
Prayer Binder

A helpful guide to jump-starting and sustaining a healthy and powerful prayer life.

The Importance of Prayer

Everyone is in a different place in their prayer life. You may be just starting out on your prayer journey or you may have started praying as a small child. The key is that we are always in a place where we can go deeper with God.

Prayer is how we connect to God. It isn't just talking to Him, but it is also allowing Him to speak to you. In our Christian walk, we will never accomplish more than what we accomplish in our prayer life. Prayer paves the way for God to do great things in and around you. By establishing a consistent prayer life, you will begin to encounter God in a new way and He will prepare and equip you to do great things for His kingdom.

One of the keys to effectively praying is getting alone. Sometimes, this is referred to as a prayer closet. It doesn't have to be a literal closet. It could be your living room, your bedroom, or another secluded place where you can get alone with God. Jesus would go to the mountains, away from people, to get alone with His Father. He is the greatest example of prayer. Effective prayer isn't done by accident. Setting aside a time of your day to pray is very important. The morning works great - because it starts you out in the presence of God and sets the pace for serving God the rest of your day. Intentionally set aside time every day for prayer time. It will change your life!

Helpful Tools To Have With You

- *A Bible* - As you pray, God may lead you to Scripture and it can be used to pray!
- *A Journal and a Pen* - Write what God is showing you. It is a great tool to help you remember what God has done in and through you. You can also write out prayer-lists.
- *A Calendar/Daily Planner* - Sometimes while we pray, we get distracted with the things we need to do throughout the day. Write them down so you won't forget them.

How To Use Your Prayer Binder

There are multiple sections to your prayer binder. It is not the only way to pray, but it is a great example/format to get you started! A great start is spending about 5 minutes within each section. As you grow in your prayer life, you may find that more time is needed. Build this time into your schedule every day. Go through each section. The key is this: Be honest and open with God. You don't need the right combination of words. Pray out of your heart.

GETTING STARTED

Praise

Begin your time of prayer with praising God for who He is. You may use:

- Praising God from the book of Psalms (Ps 146, 147, 148, 149, 150)
- 31 ways to praise

Confession

Many people have little prayer power because they fail to practice meaningful confession on a daily basis. Psalm 66:18 says, "*If I had not confessed in my heart, my Lord would not have listened.*" Use materials in the binder including:

- Psalms to pray (15, 51, 139, 73)
- Prayer portions for repentance
- Additional prayers from Scripture
- Personal confession of sin handout

Prayer for your pastor/family/friends/small group

Spend time interceding for the people in your life. Pray for the leaders who pour out into you. Pastors and mentors always need prayer. It helps you submit under their authority. Pray for their families, their health, their protection, their finances, and any other thing that the Holy Spirit leads you to pray. Create a prayer list that you can have with you and pray through throughout your prayer time.

Personalize your binder by placing "Top 10 Requests" that you can get from your friends/pastors/family to allow you to pinpoint how to pray for each of them.

Prayer for your campus, your region, and the world

Take time to intercede for these places, using Scripture-based prayers if you would like.

Prayer for the Lost

Satan, the enemy, is doing everything in his power to keep people in his kingdom of darkness and apart from the life in Christ. Your prayer is vital in the lives of those who don't yet know Jesus Christ as their personal savior. The Lord has given us authority over the power of the enemy (Luke 10:19), so it is our purpose to take that authority and pray against the enemy's influence and schemes.

- Fill out the "Ten Most Wanted List"
- Use the *Prayers for the Lost* and insert the person's name you are praying for
- Mark the location of the person on the map provided in the binder, just as a reminder and a sense of connection to someone you are praying for (who might be far away)

Meditating (Pondering, letting it sink in) on God's Word

This is a form of praying because it is communication with God through prayerful listening. In thinking and pondering on God's word, you are quietly listening for God's voice, both through His Word and the impressions He speaks to your heart.

Using your Bible, enjoy your time with Him. Pray through the Word as you read it. A great place to start is in the book of James or in the gospels.

- Psalm 1 - Life's two roads
- Psalm 15 - How to get backstage with God
- Psalm 121 - My help comes from the Lord
- Romans 12 - Do not be conformed to this world
- 2 Corinthians - How to forgive the offender
- Galatians 6:1-10 - How the household of faith should be
- Philippians 2:1-18 - Imitate Jesus and be a light
- Colossians 3:1-17 - Put on the new self
- 1 Thessalonians 4 - The Lord is coming, live to please Him
- James 1 - How to handle life's trials and challenges

Use a notebook to journal how God is speaking to you. It is a great way to keep up to date of what you are reading and it is always fun to look back at the things God shows you in the past. Also use the SOAP Journal technique as a great way to meditate on the word of God.

Resources, Handouts and Other Tools To Help You

"31 Ways to Praise" Handout

- 1. God the Creator.** "Creator God, I praise You because 'you made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you'" (Neh. 9:6).
- 2. The Only God.** "God, I praise You because You are 'the LORD, and there is no other; apart from [You] there is no God'" (Is. 45:5).
- 3. The Almighty God.** "'O LORD God Almighty, who is like you? You are mighty, O LORD, and your faithfulness surrounds you'" (Ps. 89:8).
- 4. The Everlasting Father, the Ancient of Days.** "I praise You, Lord, as the 'Ancient of Days' (Dan. 7:9), the 'Everlasting Father' (Is. 9:6), who lives forever and ever."
- 5. A Loving God.** "I praise You because You are a loving God, whose very nature is love" (1 Jn. 4:16).
- 6. A God of Justice.** "Lord, I praise You and magnify You, who is 'just and the one who justifies those who have faith in Jesus'" (Ro. 3:26).
- 7. A Faithful God.** "Heavenly Father, I give You my praise and adoration, because You are a 'faithful God, keeping [Your] covenant of love to a thousand generations of those who love [You] and keep [Your] commands'" (Dt. 7:9).
- 8. A Merciful God.** "'You are a gracious and merciful God' (Neh. 9:31), and I praise You for Your great mercy."
- 9. God, My Refuge, My Fortress.** "I praise You, Lord, for You are 'my mighty rock, my refuge'" (Ps. 62:7).
- 10. A Patient, Persevering God.** "Father, I praise You because You are 'patient with [Your children], not wanting anyone to perish, but everyone to come to repentance' (2 Pet. 3:9). Thank You for Your patience with me."
- 11. Eternal, Saving God.** "I give praise to You, Father, 'the only God our Savior.' To You 'be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore'" (Jude 25).
- 12. The Holy One.** "Holy, holy, holy [are You] Lord God Almighty, who was, and is, and is to come" (Rev. 4:8).
- 13. A Personal God.** "I praise You, God, because You are a personal God, who gives me the honor of knowing You personally, even inviting me to feast at Your kingdom's table with Abraham, Isaac, and Jacob" (Mt. 8:11).
- 14. A Giving God.** "All praise and honor be Yours, O God, because You are a generous God, who did not even stop short of giving Your own Son" (Jn. 3:16).
- 15. A Provider God.** "I praise You today, Lord, as my Jehovah-Jireh (the Lord Will Provide), who makes all grace abound in me and generously provides all I need" (2 Cor. 9:8).
- 16. God, My Shepherd.** "I bless Your name and praise You as my Jehovah-Rohi (The Lord My Shepherd), who will shepherd me and guide me in the paths of righteousness for Your name's sake" (Ps. 23:1-3).
- 17. God, My Victory.** "Praise to You, my God, because You are my Jehovah-Nissi (The Lord My Banner), God, my victory, 'who always leads [me] in triumphal procession in Christ'" (2 Cor. 2:14).
- 18. God, My Peace.** "I praise You with all my heart, Lord, because You are my Jehovah-Shalom (The Lord Our Peace), 'the God of peace [who] will soon crush Satan under [my] feet'" (Ro. 16:20).
- 19. The God Who Heals.** "Father, I praise You because You are the Lord who heals me" (Ex. 15:26).
- 20. The God of All Comfort.** "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort" (2 Cor. 1:3).
- 21. The God of Miracles.** "Lord, I praise You because 'you are the God who performs miracles; you display your power among the peoples'" (Ps. 77:14).
- 22. A Forgiving God.** "I want to bless You with praise, Father, because 'you are a forgiving God, gracious and compassionate, slow to anger and abounding in love'" (Neh. 9:17).
- 23. The Burden Bearer.** "Praise be to the Lord, to God [my] Savior, who daily bears [my] burdens" (Ps. 68:19).
- 24. A Faithful God.** "I praise You because 'your love, O LORD, reaches to the heavens, your faithfulness to the skies' (Ps. 36:5), and 'great is your faithfulness'" (Lam. 3:23).
- 25. King of Kings and Lord of Lords.** "All honor and praise be to You, my God, 'the blessed and only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light'" (1 Tim. 6:15).
- 26. God the Liberator.** "I will praise You because 'you are my help and my deliverer; O LORD'" (Ps. 70:5).
- 27. The Lifter of My Head.** "Father God, I praise You because 'you are a shield around me, O LORD; you bestow glory on me and lift up my head' when I am weary or despised" (Ps. 3:3).
- 28. God of Light.** "I praise You, Lord, because You are 'my light and my salvation' (Ps. 27:1), and because You know 'what lies in darkness, and light dwells with [You]'" (Dan. 2:22).
- 29. God of Joy.** "I give You praise, O Lord, because 'you have granted [me] eternal blessings and made [me] glad with the joy of your presence'" (Ps. 21:6).
- 30. The God Who Answers Prayer.** "I praise and honor You, Father, because You are a God who loves to answer prayer and who begins to answer even before I pray" (Is. 65:24).
- 31. The God of All the Earth.** "I praise and adore You, Lord, as 'the Holy One of Israel . . . [my] Redeemer . . . the God of all the earth'" (Is. 54:5).

Following this "praise program" has energized my praise life, helping me to worship and adore God more plentifully and purposefully in prayer. It has also enlarged my vision and awareness of the praiseworthy God I love and serve and, I believe, increased the evidence of His godly character in my life. I pray that it may do the same for you.

-Bob Hostetler (author of 12 books)

Psalm 145

A psalm of praise. Of David.

(Praise the Lord as if you were David)

1 I will exalt you, my God the King; I will praise your name for ever and ever.

2 Every day I will praise you and extol your name for ever and ever.

3 Great is the LORD and most worthy of praise; his greatness no one can fathom.

4 One generation will commend your works to another; they will tell of your mighty acts.

5 They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

6 They will tell of the power of your awesome works, and I will proclaim your great deeds.

7 They will celebrate your abundant goodness and joyfully sing of your righteousness.

8 The LORD is gracious and compassionate, slow to anger and rich in love.

9 The LORD is good to all; he has compassion on all he has made.

10 All you have made will praise you, O LORD; your saints will extol you.

11 They will tell of the glory of your kingdom and speak of your might,

12 so that all men may know of your mighty acts and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is faithful to all his promises and loving toward all he has made.

14 The LORD upholds all those who fall and lifts up all who are bowed down.

15 The eyes of all look to you, and you give them their food at the proper time.

16 You open your hand and satisfy the desires of every living thing.

17 The LORD is righteous in all his ways and loving toward all he has made.

18 The LORD is near to all who call on him, to all who call on him in truth.

19 He fulfills the desires of those who fear him; he hears their cry and saves them.

20 The LORD watches over all who love him, but all the wicked he will destroy.

21 My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

My Personal Confession of Sin

It is crucial that we confess our sins to the Lord. A repentant heart is key to overcoming sin and growing in your relationship with the Lord.

Take a moment of silence, allowing the Holy Spirit to bring to your mind any sin that you need to confess. Let this be a time for your own confession of specific sins. Remember to receive forgiveness and complete cleansing from God for confession according to your faith in God's promise in 1 John 1:9, "*if we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*"

Psalm 51

For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

(Use this as example when confessing sins to the Lord)

- 1 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.
 - 2 Wash away all my iniquity and cleanse me from my sin.
 - 3 For I know my transgressions, and my sin is always before me.
 - 4 Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.
 - 5 Surely I was sinful at birth, sinful from the time my mother conceived me.
 - 6 Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.
 - 7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.
 - 8 Let me hear joy and gladness; let the bones you have crushed rejoice.
 - 9 Hide your face from my sins and blot out all my iniquity.
 - 10 Create in me a pure heart, O God, and renew a steadfast spirit within me.
 - 11 Do not cast me from your presence or take your Holy Spirit from me.
 - 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
 - 13 Then I will teach transgressors your ways, and sinners will turn back to you.
 - 14 Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.
 - 15 O Lord, open my lips, and my mouth will declare your praise.
 - 16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.
 - 17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.
 - 18 In your good pleasure make Zion prosper; build up the walls of Jerusalem.
 - 19 Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.
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Ten Most Wanted List

Please use this space to list everyone you can think of, including those in your family and extended family, neighbors, friends, and people at work; those who serve you at restaurants, in shops, and at the grocery store; people you sit next to at sporting events; those who serve with you on committees; classmates; those to whom you and your church are ministering; people you have met only one or twice; and those who live far away.

Look around with the eyes of Jesus, and see people as He sees them - lost without hope if they do not know Him. Pray in the way He is praying in Heaven, asking His Father to save them for His sake.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Prayer for the Lost

Lord, pour out Your Spirit upon _____ and:

- *Convict* _____ of his/her sin and separation from You. (John 16:8)
 - *Reveal* to _____ who You are and what Christ has done for him/her.
 - *Open the eyes* of _____'s understanding. (Eph. 1:18)
 - Remove the spiritual blindness. (2 Cor. 4:4)
 - *Draw* _____ to Yourself in a powerful way. (John 6:44)
 - *Bind* Satan from _____.
 - *Guard* _____ from Satan stealing Your Word from him/her. (Matt. 12:19)
 - *Pray* for grace and mercy to surround _____.
 - Help *me* to be willing and anxious to be the means by which You save and deliver _____.
_____. Lord, show me how to lead _____ to Christ.
 - *Send* people across _____'s path to bring a witness of Christ.
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US Prayer Map

Write in the names of your friends/family who you are praying for to help you feel connected to them, even though they may be far away!



SOAP Journal

Consistency and faithfulness in your prayer time as well as your time with the Lord is key to an effective Christian life. Journaling can be a great way to help you pray and read. *SOAP* is an easy-to-remember acronym when journaling what God is showing you in His Word.

S = Scripture

O = Observation

A = Application

P = Prayer

How to create and use a *SOAP* Journal:

S = Scripture

As you read the Bible each day (using a reading plan that goes over OT and NT helps), pray and ask God to highlight a short text or verse. Focus on the one main thing God shows you and write out the scripture at the top of your entry for that day.

If you do this every day for a period of time, you will likely have memorized a lot of scripture by using this format. It will also allow you to remember what God showed you through that passage. Allow God to show you one main thing for each day.

O = Observation

As God highlights a thought or passage in His Word, observe carefully what the verse says. Think about its original context, audience, tone, purpose and meaning. Take a few moments to meditate and allow that passage to sink in. Learning requires observation. Write out the things you observe about the passage or why it stuck out to you when you read it. It may be a paragraph or a few short sentences. The key is writing it out. Observe what is happening, who is affected and what is taking place. You will understand the Scripture more by doing this.

A = Application

After you carefully observe the Scripture and what is being said, take time to write out an action plan. Write out how you can apply that text/verse to your life. This is where you take time to think about and write about how you will be different today because of what you just read. Ask yourself, "How does this verse apply to my life?" The Word of God changes us, but we have to allow it to by allowing God to show us how it applies to us and what we must do to position ourselves to receive that Word.

P = Prayer

It helps to end this journal process by writing a short prayer asking Him to help you apply what you read. Tell God how thankful you are for showing you something in His Word.

Keep a table of contents with your journal. It will allow you to quickly refer to your entries. Write out a brief title, the Scripture reference, the date, and where the journal entry can be found.

(SOAP Journals are talked about in depth by Wayne Cordeiro in *The Divine Mentor*.)
