

## *Greetings and Happy New Year,*

How exciting for HFBC as a Body of Christ to start off the New Year with Pastor Gregg recommending that every day we read the devotional, *THE ONE YEAR BOOK ON Discovering JESUS IN THE Old Testament*, as well as having a 4 week study on Prayer in the Life Bible Studies!

For the next 4 weeks each Life Bible Study will focus on Truths from the Bible on the subject of prayer. It is an opportunity to learn things about prayer perhaps you never knew and also to have some of your questions answered on the subject of prayer. After every lesson you will be given a prayer guide to help you in your prayer time for each day of that week. The prayer guide supports the overall topic of prayer discussed that day in your bible study.

Every prayer guide will use the same pattern, which is ACTS, to help guide you daily into *fellowship* with the Lord. *God is faithful; you were called by Him into fellowship[communion, community, joint participation, and intimacy] with His Son, Jesus Christ our Lord.*

1 Corinthians 1:9 (HCSB)

**A**doration- Adoration is intense admiration culminating in reverence and worship, having outward acts and attitudes which accompany such reverence. You will be provided with scriptures that will guide you in adoring the Lord through praising Him for who He is. *Let everything that breathes praise the LORD. Hallelujah!* Psalm 150:6 (HCSB)

**C**onfession- Confession is acknowledgment of and true repentance of sin, having the implication of a change in conviction or in course of conduct on the part of the subject. You will have the opportunity to ask God to search your heart for any sin you may have committed against Him. *Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and You took away the guilt of my sin. Selah* Psalm 32:5 (HCSB)

**T**hanksgiving- Is allowing the Holy Spirit to place within us contentment—or a real praise of thanksgiving to God for everything in our life. *Give thanks in everything, for this is God's will for you in Christ Jesus.* 1 Thessalonians 5:18 (HCSB)

**S**upplication- The basic meaning of supplication is the request by a lesser person in an unequal relationship. It is the attitude or spirit we bring to prayer. We submit to His will and to His authority. We earnestly seek His help. In this way, we make supplication to God in our prayers. The prayers you are given to pray each week are scriptures from the Word of God, giving you opportunity to pray for yourself, with and for your family and for others. We are shown from Ephesians to *Take ... the sword of the Spirit, which is God's word. And ... pray at all times in the Spirit with every prayer and request, and stay alert in this with all perseverance and intercession for all the saints.* Ephesians 4:17a,18 (NIV 1984)

You may be familiar with or in the past have used the acronym P R A Y- **P**raise and Thanksgiving, **R**epentance, **A**sking and **Y**ielding and that is another useful prayer tool that may be used as well.

Lastly, you are given a **Reflection for the Week**- When you think about reflecting daily on what the Lord has done or is doing in your life, yield to Him, praying His Word and remembering what God has spoken from Isaiah 55:11 ... *My word that comes from My mouth will not return to Me empty, but it will accomplish what I please and will prosper in what I send it to do.* (HCSB)

As you plead your case to Him, watch expectantly. Psalm 5:3 (HCSB)

Read what Nancy Guthrie wrote on Day 2 in the devotional book Pastor Gregg encouraged us to read as a church. *God has wanted to show us something-something significant that puts the glory of who He is on display. Everything created was through Him and for Him, that means everything that exists, exists for Jesus. Nothing in the universe was created or exists for its own sake, but rather to make the glory of God more fully known.*

May your life be richly blessed,

Mary Ann Bridgwater

# Prayer Guide

Week One  
January 8, 2012

The objective of this week's class is to motivate you to trust God by acknowledging and expressing your dependence upon Him and to "pray without ceasing" (1 Thessalonians 5:17).

## **A**doration

Exalt the Lord with great adoration, Praising Him from the Word of God.

*May You be praised, LORD God of our father Israel, from eternity to eternity. Yours, LORD, is the greatness and the power and the glory and the splendor and the majesty, for everything in the heavens and on earth belongs to You. Yours, LORD, is the kingdom, and You are exalted as head over all.* 1 Chronicles 29:10b-11

## **C**onfession

With a heart of humility, reverently pray Psalm 139:23-24:

*Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.*

*Blessed are the pure in heart, because they will see God.* Matthew 5:8

## **T**hanksgiving

Thank the Lord with all your inmost being for what He has given, what He gives and what He will give through His Son, Jesus Christ.

*Riches and honor come from You, and You are the ruler of everything. In Your hand are power and might, and it is in Your hand to make great and to give strength to all. Now therefore, our God, we give You thanks and praise Your glorious name.* 1 Chronicles 29:12-13

## **S**upplication

As you read the following scripture, ask God to give you understanding of His meaning to you personally. Then pray it in faith to God.

*I pray I devote myself to prayer; staying alert in it with thanksgiving.* Colossians 4:2

In Jesus name, I pray. Amen.

## **R**eflection for This Week

Throughout your day, intentionally *call to remembrance* in your mind and heart your conversation of adoration, confession, thanksgiving and supplication to the Lord.

# Prayer Guide

Week Two  
January 15, 2012

Continue your worship of the Lord this week, applying the ACTS pattern as a guide demonstrated from the Lord's prayer. ... *so that we who have already put our hope in the Messiah might bring praise to His glory.* Ephesians 1:12

## Adoration

In adoration of who God is as your Father in heaven, exalt Him in praise from Ephesians 1:3a:  
*Blessed (worthy of praise) be the God and Father of our Lord Jesus Christ.*

## Confession

... *it is written, Be holy, because I am holy.* 1 Peter 1:16

... *He chose us in Him, before the foundation of the world, to be holy and blameless in His sight.* Ephesians 1:4

In meditation, allow the Lord to search your heart as you ask Him to ...*forgive me of my debts (offenses), as I also have forgiven my debtors. And do not bring me into temptation, but deliver me from the evil one.* Matthew 6:12-13a

## Thanksgiving

Thank your Heavenly Father...*who has blessed us with every spiritual blessing in the heavens, in Christ.*

*In love He predestined us to be adopted through Jesus Christ for Himself, according to His favor and will, to the praise of His glorious grace that He favored us with in the Beloved.*

*In Him we were also made His inheritance, predestined according to the purpose of the One who works out everything in agreement with the decision of His will, so that we who had already put our hope in the Messiah might bring praise to His glory.*

*In Him you also, when you heard the word of truth, the gospel of your salvation—in Him when you believed—were sealed with the promised Holy Spirit. He is the down payment of our inheritance, for the redemption of the possession, to the praise of His glory.* Ephesians 1:3b, 4b-5, 11-13-14

## Supplication

As Paul prayed for the *saints and believers in Christ Jesus to have spiritual insight, pray for God to give you, your family and the body of Christ today your daily bread.*

*I pray that the God of our Lord Jesus Christ, the glorious Father, give us a spirit of wisdom and revelation in the knowledge of Him. I pray that the eyes of our hearts may be enlightened so we may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints, and what is the immeasurable greatness of His power to us who believe, according to the working of His vast strength.* In Jesus' name I pray. For Yours is the kingdom and the power and the glory forever. Amen. Matthew 6:11, Ephesians 1:17-19, Matthew 6:13b

## Reflection for This Week

As you have prayed the supplication before the Lord, watch every day to see how the Lord's kingdom is present in and through your life *on this earth as it is in heaven.* Matthew 6:10

*Give glory to the LORD, and declare His praise in the islands.* Isaiah 42:12

# Prayer Guide

Week Three  
January 22, 2012

Worship the Lord this week in Adoration, Confession, Thanksgiving and Supplication from Philippians 2 - with the same attitude as that of Jesus Christ! Philippians 2:5 guides us to pray with a heart and mind humbled before God, empowering us to live out a life totally “to the will of the Lord”.

## Adoration

*Make your own attitude that of Christ Jesus, who, existing in the form of God, did not consider equality with God as something to be used for His own advantage. Philippians 2:5*

*... yet for us there is one God, the Father, from whom are all things, and we for Him; and one **Lord, Jesus Christ**, through whom are all things, and we through Him. 1 Corinthians 8:6a*

*For we are not proclaiming ourselves but Jesus Christ as Lord, and ourselves as your slaves because of Jesus. 2 Corinthians 4:5*

## Confession

*He emptied Himself by assuming the form of a slave, taking on the likeness of men. And when He had come as a man in His external form as a slave, He humbled Himself by becoming obedient to the point of death—even to death on a cross. Philippians 2:7-8*

*I affirm by the pride in you that I have in **Christ Jesus our Lord**: I die every day! 1 Corinthians 15:31*

*I also consider everything to be a loss in view of the surpassing value of knowing **Christ Jesus my Lord**. Because of Him I have suffered the loss of all things and consider them filth, so that I may gain **Christ**. Philippians 3:8*

Is your mind on earthly things or on heavenly things?

## Thanksgiving

*For this reason God also highly exalted Him and gave Him the name that is above every name. Philippians 2:9*

*For a child will be born for us, a son will be given to us, and the government will be on His shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace. Isaiah 9:6*

*Give thanks always for everything to God the Father in the name of our Lord Jesus Christ. Ephesians 5:20*

## Supplication

Pray according to the will of the Father and *to the glory of God the Father, so that at the name of Jesus every knee should bow— of those who are in heaven and on earth and under the earth — and every tongue should **confess that Jesus Christ is Lord, to the glory of God the Father***. Philippians 2:10-11

*I pray my own attitude is that of Christ Jesus, and that I work out my own salvation with fear and trembling. For it is You, God who is working in me, [enabling me] both to will and to act for Your good purpose. I pray I do everything without grumbling and arguing, so that I may be blameless and pure, a child of God who is faultless in a crooked and perverted generation, among whom I pray I shine like stars in the world. May I hold firmly the message of life. Then I can boast in the day of Christ that I didn't run in vain or labor for nothing. Philippians:5,12b-16*

In Jesus' name I pray. Amen.

## Reflection for This Week

How has the attitude of Jesus Christ been reflected in your life, (shining like the stars) glorifying to God as you have held on firmly to the message of Christ?

# Prayer Guide

Week Four  
January 29, 2012

As the church body, for the last three weeks we have had the opportunity to pray the Word of God, and we have the honor of doing so again this week. The class objective is to pray shamelessly, persistently and with fervency, continually entrusting any situation to God, sincerely depending upon Him, obediently doing our part, and believing He will answer. Praying in harmony with God's promises and knowing the Truth of His power will fulfill this class objective.

## Adoration

*As for Me, if I am lifted up from the earth I will draw all [people] to Myself.* John 12:32  
*Praise Your glorious name, and may it be exalted above all blessing and praise. You alone are the LORD. You created the heavens, the highest heavens with all their host, the earth and all that is on it, the seas and all that is in them. You give life to all of them, and the heavenly host worships You.* Nehemiah 9:5b-6

## Confession

Search your heart and see if there is any offensive way in you. *Confess your sin. God is faithful and righteous to forgive your sins and to cleanse you from all unrighteousness.* 1 John 1:9

## Thanksgiving

*For You have made me rejoice, LORD, by what You have done; I will shout for joy because of the works of Your hands. How magnificent are Your works, LORD, how profound Your thoughts!* Psalm 92:4-5  
*Proclaim the power of His glorious splendor and wonderful works. May you rejoice and shout for joy before Him with thanksgiving!* (From Psalm 145:6-7)

## Supplication

*My word that comes from My mouth will not return to Me empty, but it will accomplish what I please, and will prosper in what I send it [to do].* Isaiah 55:11  
*I pray the Spirit of the LORD will rest on me—a Spirit of wisdom and understanding, a Spirit of counsel and strength, a Spirit of knowledge and of the fear of the LORD.* Isaiah 11:2  
In Jesus name, I pray. Amen.

## Reflection for This Week

The scriptures you have been given this week share Truths of how the power of God is unleashed when you pray in harmony with His promises. We are told in Ephesians 6:17-18a, to *take ... the sword of the Spirit, which is God's word, ... and pray.* All Scripture is *God-breathed* (2 Timothy 3:16). It is the way to pray more effectively! *God is faithful; by Him you were called into fellowship with His Son, Jesus Christ our Lord* (1 Corinthians 1:9). May you be encouraged to join in one of the classes and/or prayer ministries offered in our church!