

BE A MAN


12-WEEK CHALLENGE

PRAYER MODELS



BROUGHT TO YOU BY

FORGED



PRAYER MODELS

The Shema Prayer

Jesus likely would have prayed this famous prayer morning, noon, and night all His life.

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Tie them as symbols on your hands and bind them on your foreheads.

Write them on the doorframes of your houses and on your gates.

So if you faithfully obey the commands I am giving you today—to love the Lord your God and to serve him with all your heart and with all your soul—then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine and olive oil. I will provide grass in the fields for your cattle, and you will eat and be satisfied.

Be careful, or you will be enticed to turn away and worship other gods and bow down to them. Then the Lord's anger will burn against you, and he will shut up the heavens so that it will not rain and the ground will yield no produce, and you will soon perish from the good land the Lord is giving you.

Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Write them on the doorframes of your houses and on your gates, so that your days and the days of your children may be many in the land the Lord swore to give your ancestors, as many as the days that the heavens are above the earth.

Deuteronomy 6:4-9; 11:13–21 NIV

The Armor Of God

God equips us with spiritual armor. Through prayer, we can stand against attacks of discouragement and doubt.

“Put on” the armor with this prayer based on Paul’s exhortation in Ephesians 6:10–18, using God’s Word, the sword of the Spirit, as we struggle, “not against flesh and blood, but against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (v. 12).

Equip me, Lord:

- **With the belt of truth** (v. 14). May your truth rule in my heart and be in my mind and on my lips today.
- **With the breastplate of righteousness** (v. 14). Apart from You there is no righteousness, but through Jesus I have been “born again” and made righteous in Your sight. May I live as a righteous person.
- **With feet fitted with the readiness that comes from the Gospel of peace** (v. 15). May I reflect the Gospel in my words and actions, that through me, with my every encounter, others may be drawn one step closer to You.
- **With the shield of faith** (v. 16). May I take You at Your word concerning promises about the present and future—promises of everlasting love, abundant life, and so much more.
- **With the helmet of salvation** (v. 17). Remind me that nothing can separate me from Your love and that I’ve been saved by grace. In Your grace, help me to say “no” to all ungodliness and worldly passions, and to live a self-controlled, upright, and godly life (Titus 2:12,13).
- **And with the sword of the Spirit, the Word of God** (v. 17). May Your Holy Spirit reign in my life and bring to my mind just the right Bible verses to be in my heart and on my lips. May I be “filled with the Spirit” and ready with Scripture as You were, Jesus, when the devil tempted You.
- **Finally, keep me in an attitude of prayer** (v. 18). Remind me to “pray in the Spirit on all occasions.” Cause me to be alert and always praying for the saints; to be joyful and to give thanks in everything (see 1 Thessalonians 5:16-18).

The Tabernacle Of Prayer

In Exodus, Chapters 25 to 31, God gave detailed instructions to Moses on Mt. Sinai for building the Tabernacle to house His presence. The Tabernacle was a tent-like structure inside a rectangular courtyard, facing East, surrounded by a fence made of pillars and linen hangings, and covered an area 45' long and 15' wide with a 15' high covering.

In the outer courtyard, the brazen altar was closest to the entrance and the water's laver. Inside the tent was the Holy Place (housing the candlestick, the table of shewbread, and the golden altar of incense) and the Holy of Holies (where the Ark of the Covenant rested). In and above the Holy of Holies, God appeared as a pillar of cloud or fire. Each article of furniture represents a different prayer focus that has a unique meaning corresponding with its original purpose defined by God and a place in the "types and shadows" that exist between the Old and New Testaments.

Step 1: The Gate

Here, we enter into His gate with thanksgiving and into His courts with praise (Psalm 100:4)

Prayer Focus: We begin here. Thank God for every blessing and praise Him for His mighty acts.

Step 2: The Brazen Altar

For sinful man to even approach a holy God, there must be a blood sacrifice. Jesus died as an atonement for our sins. The brazen altar is where we repent and rid ourselves of our sinful deeds and desires.

Prayer Focus: No one can repent for us. Jesus became our sacrifice so we could receive the gift of repentance. At the altar, we search our hearts, acknowledge our sins, and ask God to forgive us.

Step 3: The Laver Of Water

Once sins were atoned for, cleansing was necessary before serving in the Holy Place. We must look into the mirror of; be washed by, and apply His Word as cleansing so we may serve and minister before Him.

Prayer Focus: Here we take time to read and meditate on God's Word and allow it to wash over us and through us. When we examine ourselves with His Word as our guide, the Word will sanctify and cleanse us.

Step 4: The Five Pillars

Each pillar symbolizes one of the characteristics of God named by Isaiah.

Prayer Focus: "His name shall be called Wonderful, Counselor, Mighty God, Everlasting Father and Prince of Peace" (Isaiah 9:6). Pray for revelation of the power of and for the office of each name to be present in our lives.

Step 5: The Golden Candlestick

This oil is symbolic of the illuminating and revelatory power of the Holy Ghost. The priest's duty was to keep the wicks trimmed so the lamp would exude pure light without smoke.

Prayer Focus: At this source of continuous shining light as God for spiritual revelation, direction, and guidance. Pray for the anointing of the Holy Ghost to be active in our lives. Jesus said, "I am the light of the world..." (John 8:12).

Step 6: The Table Of Showbread

The table/bread symbolized God's willingness to fellowship with man and him to be in His presence.

Prayer Focus: "I am the bread of life..." (John 6:35, 49-50) This bread of His presence is the "rhema" (God-breathed) Word of God to us. Ask God to speak to our hearts and allow us to commune with Him and hear His voice and follow Him. Pray for those who share His bread with us: missionaries, pastors, evangelists, and church leaders.

Step 7: The Golden Altar Of Incense

Only the fire of repentance can burn the incense of our intercession. This is a symbol of our prayers and intercession going up to God as a sweet fragrance.

Prayer Focus: "Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice" (Psalm 141:2). Here the incense offered is symbolic of our worship. After worship, we make intercession for others and for any situation in our lives that requires His intervention. Biblically, Jesus makes intercession for us. The golden altar of incense is where every request can be presented to a prayer-answering God.

Step 8: The Veil

It represents the flesh of Jesus rent in the final sacrifice and marked physical separation from the spiritual. Whoever went into the Holy of Holies entered into God's very presence.

Prayer Focus: The veil is symbolic of the barrier of our flesh. Here we ask God to give us the power to go beyond ourselves, to operate not on our own faith but on God's faith. Meditate on the revelation of the name of JESUS and acknowledge Him as the Messiah- God manifest in the flesh as testified in the gospels. We enter into His presence.

Step 9: The Holy Of Holies

Inside the Holy of Holies was the Ark of the Covenant, which contained three symbolic items: a golden pot of manna, Aaron's staff that budded, and the stone containing the Ten Commandments. The Mercy Seat, where God communed with man, rested as the top of the ark. Because the ark was God's throne among His people, it was a symbol of His presence and power.

Prayer Focus: Only the blood gives us access to the Holy of Holies. The Ten Commandments (The Law) is covered by the blood of the sacrifice. There is only mercy. We are free and without judgment. This is the place of intimacy with God. Now we may act in the authority represented by Aaron's rod that budded. Through Christ, we take authority over things that will work against us. We are surrounded by angels, and the miracle of the manna reminds us that whatever we need, He will supply.

The Lord's Prayer

One way to pray like Jesus is to pray the Lord's Prayer word for word. You can also personalize it and use Jesus' words as a structure for your prayers. This post breaks the prayer down, verse by verse, so that you can pray like Jesus.

The Lord's Prayer is a passage from Jesus' longest, most detailed sermon. Here, Jesus gives us specific direction on how to pray. How amazing is that? This is the exact format for prayer that Jesus tells his disciples to use.

In addition to a formula, Jesus gives further direction in the verses prior to the Lord's Prayer. (Matthew 6:5-8)

He tells us not to pray for the sake of impressing others but to pray in secret for our own reward. He also tells us not to be repetitive or to babble on and on as we pray. Our prayers do not need to be lengthy or extravagant, or wordy to be effective.

Step One: Start With Praise & Worship

"Our Father in heaven, hallowed be your name."

The word "hallowed" here means "honored as holy." The first step to any prayer is to give God glory and honor and praise. This positions our hearts to be aware of God's presence as we pray.

Here, Jesus also directs us to acknowledge God as our Father in Heaven.

God is the creator of the universe, the alpha, and omega, the King of Kings, the Almighty. But, He is also our good, good Father who loves us and wants an intimate relationship with us.

Beginning prayer by calling him "Father" and praising His name brings us into His presence the right way, with reverence and awe, but also with intimacy and relationship.

You aren't just praying to a distant, powerful King. You are praying to the loving, tender God of your heart, who knows you fully and loves you deeply.

The words we choose have power; don't be hesitant or afraid to call Him your Heavenly Father.

Step Two: Pray God's Will Be Done

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

Jesus tells us to pray God's will over our own because the ultimate goal of prayer is not to convince God of our heart but to align it with His. Praying God's will to be done in our situation puts His agenda before our own.

This is the mark of a truly surrendered heart. We can certainly pray specifically for our hearts' desires; He knows them anyway. But ultimately, our main desire should be for God's will to prevail.

Even if His will is the opposite of our desire. Even more specifically, Jesus instructs us to pray God's will to be done on earth as it is in Heaven. What does this mean?

It means that we desire His will to be done freely, without disobedience or obstacle or hindrance of human sin. Jesus tells us to pray this way not because God needs us to do His will, but because He chooses to use us to do the work of His Kingdom.

To do His good work, we have to trust Him and obey Him while striving to deny our sinful human nature. In Heaven, these issues are not present. But on earth, they are.

We should desire His will to be done and for us to not stand in the way of it by disobeying or sinning.

Step Three: Pray For Your Needs

“Give us this day our daily bread,”

Here, Jesus transitions into instructing us to pray for the provision of our needs, no matter how seemingly insignificant or mundane.

We need daily bread in the sense that we need God to daily dwell with us and guide us, but also that we need literal daily bread to stay alive.

Pray for both His physical and spiritual provision in your life, and the lives of those you love.

God created us with bodies and souls that both need daily substance to sustain them. Pray for the things that you need and thank Him for all that He has already blessed you with.

Step Four: Confess Sin & Ask For Forgiveness

“..and forgive us our debts,”

Many times when we pray, we forget these next two steps, but they are vitally important to our walk with God.

We need to regularly ask God to search our hearts and reveal our sin to us. We need to regularly be confessing those sins to God and asking Him to forgive us.

Prayer is about cultivating a relationship with Jesus, and in any relationship, part of intimacy is humility and openness. Humble, open, teachable hearts apologize when they are wrong.

The mark of a truly humble heart is a genuine desire to apologize for wrongdoing and seek forgiveness.

Do not leave any sin unconfessed; unrepented sin erodes relationship with God and hinders intimacy with Him.

Ask the Lord to search your heart and reveal an unrepented sin to you.

Step Five: Ask For Help Forgiving Others

“...as we also have forgiven our debtors.”

You may not think that you regularly need to forgive others, but this doesn't just refer to obvious conflicts. This can mean forgiving someone for disappointing you or letting you down as well as forgiving someone who has wronged you.

The way we talk about others and post on social media should show you how badly we need the help of the Holy Spirit to continually offer forgiveness to others.

We should offer it freely, whether it is deserved or requested, because we have been forgiven when we did not deserve it.

It is our duty as Christians to portray the love of Christ to the world, and this means forgiving when the world would say retribution is justified. This means forgiving those who slander you or speak against you when the world would say they don't deserve your kindness.

This is not an easy task. Our flesh will fight against this tooth and nail, so we need to regularly pray for the strength to forgive others.

Step Six: Pray For Safety, Protection & Deliverance

“And lead us not into temptation, but deliver us from evil.”

Though God allows us to be tempted and tested, He is never the tempter (James 1:13-14). We lead ourselves into situations where we are tempted. Here Jesus is showing us how to pray against this and keep us from being our own worst enemy.

This part of prayer is important because our flesh is weak against temptation. Though we can withstand and overcome through the strength of God (Philippians 4:13), it is better if we can steer clear of temptation from the beginning.

We should also pray that we do not cause temptation for any other brother or sister in Christ.

Pray also here for protection and safety, as we have a real enemy who lives to attack God's people. Pray, as Jesus says, for “deliverance from evil.”

The Prayer Of Jabez

Scripture has many examples of prayers that teach us to depend on God and call upon Him. The prayer of Jabez is very inspiring and challenging for how we approach God with our requests. 2 Timothy 3:16-17 tells us that “ALL Scripture is God-breathed and is useful for teaching, rebuking, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

Jabez was not using prayer as a formula to get something from God; rather, He was calling upon God to help him accomplish the promises of God! Let’s dive in and see how this Old Testament prayer can be applied today as we seek God’s provision and leading in our lives.

The Prayer of Jabez Text, 1 Chronicles 4:10

“Jabez cried out to the God of Israel, “Oh that You would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.”

The Prayer of Jabez Meaning & Lessons

1. The very first thing Scripture tells us about Jabez is that he cried to the God of Israel. Jabez states God’s lordship and headship over his life. When you pray, begin by acknowledging who God is!
2. “That you would bless me” Jabez not only recognizes God as the one and only true God, he also acknowledges that blessings come from God alone. Are you chasing broken promises and blessings that the world tries to entice you with? Are you striving toward prosperity on your own strength? When you pray, do it with a heart fully invested in the blessings of God.
3. “that you would multiply my territory” – Many think that Jabez is simply referring to physical land when asking to multiply territory. However, if we look at the lineage of Jabez, we can understand that he is not merely speaking in terms of wealth and prosperity but in terms of impacting the kingdom of God. He wanted his spiritual territory to increase, to claim generations for the Lord of Israel. Do you need to claim or reclaim some of the land Satan has taken from you? When you pray, ask God to multiply your territory and to do more through you!
4. “your hand be with me” – Jabez wanted God to be in every moment of his day. He understood the power of God’s hand to protect and to lead in the right direction. Blessings will become curses if it is not God’s hand providing and guiding. When you pray, request more than blessings and provision but that God’s hand would lead you through any circumstances and trials that come your way. THAT is the greatest blessing.
5. “keep me from harm so that I will be free from pain” The name Jabez literally means “born with pain.” His own mother named him this because of the pain she endured in labor! When Jabez prays, he speaks against the testimony of his name and lets go of the shame it covered him in. When you pray, come to God vulnerable and ready for Him to turn your weakness into His glory.

When we learn to submit our will to God and pray like Jabez, we will begin to see God move in mighty ways! What are you praying for today?

Berakhot

Berakhot are prayers of blessing that were a part of worship gatherings during Jesus' day. While some of the nuances adapted over the years, Jesus would have prayed a version of these prayers.

Morning

When you first wake up and open your eyes.

"Blessed is He who gives sight to the blind."

When you get out of bed.

"Blessed is He who sets the captives free."

When you get dressed.

"Blessed is He who clothes the naked."

When you put on your shoes.

"Blessed is He who provides for all my needs."

Throughout Your Day

When you eat a meal where bread is at the table, you hold up the bread and say...

"Blessed is He who brings forth bread from the earth."

When you eat a meal where wine is at the table.

"Blessed is He, Creator of the fruit of the vine."

When you eat a meal any other types of foods.

"Blessed is He through whose word all things come"

When you see the first budding tree in springtime.

"Blessed is He who did not omit anything from the world, And created it with good creations and good trees for people to enjoy."

When you see lightning, falling stars, mountains, great deserts, or the sky in its beauty.

"Blessed is He who made the creation."

When you hear thunder or feel an earthquake.

"Blessed is He whose strength and power fill the world."

When you see a beautiful person, animal, or tree.

"Blessed is He who has such as these in the world."

On Certain Occasions

When you see a friend after a year's separation.

"Blessed is He who revives the dead."

When it rains, or something else good happens.

"Blessed is He who is good and gives good things."

When something terrible happens..

"Blessed is He who is the one true judge."

When you are saved from an accident or serious illness.

"Blessed is He who does good to the undeserving and has rendered every kindness to me."

When you encounter a place where God has done a miracle.

"Blessed is He who has done miracles in this place."

When you reach a highly anticipated happy occasion.

"Blessed is He who has given us life, and preserved us, and brought us to this season."

The Amidah

The Amidah is a prayer that was a part of worship gatherings during Jesus' day. While they have adapted over the years, Jesus would have prayed blessings such as these.

You are mighty forever, O Lord, you resurrect the dead, you are great to save. Sustaining the living in the loving-kindness, resurrecting the dead in abundant mercy, You support the falling and heal the sick, set free the captives, and keep the faith of those who sleep in the dust. Who is like you, Master of mighty deeds, and who may be compared to You? O King, who sends death and revives again, and causes salvation to sprout. You are surely believed to resurrect the dead.

You are holy, and Your name is holy, and the holy ones praise Your name every day. Blessed are You, O Lord, the Holy God.

You graciously give knowledge to man and give mortals understanding. Favor us with your knowledge, understanding, and intelligence. Blessed are You, O Lord, who graciously gives understanding.

Bless for us, O Lord our God, this year and all its yield for good, and shower down a blessing on the earth. Fill us with Your bounty and bless our year that it be as the good years. Blessed are You, O Lord, who blesses the years.

Restore our judges as before, and our counselors as in the beginning, and remove from us grief and sighing. Reign over us, O Lord, You alone, in loving-kindness and compassion, and clear us in judgment. Blessed are You, O Lord, the King, who loves righteousness and judgment.

Hear our voice, O Lord our God, spare and have mercy on us and accept in mercy and favor our prayer, for You are a God who hears prayers and supplications. Do not turn us away empty-handed, O our King, when we come before You, for You listen to the prayer of Your people Israel in mercy. Blessed are You, O Lord, who hears prayer.

We acknowledge to You, O Lord, that You are our God as You were the God to the God of our fathers, forever and ever. Rock of our life, Shield our salvation, You are unchanging from age to age. We thank You and declare Your praise for our lives that are in Your hands and for our souls that are entrusted to You. Your miracles are with us every day, and your benefits are with us at all times, evening and morning and midday. You are good, for your mercies are endless; You are merciful for Your kindness are never complete; from everlasting, we have hoped in You. And for all these things may Your name be blessed and exalted, always and forevermore.

Let every living thing give thanks to you and praise Your name in truth, O God, our salvation and our help. Blessed are You, O Lord, Your name is good, and to you, it is right to give thanks.

A Prayer For Salvation

Jesus,

I need You. I am tired of living my way, and I want to choose Your way. Please help me. I invite You into my life to be my Lord and Savior. I believe what the Bible says about You is true. You are God. You came from Heaven to Earth. You lived a perfect life, and You died on the cross to forgive my sin, my failures, and my mistakes. I believe that three days after You were crucified, You rose from the dead and defeated death forever. I put my hope and trust in Your resurrection power. Come into my heart, and be my Lord and Savior. Change my life with the power of Your Holy Spirit. Thank You for meeting me where I am and for showing me a better way to live.

Amen.