

My Personal Prayers

Borrow the prayers that express what is in your heart, or add your own.

TO FATHER GOD

TODAY IS

MM / DD / YY

PRAY SPOT

☐ Work

☐ Home

☐ School

☐ _____

MY PRAYER

DEAR GOD,

☐ I'M NOT SURE WHAT TO EXPECT WITH THIS PRAYER THING.

☐ I'M EXCITED TO SEE WHERE THIS JOURNEY IN PRAYER
WILL LEAD.

☐

☐

☐

☐ HERE I AM WITH ALL MY UNCERTAINTIES AND HOPES:
IF YOU'RE THERE, SPEAK TO ME IN A WAY THAT I CAN
HEAR AND UNDERSTAND THAT IT'S YOU.

☐ I NEED ☐ PEACE ☐ STRENGTH ☐ DIRECTION

☐

☐

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☐

... in Jesus' Name, Amen

My Personal Prayers

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☐

PATTERN

OUR FATHER IN HEAVEN

PRIORITY

KNOWING YOU IN A PERSONAL WAY

REQUEST

SHOW ME YOUR LOVE SO THAT I MAY TRUST AND KNOW YOU

MY LIFE

WHEN I THINK OF CALLING YOU FATHER:

- ☐ I'VE THOUGHT OF YOU AS IMPERSONAL OR DISTANT
- ☐ I'VE TREATED YOU AS A MAGIC GENIE, ONLY COMING TO YOU WITH WISHES

☐

☐

☐

I AM FEELING ☐ EXCITED. ☐ AMAZED. ☐ UNSURE. ☐ AFRAID

☐

☐

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☐

THAT YOU WANT THIS PERSONAL RELATIONSHIP WITH ME.

My Personal Prayers

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- ☐ SHOW ME WHO YOU ARE AND WHAT YOU'RE LIKE
- ☐ OPEN MY HEART TO EXPERIENCE YOUR LOVE IN A WAY THAT I CAN UNDERSTAND
- ☐
- ☐
-
-
-
-

MY GRATITUDE

FATHER, THANK YOU FOR:

MY RESPONSE

NEW REVELATIONS OR THOUGHTS, HEART CHANGES I FEEL FROM YOU, OR STEPS I FEEL COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen

My Personal Prayers

DAY 1 2 3 4 5 6 7

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PATTERN

HALLOWED BE YOUR NAME

PRIORITY

WORSHIP OF YOU AS A HOLY GOD

REQUEST

SHOW US WHO YOU ARE: FILL ME WITH AWE AND WONDER

MY LIFE

PONDERING YOUR HOLINESS, I FEEL:

☐☐

I ADMIT I AM FAR FROM PERFECT: I AM NOT HOLY AS YOU ARE HOLY.
SHOW ME THE WAYS I HURT YOU AND HINDER MY RELATIONSHIP WITH YOU:

☐ I LIVE INDEPENDENTLY OF YOU, BUILDING MY OWN NAME AND GLORY.

☐ I HURT THE PEOPLE AROUND ME WITH HARSH WORDS OR ACTIONS.

☐☐

THANK YOU FOR THE PRICE JESUS PAID FOR OUR UNRIGHTEDUSNESS.

My Personal Prayers

DAY

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MY CITY

WHEN I LOOK AT MY CITY, I SEE PLACES WHERE RIGHTEDUSNESS IS NOT VALUED OR UPHELD, RESULTING IN DARK DEEDS. SHOW YOUR LIGHT IN THESE PLACES AND WORK OUT YOUR RIGHTEDUSNESS.

☐☐

HOW DO YOU WANT ME TO BE AN ADVOCATE FOR RIGHTEDUSNESS IN THE WORLD AROUND ME?

☐ OPEN MY EYES TO SEE THE WAYS I CAN STAND FOR RIGHTEDUSNESS.

☐ GIVE ME COURAGE TO DO WHAT IS RIGHT.

☐☐



My Personal Prayers

DAY

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MY GRATITUDE

THANK YOU, GOD, FOR:

MY RESPONSE

NEW REVELATIONS, HEART CHANGES, OR STEPS I FEEL LED
BY YOU TO TAKE:

... in Jesus' Name, Amen

My Personal Prayers

DAY 1 2 **3** 4 5 6 7

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TO FATHER GOD

TODAY IS

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PATTERN

YOUR KINGDOM COME

PRIORITY

SURRENDER TO YOUR LEADERSHIP & PURPOSES

REQUEST

LET YOUR WAYS BE ESTABLISHED

MY LIFE

I ADMIT IT'S HARD TO PRAY "YOUR KINGDOM COME" BECAUSE, IF I'M HONEST, MY INCLINATION IS TO LIVE FOR MYSELF AND BUILD MY OWN "KINGDOMS" IN DIFFERENT WAYS:

☐☐

KNOWING THAT YOU WANT TO LEAD MY LIFE, I FEEL:

☐☐

HELP ME SEE THE KIND OF LEADER YOU TRULY ARE.

My Personal Prayers

DAY 1 2 3 4 5 6 7

MY CITY

THANK YOU THAT YOU LOVE THE CITY. STRENGTHEN ITS FOUNDATION TO BE BUILT ON YOUR VALUES. LET YOUR KINGDOM COME IN MY CITY. IN:

☐ THE NEIGHBORHOOD WHERE I LIVE

☐ THE COMMUNITY WHERE I WORK

☐☐

BE PRESENT IN BROKEN AND DYSFUNCTIONAL PLACES:

☐ WHERE CONFLICT CAUSES DIVISION AND PAIN

☐ WHERE PEOPLE ARE SUFFERING HARDSHIP OR INJUSTICE

☐☐

LET YOUR LIGHT SHINE STRONGER THAN THE DARKNESS & CHALLENGES. RESTORE & RENEW THE CITY AND THE PEOPLE — BECAUSE OF HOW YOU LOVE THEM.

My Personal Prayers

DAY 1 2 3 4 5 6 7

- ☐ GIVE ME YOUR HEART THAT CARES ENOUGH TO ENGAGE
- ☐ GIVE ME COURAGE AND WISDOM TO BUILD UP PEOPLE & MY CITY
- ☐ _____
- ☐ _____
- _____
- _____
- _____

MY GRATITUDE

THANK YOU, FATHER, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I
FEEL COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen

Prayerful Pondering

DAY 1 2 3 4 5 6 7

Borrow the prayers that express what is in your heart, or add your own.

TO FATHER GOD

TODAY IS

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PRAYER SPOT:

☐ Work

☐ Home

☐ School

PATTERN

YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

PRIORITY

KNOWING YOUR WILL OF COMPASSION AND JUSTICE

REQUEST

REVEAL AND FULFILL YOUR GOOD WILL AND PLEASURE

MY LIFE

THANK YOU, JESUS, THAT YOU KNOW WHAT IT'S LIKE TO STRUGGLE WITH YOUR FATHER'S WILL. I ASK FOR YOUR WILL TO BE DONE SPECIFICALLY IN THE AREA OF:

☐ MY CAREER

☐ MY RELATIONSHIPS

☐ A SPECIFIC DECISION

☐

☐

YOUR WILL CAN BE SO DIFFERENT THAN MY WILL:

☐ HELP ME TO UNDERSTAND WHAT YOUR WILL IS

☐ GIVE ME WILLINGNESS TO TRUST AND DESIRE YOUR WILL

☐

☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

MY CITY

LET YOUR WILL BE DONE IN MY CITY AS IT IS IN HEAVEN.
WHEN I THINK OF ALL THE CITY'S NEEDS AND PROBLEMS, I FEEL:

- ☐ HOPEFUL ☐ UNSURE ☐ EXCITED ☐ OVERWHELMED
- ☐ _____ ☐ _____
- ☐ _____ ☐ _____

I PRAY FOR YOUR WILL TO BE DONE IN THE AREAS WHERE IT SEEMS
LIKE YOUR GOOD WILL, JUSTICE, AND MERCY ARE FAR FROM PRESENT:

- ☐ WHERE THE POOR AND DISADVANTAGED ARE EXPLOITED OR NEGLECTED
- ☐ WHERE GREED LEADS TO CORRUPTION
- ☐ _____
- ☐ _____
- _____

GIVE ME WISDOM TO KNOW THE SPECIFIC NEEDS IN MY CITY AND OF MY
NEIGHBORS WHERE YOU WANT ME TO PARTICIPATE IN BRINGING YOUR

- ☐ MERCY ☐ COMPASSION ☐ HOPE ☐ _____

SHOW ME PRACTICAL WAYS AND GIVE ME OPPORTUNITIES TO LOVE MY
NEIGHBORS AND CITY AS JESUS WOULD WITH COMPASSION.

- ☐ _____
- ☐ _____
- _____
- _____



My Personal Prayers

DAY 1 2 3 4 5 6 7

MY GRATITUDE

THANK YOU, FATHER, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I FEEL
COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen

My Personal Prayers

DAY 1 2 3 4 5 6 7

Borrow the prayers that express what is in your heart, or add your own.

TO FATHER GOD

TODAY IS

MM/DD/YY

PRAYER SPOT:

☐ Work

☐ Home

☐ School

PATTERN

GIVE US THIS DAY OUR DAILY BREAD

PRIORITY

TRUSTING YOU AS PROVIDER FOR TODAY'S NEEDS

REQUEST

MAY WE LIVE SIMPLY AND CONTENTED WITH WHAT YOU
GIVE US THAT WE MAY SHARE GENEROUSLY WITH OTHERS

MY LIFE

WHEN I PAUSE TO THINK ABOUT IT, YOU HAVE BEEN SO GENEROUS
TO ME. THANK YOU FOR THE MANY KINDS OF "DAILY BREAD" YOU
PROVIDE:

☐☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

EVEN WITH THIS ABUNDANCE, I ADMIT MY FOCUS CAN INSTEAD BE ON LUSTING AFTER WHAT I DO NOT HAVE BECAUSE OF:

☐ MY DESIRE FOR COMFORT & PLEASURE

☐ TRYING TO SAVE TOO FAR AHEAD BECAUSE I LIKE HAVING SECURITY/CONTROL

☐☐

YOU ALREADY KNOW ALL MY NEEDS AND HOW TO BEST MEET THEM.

☐ HELP ME TO TRUST YOU TO PROVIDE FOR MY SPECIFIC NEEDS

☐ GIVE ME GRATITUDE, CONTENTMENT, SIMPLICITY, AND GENEROSITY

☐☐

MY CITY

I PRAY THAT YOU WOULD MEET THE NEEDS OF MY CITY:

☐☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

MY RESPONSE

TEACH ME TO BE A WISE MANAGER OF ALL YOU'VE GIVEN ME. WHAT PRACTICAL WAYS ARE YOU ASKING ME TO INVEST TO EXTEND YOUR GRACE & BLESSING TO PEOPLE IN MY LIFE & CITY?

☐ MY TIME, ENERGY & ABILITIES

☐ MY TREASURES & MATERIAL WEALTH

MY GRATITUDE

THANK YOU, FATHER, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I FEEL COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen

My Personal Prayers

DAY 1 2 3 4 5 6 7

Borrow the prayers that express what is in your heart, or add your own.

TO FATHER GOD

TODAY IS

MM/DD/YY

PRAYER SPOT:

☐ Work

☐ Home

☐ School

PATTERN

FORGIVE US OUR DEBTS AS WE ALSO HAVE FORGIVEN OUR DEBTORS

PRIORITY

RECEIVING FORGIVENESS & SEEKING RECONCILED RELATIONSHIPS

REQUEST

EMPOWER US TO KNOW YOUR FORGIVENESS SO WE CAN FORGIVE OTHERS

MY LIFE

THANK YOU FOR BEING A FORGIVING GOD WHEN WE CONFESS OUR SIN. I ADMIT THAT MY REACTION TO CONFESSION AND SIN IS TO:

☐ AVOID IT, FEEL DEFENSIVE, AND FEEL LIKE I'VE DONE NOTHING WRONG

☐ FOCUS TOO MUCH ON IT OR FEEL GUILTY

☐

☐

GIVE ME HUMILITY AND COURAGE TO SEE WHERE I HAVE HURT YOU, MYSELF, OR OTHERS THROUGH MY ACTIONS, THOUGHTS, AND ATTITUDES:

☐

☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

IS THERE ANYONE WHOM I NEED TO ASK FORGIVENESS FROM?

☐ WHO I HAVE HURT

☐ WHO I'VE HELD A GRUDGE AGAINST

☐

☐

I'M SORRY FOR WHAT I'VE DONE. FORGIVE ME OF MY SIN AND GUILT.
AS I RECEIVE YOUR AMAZING GRACE AND FORGIVENESS, EMPOWER
ME TO BE GRACIOUS TO FORGIVE OTHERS AS YOU FORGIVE ME.
HELP ME TO FORGIVE:

☐

☐

GIVE ME THE HEART TO BE WILLING AND TAKE STEPS TO FORGIVE.
HEAL ME FROM THE EFFECTS OF HOLDING ON TO UNFORGIVENESS:

☐

☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

MY CITY

WHEN I LOOK AT MY CITY, I PRAY FOR THE AREAS AND ISSUES THAT NEED RECONCILIATION AND RESTORATION:

I PRAY FOR YOU TO PRESERVE THE PEACE OF THE CITY. EMPOWER US AS CITIZENS WITH YOUR LOVE & FORGIVENESS. HELP ME TO BE A PEACEMAKER IN MY INTERACTIONS & RELATIONSHIPS:

☐ FILL ME WITH PATIENCE, EMPATHY, PERSPECTIVE. _____

☐ _____

MY GRATITUDE

THANK YOU, FATHER, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I FEEL COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen

My Personal Prayers

DAY 1 2 3 4 5 6 7

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TODAY IS

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PRAYER SPOT:

☐ Work

☐ Home

☐ School

PATTERN

LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL

PRIORITY

FOLLOWING AND TRUSTING YOUR LEADERSHIP

REQUEST

GUIDE AND RESCUE IN JESUS' VICTORY

MY LIFE

THANK YOU THAT YOU WANT TO LEAD ME THROUGH THE JOURNEY OF LIFE. I PRAY YOU WOULD GUIDE ME THROUGH MY PRESENT CHALLENGES:

☐☐

IN MY STRUGGLES I FEEL:

☐

WEAK

☐

OVERWHELMED

☐

STUCK

☐

HOPEFUL

☐

WILLING TO FIGHT

☐

INDIFFERENT

☐☐

My Personal Prayers

DAY 1 2 3 4 5 6 7

SHOW ME WHERE YOU ARE PRESENT AND GUIDING ME:

☐ FILL ME WITH YOUR POWER AND COURAGE TO ENDURE.

☐ GIVE ME WISDOM TO LEAD ME FORWARD.

☐☐

MY CITY

I PRAY FOR THOSE WHO DAILY BATTLE AND THE FORCES THAT LEAD TO:

☐ SUFFERING

☐ ADDICTIONS

☐ OPPRESSION

☐ ABUSE

☐ MENTAL ILLNESS

☐ EXPLOITATION

☐☐

RESCUE THOSE WHO ARE STRUGGLING: BRING THEM NEAR TO YOU
TO KNOW YOUR COMPASSION, PRESENCE, AND POWER IN THEIR
CHALLENGES.

My Personal Prayers

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LET YOUR LIGHT SHINE STRONGER THAN THE DARKNESS. SHOW ME THE PRACTICAL WAYS I CAN BE INVOLVED IN FIGHTING THE GOOD FIGHT.

☐☐

GIVE ME COURAGE AND WISDOM TO MEANINGFULLY BE INVOLVED.

MY GRATITUDE

THANK YOU, FATHER, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I FEEL COMPELLED BY YOU TO TAKE:

... in Jesus' Name, Amen



My Personal Prayers

THE REST OF YOUR LIFE

Borrow the prayers that express what is in your heart, or add your own.

TO

TODAY IS

PRAYER SPOT: ☐

Work ☐

Home ☐

School ☐

MY PRAYER

THANK YOU FOR THE GOOD WORK YOU'VE STARTED IN MY LIFE
THROUGH PRAYER. CONTINUE THE GOOD WORK; KEEP TEACHING ME
HOW TO PRAY.

MY GRATITUDE

THANK YOU, GOD, FOR:

MY RESPONSE

NEW REVELATIONS, THOUGHTS, HEART CHANGES, OR STEPS I FEEL
COMPELLED TO TAKE:

... in Jesus' Name, Amen



Appendix

A Prayer Grid to Build the Coming Kingdom

Here is a simple sequence to help you focus on one portion of the Lord's Prayer at a time by praying through each priority in the grid (i.e. one row) from left to right. Take for example praying through the first pattern and priority: God as Father.

1. UPWARD (PATTERN & PRIORITY)

- Start your prayer by focusing on the priority upward to God, beginning by acknowledging God as Father.
- Praise Jesus for the priority, for adoption as sons and daughters into God's family.
- Meditate on the priority of being a child of God. Ask the Holy Spirit to show you what it means. What does the priority, this reality, tell you about God?

2. INWARD (PASSIONS)

- Next pray the priority, the truth of your identity, **into your heart**. Talk with God about it.
- How is the priority **growing or lacking** in your heart and life?

3. OUTWARD (PEOPLE)

- **What will your life look like** as this priority takes deeper root, as you acknowledge and know God to be Father? Ask Jesus to **transform your heart** and life to be more like His.
- Now pray for **others to experience more of God's promises** and priority in their lives and that they would come to know Him as Father.
- Pray for **the world, the church, and the city**, especially as needs relate to the priority at hand.

4. UPWARD (PRAISE)

- End by **praising God** for His blessings and answers to prayer. **Recognize** how God has been present. **Thank** Him.

For further elaboration on using this prayer sequence/grid, please see *Seven Days of Prayer with Jesus* by John Smed from www.prayercurrent.com/

PATTERN	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	Forgive us our debts, as we also have forgiven our debtors	Lead us not into temptation, but deliver us from evil
PRIORITY & PROMISE	Relationship Prayer	Worship	Evangelism City renewal	Mercy Social justice	Contentment Generosity Simplicity	Unity Reconciliation	Guidance Advance
Pray God's PASSIONS into my own heart							
Pray God's blessing for other PEOPLE							
PRAISE for who He is & thank Him for answers to prayers							



Notes

1. Annie Dillard, *Teaching A Stone to Talk: Expeditions and Encounters* (New York: Harper Perennial, 2013), 94.
2. Martin Luther, *A Simple Way to Pray: Martin Luther, the 16th Century Reformer, Tells His Barber How to Empower His Prayer Life* (Serve International, Inc, 2003).
3. I speak of urban renewal and use the word “city” because city is often the word used in the Bible when referring to a group of people who choose to live in proximity to one another under common laws and government—this includes rural communities, suburbs, metropolitans, and the like. Each “city” has a unique collective personality and history, and we are to pray for our city’s renewal.
4. Robert Burns, “Selkirk Grace.”
5. Martin Turcotte, “Charitable Giving by Individuals,” Spotlight on Canadians: Results from the General Social Survey, Statistics Canada, December 16, 2015, <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2015008-eng.htm>.

6. Quoted in *Not the Way It's Supposed to Be* by Cornelius Plantinga Jr. (Grand Rapids: Wm. B. Eerdmans, 1996), 39.
7. Miroslav Volf, "Original Crime, Primal Care," *God and the Victim*, Lisa Barnes Lampman. ed. (Grand Rapid, MI: Wm. B. Eerdmans, 1999), 35.
8. Dietrich Bonhoeffer, *Life Together: A Discussion of Christian Fellowship* (New York: Harper & Row, 1954).
9. Dorothy Sayers, *Creed or Chaos* (Manchester: Sophia Institute Press, 1995).
10. A good antidote to *The Da Vinci Code* is the book *Cracking Da Vinci's Code: You've Read the Fiction, Now Read the Facts* (Colorado Springs: David C. Cook, 2004) by James Garlow and Peter Jones.
11. N. T. Wright, *The Lord and His Prayer* (Grand Rapids: Wm. B. Eerdmans Publishing, 1997), 55.