

**HOW TO PRAY THROUGHOUT YOUR DAY**  
**#SermonPrayer**  
**40 Days of Prayer – Part 4**  
**Dr. Mark Jackson - October 28, 2018**

**1 Thessalonians 5:17** Pray continually. (NIV)

**Ephesians 6:18a** Pray all the time. (LB)

**THE PATTERN FOR PRAYER**  
**Matthew 6:8-13**

**1. MORNING - GET UP WITH GRATITUDE**

**Matthew 6:8-9a** ...your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this: Our Father in heaven... (NLT)

**1 Corinthians 4:7** What are you so puffed up about? What do you have that God hasn't given you? And if all you have is from God, why act as though you are so great, and as though you have accomplished something on your own? (LB)

**James 1:17** Every good and perfect gift comes down from the Father who created all the lights in the heavens... (CEV)

**2. BREAKFAST - BLESS GOD'S NAME**

**Matthew 6:9b** Hallowed be your name... (NIV)

**Psalms 145:2** Every day I will bless you and praise your name forever and ever. (ESV)

**Psalms 9:10** Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you. (NIV)

**3. MIDMORNING - REMEMBER WHAT MATTERS MOST**

**Matthew 6:10** May your Kingdom come soon. May your will be done on earth, as it is in heaven. (NLT)

**Matthew 6:33** The thing you should want most is God's kingdom and doing what God wants. Then all the other things you need will be given to you. (NCV)

#### 4. LUNCH - LIST YOUR NEEDS

**Matthew 6:11** Give us today our daily bread. (NIV)

**1 Samuel 12:23a** I will surely not stop praying for you, because that would be sinning against the LORD... (NCV)

#### 5. AFTERNOON - ASK FOR FORGIVENESS

**Matthew 6:12** and forgive us our sins, as we have forgiven those who sin against us. (NLT)

**Psalms 32:5** I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone. (LB)

#### 6. LATE AFTERNOON - SEEK GOD'S PROTECTION

**Matthew 6:13** And lead us not into temptation, but deliver us from the evil one. (NIV)

**2 Thessalonians 3:3** You can rely on the Lord, who will give you strength and guard you from the evil One. (NJB)

#### 7. NIGHT - THINK ABOUT AN UPLIFTING TRUTH

**Matthew 6:13c** For yours is the kingdom, and the power, and the glory, forever! Amen! (NKJV)

**Proverbs 4:23** Be careful how you think; your life is shaped by your thoughts. (TEV)

**Psalms 63:6** I think about you before I go to sleep, and my thoughts turn to you during the night. (CEV)

**Philippians 4:19** I pray that God will take care of all your needs with the wonderful blessings that come from Christ Jesus! (CEV)