

My Covenant to Abide Daily in God's Word and Prayer

A Covenant Prayer – “Lord and Savior, I covenant to walk with You in first love passion and obedience. I understand that effective time in Your Word and prayer are crucial to living in fullness and power. As a love relationship by Your grace, I commit to embrace six steps as my ongoing pattern: (1) To daily spend significant time in Your Word and prayer; (2) To seek to read through the Bible at least once each year; (3) To daily (or regularly) spend time in the five different types of prayer; (4) To focus my prayers on Your kingdom and glory; (5) To include cleansing of heart as a frequent part of my prayer times; (6) To embrace these patterns as a love relationship guided by Your Spirit, not a rigid formula. “

How to Daily Read and Meditate on God's Word “Five Basics Steps for Scripture Reading”

(Do not view these five steps as a legalistic requirement. While these steps are important, they are not a rigid formula. Let God guide you in patterns and steps for each day.)

1. Embrace a Scripture reading plan that will take you through the entire Bible at least once each year. (Most Bibles have a reading plan listed in the back)
2. Use a quality study Bible that explains the historic context of each day's reading.
3. Before you read the Scriptures, always ask God to cleanse your heart and give you ears to hear His voice.
4. Keep a journal to record impressions of what God says to your heart.
5. As you read the Bible, the following questions will help you hear and apply what God is saying.
 - a. What does today's reading tell me about God?
 - b. Is there a sin or error I need to correct in my life?
 - c. Is there an action I need to take?
 - d. Is there a promise to claim or a truth to apply?

A Daily Pattern for Powerful Personal Prayer

(The following pattern is both biblical and thorough. However, it is not a legalistic requirement or rigid formula. You may or may not be led to pray daily through all the categories or in this order. Your prayer time is to be a Spirit-guided relationship, not a ritual or formula. Simply ask God to guide you from day to day.)

- I. Praise and Worship – Begin with a period of praise and thanksgiving (Spend a few minutes focusing on the glory and greatness of God. Hallow His holy name.)** Psalms 100:4-5
 - Spend some time praising God for who He is (His characteristics and names)
 - Take a few moments to thank God for past, present, and future blessings
 - Take time just to freely worship and adore Him from your heart
- II. Repentance, Confession and Yielding – Continue with confession and repentance (at least 5 - 15 minutes)**

Proverbs 28:13; Psalms 66:18; 139:23-24

- Ask God to search your thoughts and attitudes
- Carefully examine your words and relationships
- Confess any sins of commission and forsake the sins God reveals
- Confess any sins of omission and make a definite commitment to obedience
- Ask God to fill you with the Holy Spirit and trust Him to do it

III. Prayers of Intercession/Protection/Deliverance – Proceed with Prayers of Intercession, Spiritual Warfare and Kingdom Advancement (10 - 20 minutes)

Ezekiel 22:30, 2 Timothy 2:1-4

- Pray for needs of family and friends
- Pray for your pastor and church
- Pray for specific lost people by name
- Pray for spiritual protection and the removal of strongholds
- Pray for missionaries and mission efforts (Use guides from both the *International and North American Mission Boards*)
- Pray for revival and spiritual awakening in your church and nation

(In your intercession, remember the value of focusing on only two or three categories per day. If you thoroughly prayed for every category, you could literally pray for hours! Though some may be led to pray for hours, most people will be led to focus on specific categories on certain days. As always, the guiding principle is close sensitivity to the Holy Spirit.)

IV. Supplication/Petition – Move into Prayers of Personal Petition (10 - 15 minutes)

Philippians 4:6, Matthew 6:33

- Pray for the development of character and holiness. Strong options are to pray through some or all of the fruits of the Holy Spirit or other character words (Matthew 5:1-12; Galatians 5:22)
- Pray for guidance and power on your ministry and service to God (be very specific in your prayers)
- Pray for any physical, emotional, spiritual or financial needs and give thanks for God's promised provision

V. Meditative Listening – Conclude with a Time of Scripture Meditation and Listening for God's Voice

- Reflect on key points of your Scripture reading and prayer time
- Assess how God has impressed on your heart
- Write down key impressions in a daily journal
- End your time with thanksgiving for God's grace, mercy, protection and power

Again, I emphasize the above pattern is a general guideline, not a rigid program. As you allow God's Spirit to guide, you will be amazed at the ways He will direct you day by day. If we are willing, Jesus enables us to walk with Him in deep spiritual intimacy. Every believer can have a mountain-moving prayer life. May God help us settle for nothing less than the glory of His manifest presence!

(For personal growth and group studies on powerful prayer, use the book, *How to Develop a Powerful Prayer Life*, by Dr. Gregory Frizzell.)