



## All Day Long

**Ephesians 6:18 (NCV)** *Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. Always pray for all God's people.*

### Pray Throughout the Day...

- Keep a running conversation with God.

**1 Thessalonians 5:17 (NLT)** *Never stop praying.*

- Schedule prayer times throughout my day.

**Psalms 119:164 (NLT)** *I will praise you seven times a day because all your regulations are just.*

### A Daily Schedule Built on the Lord's Prayer...

- 1) Get up with **GRATITUDE**.

**1 Corinthians 4:7b (NLT)** *What do you have that God hasn't given you? And if everything you have is from God, why boast as though it were not a gift?*

**Matthew 6:8-9a (NLT)** *"Don't be like them, for your Father knows exactly what you need even before you ask him!" Pray like this: Our Father in heaven...*

**James 1:17 (NLT)** *Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.*

- 2) Bless **GOD'S NAME** at breakfast. (Praise)

**Matthew 6:9b (NLT)** *...may your name be kept holy.*

**Psalms 9:10 (NLT)** *Those who know your name trust in you, for you, O Lord, do not abandon those who search for you.*

- 3) At midmorning remember **WHAT MATTERS MOST**. (Praise)

**Matthew 6:10, 33 (NLT)** *"May your Kingdom come soon. May your will be done on earth, as it is in heaven." "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."*

- 4) List my **NEEDS** at lunch. (Petition)

**Matthew 6:11 (NLT)** *Give us today the food we need...*

**Philippians 4:6-7 (NLT)** *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

- 5) Ask for **FORGIVENESS** in the afternoon. (Confession)

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

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

- 6) Ask God to help me make **WISE DECISIONS**.

**Matthew 6:13a (NLT)** *And don't let us yield to temptation, but rescue us from the evil one.*

**1 Corinthians 10:13 (NLT)** *The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*

- 7) End of my day with **ENCOURAGING TRUTH**.

**Matthew 6:13b (NLT)** *For yours is the kingdom and the power and the glory forever, Amen.*

**Proverbs 10:27 (TLB)** *Reverence for God adds hours to each day; so how can the wicked expect a long, good life?*

**"If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God you'll be at rest."**  
— Carrie Ten Boom

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## scriptures that relate

Monday: Ephesians 6

Wednesday: Matthew 6

Friday: Psalm 32

Tuesday: 1 Thessalonians 5

Thursday: Philippians 4

Saturday: 1 Corinthians 10

## small groups—talk it over

1. What is the key to having a running conversation with God?
2. How important is it to get up with gratitude?
3. How do you keep your prayer focus throughout the day?
4. What is the most encouraging truth about God?

## nikki's prayer requests

**Monday:** Lord, help us to give You time to speak to us before we speak to You.

**Tuesday:** Lord, help us to focus on You - that You are wise, faithful, merciful, loving and glorious.

**Wednesday:** Lord, help us to be honest with You.

**Thursday:** Lord, help us to be serious about our walk with You - our choice to follow You.

**Friday:** Lord, help us to thank You for everything.

**Saturday:** Lord, help us to humbly confess our sins knowing that You will be faithful to forgive.

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