

When You Pray

A WEEKLY PRAYER GUIDE OUTLINED
ACCORDING TO THE LORD'S PRAYER

For Women

ERICA DUNOMES

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When You Pray (A Weekly Prayer Guide Outlined According to The Lord's Prayer)

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Welcome!

Hey, Girl, Hey!

I'm so glad you decided to make this prayer guide your companion. As a woman of faith who prays, I know how important it is to be able to pray effectively; feel that you are reaching the very courts of heaven.

I believe Jesus gave us an outline, according to His prayer in the book of Matthew (vs.9-13), that will help us to do just that. Some like to call it the model prayer.

What you will find in the coming pages is a broken down, detailed explanation of this model that will help you understand the manner in which Jesus gave us to pray.

Prayer is how we communicate with our Heavenly Father. To commune with God is to learn the heart of God, and hear His voice.

You will also find a page that lists 30 more names of God with a definition for what each name means. May they all prompt you to draw intimately closer to Him.

My hope and prayer is that this guide will be a tool to prompt you to go deeper in communing with your heavenly Father. May it truly be a blessing to you.

With Love,

Erica



Our Father in Heaven...

The first thing He told them to do was to acknowledge our Heavenly Father. Jesus, because of His life, death and resurrection, became the Way for us to be able to approach God as our Father. Having God as our Father really means that He is so much more to us. He is Father, but He's also our Savior, Provider, Healer, etc. This section helps you to connect with God intimately as Father and to proclaim God's many names. Thirty of those names have been provided for you in this guide to encourage you to know your Father more.

Your kingdom come...

The second thing Jesus said to do was to ask for God's kingdom to come; His will to be done on earth as it is in heaven. God is concerned about His kingdom and will (Romans 14:17). Jesus said that this is the very kingdom that is within you (Luke 17:21). As we are connected to God, we partner with Him to release His kingdom in the earth. One way to release the kingdom is by way of your prayers of intercession. This section prompts you to partner with God to intercede for those around you so that God can do His will in their lives. Your life.



Give us this day our daily bread.

When God delivered the children of Israel from Egypt, He led them into the wilderness. As they journeyed through, He made sure that their clothes stayed in tact and that their shoes didn't wear out on their feet. He also provided them with manna to eat and water to drink. They had to depend on Him for everything. The same way God supplied their needs, He wants to supply yours. This section prompts you to ask God for what you need, and to go to Him with your desires. Friend, you can trust Him to provide.

And forgive us our debts...

Confession is a key to touching the heart of God. When we confess of our sins, God is faithful and just to forgive us our sins and cleanse us from all unrighteousness (1 John 1:9). It is His forgiveness poured out upon us that compels us to forgive others. Forgiveness keeps us in right standing with God. Without it, we won't be able to see Him. This section allows you to address the sin of unforgiveness while allowing you the chance to do something about it.





*And lead us not into temptation,
but deliver us...*

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PRAYING ACCORDING TO THE LORD'S PRAYER

And lead us not into temptation but deliver us from the evil one (Matthew 6:13a)

Satan loves to tempt us to do things that will keep us from fulfilling our purpose set according to God's will. When you are tempted, keep your mind busy. Think to each temptation, write out a verse of scripture that will help you to remove your mind to overcome being tempted. Remember, Jesus was also tempted, yet He quoted the written Word (Matthew 4:1-11).

Temptation	Scripture Verse



*For thine is the kingdom, the power
and the glory forever. Amen.*

This section prompts us to remind ourselves of God's limitless power. Nothing is too hard for our God to handle. After all, He is the Creator of heaven and earth. The Word of God says that the whole earth is full of His glory. All authority belongs to Him. We have the privilege of thanking Him for His goodness, rule, and reign in our lives. Forever. Amen.

Satan, our adversary, loves to tempt us to do things that will keep us from fulfilling our purpose and walking in the will of God for our lives. The Word of God says that he only comes to steal, kill, and to destroy. He does this through temptation, lies and deception. He is an enemy of your soul. This section will encourage you to take a stand against the enemy. It will encourage you to replace the lies of the enemy with the Truth. God's word is Truth.

This section will also help you practice scripture memory as you wage war with the enemy over the battle of your mind. The good thing about spiritual warfare is that we don't have a Savior and Lord who can't relate to what we're going through. Jesus was also tempted, yet He quoted the written Word (Matthew 4:1-11).

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*For thine is the kingdom, the power and the glory
forever. Amen (Matthew 6:13b)*

God is the one who has full authority on earth and in our lives. His word tells us that we should give thanks to him for his rule. When you are thankful, list three things below. Once you've done that, write him a note of praise and thank him for the things you're thankful for and what you're believing He will do concerning everything you've shared with him today (Psalms 95:1-2, 10)

3 things I'm thankful for... 1. _____
2. _____
3. _____

Write a note of praise and thanks.





When You Pray
Record your thoughts here.

Thoughts Notes

What Scripture verses have been laid on your heart? What do you hear God saying in the Spirit? This space has been intentionally left blank to allow you more room to write as needed.

Sermon Notes

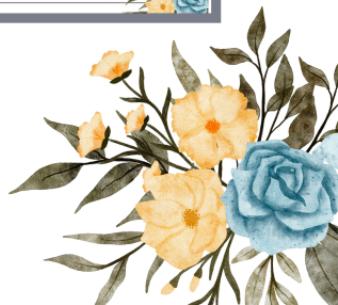
“Note takers are history makers.” That’s a saying that the youth pastor at my place of worship always says. And for good reason. Taking notes helps to keep you alert and avoid distractions. Note-taking helps you to listen carefully to what is said. In return, you also get a glimpse of the Father’s heart.

Thoughts/Notes

The time that you spend in prayer with God is time that most people consider to be intimate communion. It’s during that time that you talk to God and God talks to you. This section has been provided for you to write what you hear the Father saying. It is also where you can write any other thoughts you may have or verses of scripture that you’ll read by way of chasing scripture references.

When You Pray
Record your Sermon notes here.

Sermon Notes





30 Names of God

- Elohim-God
 - The Strong Creator
 - (Gen. 1:1)
- Jehovah-Lord
 - The self-existing One
 - (Gen. 2:4)
- Adonai-Lord/ Master
 - The Headship Name
 - (Gen. 15:2)
- Jehovah El Elyon
 - the Lord, the Most High God
 - (Gen. 14:22)
- Jehovah El Emeth
 - the Lord God of Truth
 - (Psalm 31:5)
- El Hay
 - the Living God
 - (Josh. 3:10)
- El Hayyay
 - God of my life
 - (Psalm 42:8)
- El Emunah
 - the Faithful God
 - (Deut. 7:9)
- El Kanno
 - Jealous God
 - (Josh 24:19)
- Elohe Mauzi
 - God of my strength
 - (Psalm 43:2)
- El Shaddai
 - Almighty God
 - (Ezekiel 10:5)
- Elohe Yisrael
 - God of Israel
 - (Psalm 59:5)
- Elsali
 - God, my Rock
 - (Psalm 42:9)
- El Nose
 - God that forgave
 - (Psalm 99:8)
- Jehovah Tsikenu
 - the Lord our Righteousness
 - (Jer. 23:6)
- Jehovah Jireth
 - the Lord Shall Provide
 - (Gen. 22:14)
- Jehovah Shammah
 - the Lord Is There
 - (Ezek. 48:35)
- Jehovah Shalom
 - the Lord (our) Peace
 - (Judg 6:24)
- Jehovah Roi
 - the Lord My Shepherd
 - (Psalm 23:1)
- Jehovah Rophe
 - the Lord (our) Healer
 - (Exodus 15:26)
- Jehovah Nissi
 - the Lord My Banner
 - (Exodus 17:15)
- Jehovah Ori
 - the Lord My Light
 - (Psalm 27:1)
- Jehovah Mekaddishkem
 - the Lord That Sanctifies you
 - (Exodus 31:13)
- Jehovah Hoshiah
 - O Lord Save
 - (Psalm 20:9)
- Jehovah Melech Olam
 - the Lord King Forever
 - (Psalm 10:16)
- Jehovah Mephalti
 - the Lord My Deliverer
 - (Psalm 18:2)
- Jehovah Immeka
 - the Lord Is With You
 - Judg 6:12)
- Jehovah Moshiekh
 - the Lord Your Savior
 - (Isaiah 49:26)
- El Hakabodh
 - the God of Glory
 - (Psalm 29:3)
- El Rai
 - God Seest Me
 - (Gen. 16:13)



THE MODEL PRAYER

In this manner, therefore, pray:

Our Father in heaven,
Hallowed be Your name.
Your kingdom come. Your will be done
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power
and the glory forever. Amen.

~ MATTHEW 6:9-13



WEEK OF: _____

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Our Father in heaven, hallowed be Your name (Matthew 6:9)

What name of God will you exalt Him with today? Write it out and share its meaning (Psalm 8:9).

Your kingdom come, Your will be done on earth as it is in heaven (Matthew 6:10)

The word of God says that His sheep hear His voice (John 10:27). What issues do you believe God is pressing upon your heart to pray for concerning His will for you, your family and friends, your job and co-workers, our president, people in leadership, the Body of Christ, the nations, your place of fellowship? Write these concerns below and lift them up unto God.



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Give us this day our daily bread (Matthew 6:11)

God knows everything that you have need of (Matthew 6:25-34). Yet, He still wants you to communicate with Him about those needs. Write out your needs below. Be specific. Space has also been provided for you to come back and record the date your specific need was met.

1. _____ : ____ / ____ / ____

2. _____ : ____ / ____ / ____

3. _____ : ____ / ____ / ____

And forgive us our debts as we forgive our debtors (Matthew 6:12)

Who do you need to forgive? Who do you need to ask for forgiveness from? Write that person's name below. Talk with God about them and what the problem was or is. Remember, the key focus is to forgive (Matthew 6:14-15).

Is there anything that you believe God is leading you to do concerning those you need forgiveness from? Write it out below, then respond to God's instruction. Obedience is key (Matthew 5:23-24).



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And lead us not into temptation but deliver us from the evil one (Matthew 6:13a)

Satan loves to tempt us to do things that will keep us from fulfilling our purpose and walking in the will of God for our lives. Identify the things you have been tempted to do lately. Next to each temptation, write out a verse of scripture that will help you to renew your mind to overcome being tempted. Remember, Jesus was also tempted, yet He quoted the written Word (Matthew 4:1-11).

Temptation

Scripture Verse





For thine is the kingdom, the power and the glory forever. Amen (Matthew 6:13b).

God is good! He has full authority on earth and in our lives. His word tells us that we should give thanks always for His goodness towards us. What are you thankful for? List three things below. Once you've done that, write Him a note of praise and thanks for who He is and what you're believing He will do concerning everything you've shared with Him today
(Psalm 107:15,21,31).

3 things I'm thankful for... 1. _____
2. _____
3. _____

Write a note of praise and thanks.

A large, empty rectangular box with a thin black border, intended for the user to write a note of praise and thanks. The box is positioned on the left side of the page, with a decorative floral corner featuring yellow tulips and a blue rose in the bottom right corner.



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Thoughts/Notes

What Scripture verses have been laid on your heart? What do you hear God saying in the Spirit? This space has been intentionally left blank to allow you more room to write as needed.



Sermon Notes

Record your Sermon notes here.

