being a Martha.
2. Write down in your journal the struggles you have with being a Mary.
3. In each case state what you might do to come to a middle ground. Pray to God that He will give you the desires of your heart to serve God and family in a more balanced lifestyle.

Additional Scripture Reading:

Luke 9:57-62 and Matthew 4:4



TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As people entered the Tabernacle, they passed through seven stations, following God's instructions to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him.

This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

THE OUTER COURT | Thanksgiving & Praise

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.” Psalm 100:4

PRAYER:

Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank you that Your mercies are new every day. I thank you for Who You are and all You have done for me.

THE BRAZEN ALTAR | The Cross of Jesus

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

“Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires

*with good things so that your youth is renewed like the eagle's.”
Psalm 103:2-5*

PRAYER:

Thank You, God, for making a way for me through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God's healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life).

THE LAVER | Cleansing & Preparing

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” Romans 12:1

PRAYER:

God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You. I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

THE CANDLESTICK | The Holy Spirit

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world's darkness.

“The Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.” Isaiah 11:2

PRAYER:

Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). Empower me with Your spiritual gifts to strengthen the Church and to help bring the reality of the Kingdom of Heaven to earth.

THE TABLE OF SHEWBREAD | The Word of God

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God's Word for daily sustenance.

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Joshua 1:8

PRAYER:

Thank You, God, for giving me Your Word. I commit to reading it, and I ask You to reveal Yourself to me through it. I want to know You more. Help me to grow more in love with Your Word and to be more dependent on it. I claim the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me fresh revelation from Your Word today and every day! Help me apply it so I can be Your ambassador for love, justice, and righteousness in the world.

THE ALTAR OF INCENSE | Worship

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His Names. This altar represents worship and the pleasure it gives God when we worship Him.

"The name of the LORD is a strong tower; the righteous run to it and are safe." Proverbs 18:10

PRAYER:

Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know God, that You are:

My Righteousness - Jeremiah 23:6

My Sanctifier - Leviticus 20:7-8

My Healer - Exodus 15:26

My Provider - Genesis 22:14

My Banner of Victory - Exodus 17:15

My Peace - Judges 6:24

My Shepherd - Psalm 23:1

(As you pray through the different names and attributes of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love you, God.

THE ARK OF THE COVENANT | Intercession

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth." 1 Timothy 2:1-4

PRAYER:

*Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over **those in authority over me** — my spiritual leaders, the leaders of our government, the leaders in my family, and my employers (pray for these people by name). Give them wisdom and grace, watch over and protect them, and help them to know and love You more. I also ask You to watch over **those who are marginalized** in my nation and in my community. Our world is desperate for justice and reconciliation. Please meet the needs of the poor, the widowed, the weak, and those suffering injustice (pray specifically for people you know who need help, advocacy, and intervention). I ask You, God, to be present with **my family**. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, please meet them where they are and guide their hearts toward You. I ask You to watch over **my church**, God. Give my pastor wisdom and vision, bless the Small Groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. I pray for anyone who comes across my path to see Your light in me. I lift up my **friends, neighbors, and coworkers**. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). I also pray for **my adversaries**, as the Bible teaches. Let me be a bridge through which You can bring unity and reconciliation. Amen.*



MERCY FOR OTHERS

What do you think mercy is? Mercy is defined as “having compassion or forgiveness toward someone whom it is within one’s power to punish or harm.”

Describe a time when someone showed you mercy or when you offered someone else mercy.

“I will listen to what God the LORD says; he promises peace to his people, his faithful servants—but let them not turn to folly. Surely his salvation is near those who fear him, that his glory may dwell in our land. Love and faithfulness meet together; righteousness and peace kiss each other. Faithfulness springs forth from the earth, and righteousness looks down from heaven. The LORD will indeed give what is good, and our land will yield its harvest. Righteousness goes before him and prepares the way for his steps.” Psalm 85:8-13

What are some words that stuck out to you from this psalm?

What do those words tell you about God?

Only a God who is full of things like love, faithfulness, righteousness, peace – and more! – would be willing to show mercy to people who keep doing things God doesn’t want them to do. That means we are expected to show mercy to others as well. When we show mercy, we forgive others for the hurtful things they have said or done.

Can you think of anyone who you can show mercy to?

Keep this prayer in mind:

Lord, thank You for Your faithfulness and for promising to show us mercy. Help us remember to love and show mercy to others just like You do!



THE LORD'S PRAYER (Extended)

1. **PRAISE: “Our Father, who are in heaven, hallowed be thy name...”**
 - Praise Him for being your Heavenly Father.
 - How is God like a great earthly Father to you? (Matthew 7:11)
 - Praise Him for Who He is.
 - the King of Heaven
 - holy and just
 - loving and compassionate
 - gracious and merciful
 - trustworthy and dependable
 - provider, healer, and deliverer
 - “Hallow” = to regard as holy or sacred. God’s name is holy.

2. **SURRENDER: “Thy Kingdom come, thy will be done, on earth as it is in heaven...”**
 - Pray for God’s will to be done here.
 - Pray for revival in our nation.
 - Pray for God’s will in your life.
 - Surrender yourself to Him.
 - your relationships
 - your schedule
 - your goals
 - your money
 - your habits
 - your heart

3. **PETITION: “Give us this day our daily bread...”**
 - Pray for your own needs.
 - food and clothing
 - housing and employment
 - health and fellowship
 - Trust Him as your source!
 - Pray for others the Holy Spirit places in your heart.

4. **CONFESSION: “And forgive us our trespasses, as we forgive those who trespass against us...”**
 - Confess your sins to God and ask for forgiveness.
 - Receive His forgiveness based on His promises.
 - 1 John 1:9, Hebrews 10:17, Psalm 103:12

- To forgive means to “let them off the hook” and entrust the person who hurt you into God’s hands.
 - Ask the Holy Spirit to show you who you need to forgive.
- 5. PROTECTION & VICTORY: “And lead us not into temptation, but deliver us from evil...”**
- What temptations do you struggle with most?
 - Ask God for the power to say “No” to temptation today.
 - What trials or difficult circumstances are you facing today?
 - Pray for God’s strength, guidance, and presence.
 - The word “deliver” means to “break our chains.”
 - What “chains” need to be broken in your life?
 - Ask God to deliver you!
- 6. PRAISE: “For Thine is the Kingdom, and the power, and the glory, forever.”**
- Thank Him for what He has done in your life as your King, through His power, and for His glory!



RECEIVE REST

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30

Receive rest from the Lord. We are all to labor, but we all need rest as well. Our labor is not supposed to be a heavy burden. Sometimes we take on things that we were never meant to. If you’re feeling tired, heavy, and overwhelmed, the Lord wants to give you rest.

Prayer:

God, reveal anything in my laboring that is not from You. Show me how to find rest in You as I labor. Thank You for Your yoke that is easy and Your burden that is light.

Take time to listen to anything God wants to impress on you. Write down those impressions and thoughts.



THOSE IN AUTHORITY

Spend some time giving thanks to God for the opportunity to come before the Lord of all creation this day. Thank Him for His compassion and kindness. Thank Him for the forgiveness He has given to you. Thank Him for being such a good Father.

Think through the following verses for guidance on what to pray for our leaders.

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people- for kings and all those in authority, that we may live peaceful and quiet lives in all goodness and holiness.”
1 Timothy 2: 1-2

“Let everyone be subject to the governing authorities, for there is no authorities except that which God has established. The authorities that exist have been established by God.” Romans 13:1

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, and against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”
Ephesians 6:12

1. Pray for the 3 branches of the federal government.
2. Pray for the state government - governor and state legislature.
3. Pray for the city leaders - mayor and city legislature.
4. Pray for Harvest Church pastors, church leaders, and ministries.
5. Pray for small groups and small group leaders.
6. Pray for family and relatives.



JOURNALING PRAYER

“I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.” John 16:12-13

What are your thoughts about these verses?

In our time with God today, we are going to journal our prayers. We will write our thoughts and prayers to God and then write out His responses. When writing responses from God, don't feel like you have to be sure of what God is saying. Simply write down what you think He would/might say. Writing out our prayers makes us slow down. Don't worry about “covering less ground” in your prayers. Allow yourself to go slowly.

1. Invite the Holy Spirit to be present with you. Imagine His presence coming on you almost like a blanket. Imagine His weight resting on your head and shoulders, then down on your legs.
2. Write out to God what you love about Him – things about His character and His actions:

God's Response:

3. Confess your sins, weaknesses, worries, and struggles:

God's response:

4. What are your main needs? How would you like God to act/move?

God's response:

5. Write down anything else on your heart to say to God. What is pressing on your mind or heart?

God's response:

Your response:

God's response:

6. Did you have any additional thoughts about this prayer time?



REDEEM THE TIME

A wise man once asked me, “Do you ever think about what you think about?” At first glance this seems like a strange way to phrase a question. When you look into the intent, however, you begin to see it’s truly profound.

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.” Ephesians 5:15-17

One of the most valuable commodities is our time. We often don’t think this way until we’re almost out of it. The King James Version includes the phrase “redeem the time” into this verse. Jesus is in the business of redemption. One of the parts of our lives we often neglect to surrender fully to God is our time. Look at some aspects of time:

- God created time. It’s not eternal. It’s a finite creation that will end. One day we will be in God’s presence without its restraints.
- God is not confined to the past. He’s not bound to the present. He’s already Lord of the future. He can redeem any of those times in our lives.
- Time creates opportunity for evil or for good. Where we spend our time will determine what is most important to us.

Prayer Focus:

1. Ask yourself the question: Is every aspect of my time submitted and surrendered to the Lordship of Jesus Christ? Ask God to show you any areas that are not.
2. Think about and name any areas where your past is hindering you from walking in freedom. Are there any stumbling blocks in the path God has for you?
3. Are there any relationships, jobs, people, etc. in your present life that are getting in the way of you spending time with God? If so, ask the Lord to give you strength to make correct decisions in surrendering them to Him.
4. Are you intentionally setting time aside to spend with God? Ask Him to reveal His presence to you (for the first time or once again).
5. Spend 5-10 minutes listening to God. Write any thoughts down that you feel He is telling you.

6. Spend a few minutes thanking God for being Lord over your time: past, present, and future.



THE FIVE FINGER PRAYER METHOD

“If you remain in Me and My words remain in you, ask whatever you wish and it will be given you.” John 15:7

Thumb: *The finger closest to you*

Pray for the people closest to you – spouse, parents, children, family, and friends.

Pointer (Index): *The finger you point with*

Pray for the people who point you to Christ – pastors, small group leaders, mentors.

Middle: *The longest or tallest finger*

Pray for the leaders of our nation, state, city, work place.

Ring: *The weakest finger*

Pray for the sick, the grieving, the hurting, the vulnerable, the lost.

Pinky: *The little finger*

Pray for yourself and your needs.

Close your prayer time with thanksgiving.



APOSTOLIC PRAYERS

Paul prayed many prayers in several of his letters that were very specific about the believers' growth in love, understanding, revelation, and wisdom in their relationship with Jesus. Many theologians label these prayers as "Apostolic Prayers." Today we are going to learn how to pray these prayers over ourselves and others.

Take a moment to read Ephesians 1:17-20.

Here is an example of how to pray this Scripture over your life:

*Father, I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give **me** the Spirit of wisdom and revelation, so that **I** may know You better. I pray that the eyes of **my** heart may be enlightened in order that **I** may know the hope to which You have called **me**, the riches of Your glorious inheritance in Your holy people, and Your incomparably great power for us who believe. That power is the same as the mighty strength You exerted when You raised Christ from the dead and seated Him at Your right hand in the heavenly realms.*

You can pray this same scripture over family, friends, co-workers, etc. by inserting their name into the blanks:

Father, I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give _____ the Spirit of wisdom and revelation, so that _____ may know Him better. I pray that the eyes of _____ heart may be enlightened in order that _____ may know the hope to which He has called _____, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe. That power is the same as the mighty strength He exerted when He raised Christ from the dead and seated Him at His right hand in the heavenly realms.

Now let's try the Apostolic Prayer using Philippians 1:9-11.

Father this is my prayer: that _____ love may abound more and more in knowledge and depth of insight, so that _____ may be able to discern what is best and _____ may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes

through Jesus Christ—to the glory and praise of God.

Here are some references that you can use at other times:

- Colossians 1:9-12
- 1 Thessalonians 3:11-13
- 2 Thessalonians 1:11-12

Apostolic Prayers will also help you see and understand the Spirit's desire for believers.



FORGIVENESS & JESUS

“And so John the Baptist appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River. John wore clothing made of camel’s hair, with a leather belt around his waist, and he ate locusts and wild honey. And this was his message: “After me comes the one more powerful than I, the straps of whose sandals I am not worthy to stoop down and untie. I baptize you with water, but he will baptize you with the Holy Spirit.” At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.” Mark 1:4-11

John the Baptist was a very popular prophet who was baptizing people with water and teaching about forgiveness. But the people kept coming back to him over and over again because they continued to make poor choices and hurt each other.

Have you ever tried your best to do something, but for some reason, you just could not make a good choice? Have you ever hurt someone even though you didn’t mean to?

John the Baptist knew that humans could not live a perfect life. There had to be a true Savior who could baptize us humans with the Holy Spirit and forgive us of all our sins. And that person is Jesus!

How would you act if you met Jesus?

When John the Baptist met and baptized Jesus, the sky opened up and God spoke and said, “You are my Son, whom I love; with you I am well pleased.”

If God was speaking about you, what do you think He would say?

In that moment when God spoke, everyone knew that Jesus was the Son of God. Jesus was the true Savior of the world who came to forgive all of our sins! We can know forgiveness because of Jesus.

Keep this prayer in mind:

Dear God, thank You so much for sending Jesus to forgive our sins and show us what true forgiveness is. Remind us to turn to you right away whenever we need Your forgiveness, and help us to offer that forgiveness to others as well. Amen.



CHILDLIKE FAITH

“Let the little children come to me. Don’t stop them! For the kingdom of heaven belongs to those who are like these children.” Matthew 19:14

*“O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and revealing them to the childlike. Yes, Father, it pleased you to do it this way!”
Matthew 11:25 -26*

Take a few minutes to ask your Heavenly Father to give you this kind of childlike faith so you can walk in obedience before God today. Pray that God will work in your heart to make it soft like a child’s, full of forgiveness and overflowing with trust and confidence in your faith.

Pray that your faith would be humble like Jesus spoke of when He put a child among His disciples and told them to become like little children in obedience and trust. He said anyone who becomes as humble as this little child is the greatest in the Kingdom of God (Matthew 18:4).

During your prayer time, ask Him the following:

1. Where is my childlike faith in my relationship with the Lord?
2. Do I still have a childlike trust?
3. Do I have an excitement about Your presence during worship like the children did when they shouted “praise God for the Son of David” about Jesus’ miracles in the temple (Matthew 21:14-16)?

Pray for zeal for the Lord to be demonstrated through you to others this day.



PRAYER FOR LEADERS

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.” 1 Timothy 2:1-4

Today we pray for our government leaders.

Pray for every city, county, state, and federal leader. Pray for them to be blessed and to realize the responsibility God has given them. Pray for them to be drawn to God’s kindness and to receive His wisdom in all decisions. Pray for truth in love to be spoken with all boldness and courage in every government facility.



PEACE & RENEWAL

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?” 1 Corinthians 3:16

Are you battling fear, stress, or anxiety? God’s desire is for us to experience peace. When we renew our lives and take care of ourselves, we are better equipped to handle stress and fear. If you are afraid, uptight, tense, or short-tempered, maybe you need a touch of renewal for yourself!

In his book *The Seven Habits of Highly Effective People*, Steven R. Covey tells this story that reflects the need for renewal and reawakening in our lives:

You are walking in the woods and encounter a man sawing down a tree. He looks exhausted and he tells you he’s been working nearly half the day. But when you suggest that he take a short break and sharpen his saw so his work will go more quickly, he refuses. “I’m too busy sawing,” he declares.

If we are to stay on top of the pile rather than under the pile, we must take time to sharpen the saws in our lives. There are many who are defeated and burned out from their roles in life. Many say, “If I only had time for myself, I would stop and smell the roses!”

The list below includes many ideas that will help you care for yourself and bring refreshing.

Thoughts for Action:

1. **Physical:** Exercise regularly by walking, jogging, biking, etc. Read a book on nutrition and begin to change your eating habits. Take a stroll on the beach, by the lake, or along a mountain trail. Plant a flower or garden.
2. **Mental:** Listen to music. Read a good book or magazine. Spend time alone. Write a poem. Write a letter to a family member or a close

friend. Plan your goals for the next three months. List everything that you're thankful for.

3. Social/Emotional: Have breakfast or lunch with a friend. Spend a day doing something you love to do. Develop friendships with new people. Donate time to a school, hospital, or non-profit/church outreach program. Serve someone.
4. Spiritual: Read Psalms. Meditate on Scripture. Write your worries in the sand at the beach. Join a small group. Visit someone in a nursing home or hospital. Examine your motives. Are they self-serving or serving others?

Learn to care for yourself – mind, body, heart, and soul. When we are renewed in these areas, we can better fulfill the two greatest commandments:

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”
Matthew 22:37-39

Prayer:

Dear Lord, I know my body is a temple and You want me to be holy before You. Lead and guide me this week to take better care of myself physically, mentally, socially, emotionally, and spiritually. Help me to love You with all of my heart, soul, and mind, and to love others as I love myself. I receive Your peace and renewal in my life. Amen.

Additional Scripture Reading:

Isaiah 41:13, Matthew 11:28-30, Philippians 4:6-8, Exodus 20:8-11



KEEPING A PRAYER LOG

Nothing will help you see the activity of God in your life more clearly than keeping a prayer log.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us...”
Ephesians 3:20

Begin keeping a log of your prayer requests. Record the date that you began making the request. Be sure to leave room to record the answer God provides and the date you recognize His answer.

I encourage you to keep a prayer log for at least 3 months, but 6 months will give you an even greater perspective on God’s hand moving in your life.

Benefits of keeping a prayer log:

1. Increased consistency in prayer
2. Better organization in your prayer life
3. Paying attention daily to God’s answers
4. Greater awareness of His answers
5. Joy in seeing God act in response to your prayers
6. Increased motivation to pray

Here is a simple example of a prayer log:

2/10/21	Healing for Michael from Covid	Michael is well!	2/19/21
2/12/21	Jordan to become a believer	He met Jesus!	3/8/21
2/14/21	Money to pay bill this month	God is my provider!	2/27/21

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