

# Praying as the Lord Taught us to Pray (or Praying through the “Lord’s Prayer”)

## Pray:

“If I had not confessed the sin in my heart, my Lord would not have listened.” Psalm 66:18 NLT

Silently confess anything to God which you have done that has fallen short of His glory (your unconfessed sins). Tell God you are sorry for doing those things and ask Him to forgive you and to help you not to do them again.

## Pray:

“Our Father who art in heaven, Hallowed be Thy name...” Matthew 6:9 NASB

Lift up praises to God and proclaim the majesty of His name. Pray a **Praise Psalm**.

## Pray:

“Thy kingdom come. Thy will be done, On earth as it is in heaven...” Matthew 6:10 NASB

Ask God to help you to always want, and to always follow, His will for your life.

Ask the Holy Spirit to help you be ready for when Jesus comes to get you.

## Pray:

“Give us this day our daily bread...” Matthew 6:11 NASB

Thank God for taking care of your daily needs, and ask Him to help you rest in His promise to always do so as long as you put Him first.

Ask God to meet the needs of others (and yourself). Consider keeping a **Prayer Journal**.

## Pray:

“And forgive us our debts, as we also have forgiven our debtors...” Matthew 6:12 NASB

Ask God to help you be more forgiving, and to help you be willing to forgive others when they have wronged you (even if they don’t ask you for forgiveness).

## Pray:

“And do not lead us into temptation, but deliver us from evil...” Matthew 6:13a NASB

Thank God for always being willing to help you overcome temptations by giving you a way out. Ask Him to help you recognize His ways out of temptation, and to help you be obedient to follow those ways.

## Pray on the Armor of God:

Belt of Truth; Breastplate of Righteousness; Shoes of the Gospel of Peace; Shield of Faith;  
Helmet of Salvation; Sword of the Spirit, the powerful Word of God

## Pray:

“For Thine is the kingdom, and the power, and the glory, forever. Amen.” Matthew 6:13b NASB

Close by proclaiming the power and majesty of God. Pray a **Closing Psalm**.

# Prayer Journal

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Day Month Date Year  
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## Pray:

**Ask God to meet the needs of others (and yourself).**

Pray for a specific family member or friend. Write the name here: \_\_\_\_\_.  
Pray for that person. Ask God to take care of his/her daily needs. Pray for special needs which that person has, too, if you are aware of any. (For example, does that person know Jesus as personal Lord and Savior?) Write down any special needs which you will pray for that person:

Pray for a **Christian Martyr from around the World** . (Information on specific martyrs can be obtained from Voice of the Martyrs at <http://www.persecution.com/> and from Gospel for Asia at <http://www.gfa.org/gfa/> .) Write the name of the martyr here: \_\_\_\_\_.  
Write down any special need(s) you are praying for that martyr:

Pray for a Christian missionary. Write the name of the missionary here: \_\_\_\_\_.  
Write down any special need(s) you will pray for that missionary.

Pray for any other special needs you are aware of for other people or for yourself. Write down their names and their special needs that you will pray for them (or yourself):

<i>Name(s)</i>	<i>Special Prayer Need(s)</i>
_____	_____
_____	_____
_____	_____
_____	_____

## Thank:

Thank God for answering any past prayers. Note in this journal the past prayer and the answer to the prayer...

<i>Past Prayer(s)</i>	<i>God's Answer(s)</i>
_____	_____
_____	_____
_____	_____
_____	_____

## Praise Psalms (Personalized from the New Living Translation)

"I sing praises to Your name, LORD Most High." Psalm 7:17b

"I love You, LORD; You are my strength. You, LORD, are my rock, my fortress, and my Savior; You, God, are my rock, in whom I find protection. You are my shield, the strength of my salvation, and my stronghold. I will call on You, LORD, for You are worthy of praise..."  
Psalm 18:1-3a

"You are a living LORD! Blessed be You, O Lord, my rock! I exalt You, God, for You are the God of my salvation!" Psalm 19:46

"I praise you, LORD, for all Your glorious power. I celebrate Your mighty acts." Psalm 21:13

"I give honor to You, LORD, for the glory of Your name. I worship You, LORD, in the splendor of Your holiness." Psalm 29:2

"I praise You, LORD. I want to constantly speak Your praises." Psalm 34:1

"Bless You, LORD, O God of Israel, Who lives forever from eternal ages past." Psalm 41:13a

"I put my hope in You, God! I praise You, Lord - my Savior and my God!" Psalm 43:5b

"I shout to You, God, with joyful praise! For You, LORD Most High, are awesome. You are the great King of all the earth." Psalm 47:1b-2

"I sing praise to You, God, I sing praises; I sing praise to You, our King, I sing praises! For You, God, are the King over all the earth. I praise You, God, with a psalm! You, God, reign above the nations, sitting on Your holy throne." Psalm 47:6-8

"Be exalted, O God, above the highest heavens. May Your glory shine over all the earth."  
Psalm 57:11

"O my Strength, to You I sing praises, for You, O God, are my refuge, the God Who shows me unfailing love." Psalm 59:17

"Power, O God, belongs to You; unfailing love, O Lord, is Yours." Psalm 62:11b-12a

"What mighty praise, O God, belongs to You in Zion." Psalm 65:1a

"I shout joyful praises to You, God! I sing about the glory of Your name! I want to tell the world how glorious You are." Psalm 66:1-2

"I sing praises to You, God, and to Your name! I sing loud praises to You Who rides the clouds. Your name is the LORD - I rejoice in Your presence!" Psalm 68:4

"I praise You, Lord; I praise You, God our Savior! For each day You carry us in Your arms. You are our God who saves! You, Sovereign LORD, rescue us from death." Psalm 68:19-20

"...I praise You because You are faithful to Your promises, O God. I sing for You, O Holy One of Israel. I shout for joy and sing Your praises, for You have redeemed me." Psalm 71:22-23

"Bless Your name, O LORD God, the God of Israel, for You alone do such wonderful things. Bless Your glorious name forever! Let the whole earth be filled with Your glory..."  
Psalm 72:18-19

"I sing of Your tender mercies, O Lord! Young and old will hear of Your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens." Psalm 89:1-2

"...who in all of heaven can compare with You, LORD? What mightiest angel is anything like You, LORD? The highest angelic powers stand in awe of You, God. You are far more awesome than those who surround Your throne. O LORD God Almighty! Where is there anyone as mighty as You, LORD? Faithfulness is Your very character." Psalm 89:6-8

"You, LORD, are King! You are robed in majesty. You, LORD, are robed in majesty and armed with strength. The world is firmly established; it cannot be shaken. Your throne, O LORD, has been established from time immemorial. You are from the everlasting past. The mighty oceans have roared, O LORD. The mighty oceans roar like thunder; the mighty oceans roar as they pound the shore. But mightier than the violent raging of the seas, mightier than the breakers on the shore - You, LORD above, are mightier than these! Your royal decrees cannot be changed. The nature of Your reign, O LORD, is holiness forever." Psalm 93

"I sing to You, LORD! I give a joyous shout to You, the rock of my salvation! I come before You with thanksgiving. I sing to You psalms of praise. For You, LORD, are a great God, the great King above all gods. You own the depths of the earth, and even the mightiest mountains are Yours. The sea belongs to You, for You made it. Your hands formed the dry land, too. I worship You and bow down to You. I kneel before You, my maker, for You are my God. You watch over me, a sheep under Your care." Psalm 95:1-7

"Great are You, LORD! You are most worthy of praise! You are to be revered above all gods. The gods of other nations are merely idols, but You, LORD, made the heavens! Honor and majesty surround You; strength and beauty are in Your sanctuary." Psalm 96:4-6

"I praise Your great and awesome name, O LORD. Your name is holy!" Psalm 99:3

"I shout with joy to You, LORD! I worship You, LORD, with gladness. I come before You, singing with joy. I acknowledge that You, LORD, are God! You made me, and I am Yours. I am Yours, a sheep in Your pasture. I enter Your gates with thanksgiving; I go into Your courts with praise. I give thanks to You and bless Your name. For You, LORD, are good. Your unfailing love continues forever, and Your faithfulness continues to each generation." Psalm 100

"I praise You, LORD; with my whole heart, I praise Your holy name." Psalm 103:1

"I praise You, LORD; O LORD my God, how great You are! You are robed with honor and with majesty; You are dressed in a robe of light." Psalm 104:1-2a

"I sing to You, LORD, as long as I live. I praise You, God, to my last breath!" Psalm 104:33

"I give thanks to You, LORD, and proclaim Your greatness." Psalm 105:1a

"I praise You, LORD! I give thanks to You, LORD, for You are good! Your faithful love endures forever. Who can list the glorious miracles You have done? Who can ever praise You half enough?" Psalm 106:1-2

"Blessed be You, LORD, the God of Israel, from everlasting to everlasting!... I praise You, LORD!" Psalm 106:48

"I give thanks to You, LORD, for You are good! Your faithful love endures forever." Psalm 107:1

"My heart is confident in You, O God; no wonder I can sing Your praises!... I thank You, LORD, in front of everyone. I sing Your praises among the nations. For Your unfailing love is higher than the heavens. Your faithfulness reaches to the clouds. Be exalted, O God, above the highest heavens. May Your glory shine over all the earth." Psalm 108:1-5

"I praise You, LORD! I praise Your name, LORD! Blessed be Your name forever and ever... For You, LORD, are high above the nations; Your glory is far greater than the heavens." Psalm 113:1-4

"Not to us, O LORD, but to You goes all the glory for Your unfailing love and faithfulness." Psalm 115:1

"I praise You, LORD, both now and forever! I praise You, LORD!" Psalm 115:18

"I praise You, LORD. For You love us with unfailing love; Your faithfulness endures forever. I praise You, LORD!" Psalm 117:2

"You are my God, and I will praise You! You are my God, and I will exalt You! I give thanks to You, LORD, for You are good! Your faithful love endures forever." Psalm 118:28-29

"I praise You, LORD! I praise Your name, LORD! I praise You, LORD, for You are good... I know Your greatness LORD - that You are greater than any other god." Psalm 135:1, 3, 5

"I give thanks to You, LORD, for You are good! Your faithful love endures forever. I give thanks to You, the God of gods. Your faithful love endures forever. I give thanks to You, the Lord of lords. Your faithful love endures forever. I give thanks to You, the God of heaven. Your faithful love endures forever." Psalm 136:1-3, 26

"I give thanks to You, O LORD, with all my heart... I give thanks to Your name for Your unfailing love and faithfulness, because Your promises are backed by all the honor of Your name."  
Psalm 138:1a, 2b

"I praise You, my God and King, and bless Your name forever and ever. I bless You every day, and I praise You forever. Great are You, LORD! You are most worthy of praise! Your greatness is beyond discovery!" Psalm 145:1-3

"I praise You, LORD! I praise You, LORD! I praise You as long as I live. I sing praises to You, God, even with my dying breath." Psalm 146:1-2

"How great You are Lord! Your power is absolute! Your understanding is beyond comprehension!" Psalm 147:5

"I praise You, LORD! May You be praised from the heavens! May You be praised from the skies! May all Your angels praise You! May all the armies of heaven praise You! May the sun and moon praise You! May all the twinkling stars praise You! May the skies above praise You! May the vapors high above the clouds praise You! May every created thing give You praise, LORD, for You issued Your command, and they came into being. You established them forever and forever. Your orders will never be revoked. May the creatures of the ocean depths praise You, and the fire and hail, snow and storm, wind and weather that obey You, mountains and all hills, fruit trees and all cedars, wild animals and all livestock, reptiles and birds, kings of the earth and all people, rulers and judges of the earth, young men and maidens, old men and children. May we all praise Your name LORD. For Your name is very great; Your glory towers over the earth and heaven!... I praise You, LORD!" Psalm 148

"I praise You, LORD! I sing to You a new song. I sing Your praises." Psalm 149

## Closing Psalms (Personalized from the New Living Translation)

"O LORD, our Lord, the majesty of Your name fills the earth! Your glory is higher than the heavens." Amen. (Psalm 8:1)

"...You, LORD, reign forever..." Amen. (Psalm 9:7a)

"You, LORD, are King forever and ever!" Amen. (Psalm 10:16a)

"You are the King of glory. You, LORD Almighty, are the King of glory." Amen. (Psalm 24:10)

"Your throne, O God, endures forever and ever." Amen. (Psalm 45:6)

"You are exalted in the heavens. You, O LORD, continue forever." Amen. (Psalm 92:8)

"You, O LORD, are most high over all the earth." Amen. (Psalm 97:9)

"You, LORD, are king!" Amen. (Psalm 99:1a)