

KNEES, HEARTS & EYES #3

HOW TO PRAY THROUGHOUT YOUR DAY

Ephesians 6:18

"Pray in the Spirit at all times with all kinds of prayers. . . "

1 Thessalonians 5:17

"Never stop praying!"

Matthew 6:9-13

"Pray then like this—'Our Heavenly Father, may your name be honoured; May your kingdom come, and your will be done on earth as it is in heaven. Give us this day the bread we need, Forgive us what we owe to you, as we have also forgiven those who owe anything to us. Keep us clear of temptation and save us from evil'."

Psalm 119:164 David says,

"Seven times a day, I praise you!"

PRAYER 1: GETTING UP – BE GRATEFUL

Matthew 6:9

"Our Heavenly Father . . ."

1 Corinthians 4:7

"What do you have that God hasn't given you?"

Spotify Song: Good Good Father

PRAYER 2: BREAKFAST - BLESS GOD'S NAME

Matthew 6:9

"Our Heavenly Father, may your name be honoured."

Psalm 145:2

"Every day, I will bless your name."

Spotify Song: No Other Name

PRAYER 3: MORNING TEA - REMEMBER WHAT MATTERS MOST

Matthew 6:10

"May your kingdom come, and your will be done on earth as it is in heaven."

Spotify Song: Battle Belongs

PRAYER 4: LUNCH - LIST YOUR NEEDS

Matthew 6:11

"Give us this day the bread we need"

Spotify Song: Faithful Now

PRAYER 5. AFTERNOON TEA – ASK FOR FORGIVENESS

Matthew 6:12

"Forgive us what we owe to you, as we have also forgiven those who owe anything to us."

Spotify Song: Who You Say I Am

PRAYER 6: DINNER – HELP YOU MAKE WISE DECISIONS

Matthew 6:13

"Keep us clear of temptation and save us from evil".

Spotify Song: Holy Spirit