



Pray 60MPH! *

* MinutesPerHour

It is not the form -- the way we stand or sit when we pray - that matters. To help emphasize that, this booklet is a reminder of many different ways to pray, times and methods I have used as I come before my LORD God and worship Him. As you read through this, remember, it's not the form, but this clear command, one word, from our Lord Jesus: "Pray."

This *PRAY 60MPH* is not necessarily to get everyone praying for long periods of time. That may or may not be in the plan. Perhaps like Martin Luther we will say, *"I have so much business I cannot get on without spending three hours daily in prayer"*. Or perhaps we will just briefly learn to beg, "Lord, I believe. Help me overcome my unbelief!"



For me at one time, the LORD Jesus could barely draw 5 minutes of conversation a day from my heart. But by His gracious love, my prayer life with Him has grown. Several years ago, someone asked me how long I prayed. I confessed that I used to set my alarm so that I made myself stick to it for an hour. They were stunned. They smiled and asked if I still did that. I replied that I did not. Now I set my alarm to stop me so that I don't spend all morning in prayer. This is how I pray:

10 MINUTES

"Our Father in heaven hallowed be Your Name"

The One, LORD-God-Almighty, is our Father. Worship Him for what He reveals about Himself in His holy Scriptures. For instance, ponder and worship Him in the wonders of what His various Names and titles are!

Jehovah (the great **I AM**, my Personal LORD who eternally exists),
Jehovah-Elohim (LORD the **Almighty**),
Jehovah-Jireh (LORD my **Provider**),
Jehovah-Hosenu (LORD **Creator**),
Jehovah-Shalom (LORD my **Peace**)
Jehovah-Tsidkenu (LORD is my **Righteousness**),
Jehovah-Rophi (LORD my **Healer**),
Jehovah-Rohi (LORD my **Shepherd**),
Jehovah-Nissi (LORD my **Banner**),
Jehovah-Sabaoth (LORD **Commander** of heaven's armies),
Jehovah-Mekahddishkem (LORD **Holy One** sets me apart)

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10 MINUTES

Your Kingdom come, Your will be done on earth as in heaven

My Father's will for my City-State-Nation
My Father's will for my workplace, school, family,
My Father's will for my congregation
My Father's will for my own life

10 MINUTES

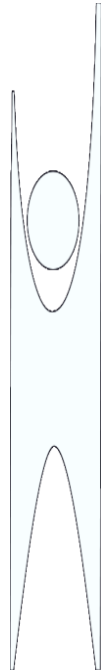
Give us today our daily bread

Thank our Father for meeting and exceeding our needs.
Ask for the needs of others to be filled.
Remember, God wants to bless. Psalm 1 Joshua 1 Philippians 4

10 MINUTES

Forgive us our sins as we forgive those who sin against us.

Ask God to forgive you. 1 John 1
Pray for and forgive those who sin against you. Matthew 5



10 MINUTES

Lead us not into temptation but deliver us from evil.



Submit to God + Resist the devil = God gives victory! James 4
Remember: God does not tempt anyone to sin. James 1

10 MINUTES

The Kingdom, the power and the glory are Yours now and forever. Amen.

Worship our Father for His kindness and mercies, His generosity and grace in Jesus Christ our Savior.

SOME BIBLE REFERENCES THAT MAY HELP FOCUS EACH OF YOUR TEN MINUTE SLOTS.

***THIS IS THE TRUTH: JESUS LISTENS TO PRAYERS
ONLY FROM THOSE WHO HAVE PUT THEIR TRUST IN HIM***

Hebrews 11 "Without faith it is impossible to please God."

Psalms 66 "If I had cherished sin in my heart, the LORD would not have listened."

John 9 "We know that God does not listen to sinners. He listens to the godly man who does His will."

Psalms 100 "Worship the LORD with gladness; come before him with joyful songs."

Proverbs 15 "The LORD is far from the wicked but he hears the prayer of the righteous. "

1. God promises to bless. Hear His Word.

HEAR!

Psalms 46 "Be still, and know that I AM God; I will be exalted among the nations, I will be exalted in the earth."



Unlock every good thing

1 John 5 “And this is the boldness we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have obtained the requests made of Him.

John 14 Jesus said, “And I will do whatever you ask in My name, so that the Son may bring glory to the Father. You may ask Me for anything in My name, and I will do it.

John 15 Jesus said, "You did not choose Me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name. This is my command: Love each other"

2. ASK FOR SPIRITUAL, PHYSICAL, EMOTIONAL, RELATIONAL BLESSINGS

ASK!

James 1 “If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the LORD.



2 Chronicles 7:14 This is what the LORD says, “If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

Matthew 7 Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

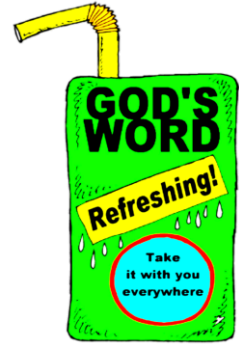
3. Be joyfully confident in God's promises

Trust!

Ephesians 3 "Now to Him who is able to do exceeding more than all we could ask for or imagine according to His power that is at work within us..."

Mark 11 Jesus said, “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. “

Malachi 3 “Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this,’ says the LORD of hosts. ‘Will I not open for you the windows of heaven? I will pour out for you such a blessing that there will not be room enough to receive it’”



Romans 8 “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.”

James 5 Thus says the LORD, “The prayer of a righteous man is powerful and effective. “

1 Timothy 2 Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men

Joel 2 “ ‘Now therefore’, says the LORD, ‘ Turn to Me with all your heart, with fasting, weeping, and with mourning, so rend your heart, and not your garments, return to the LORD your God, for He is gracious and merciful, slow to anger and of great kindness, and He relents from doing harm’ ”

The LORD's Prayer

The disciples did not ask “for what” to pray but “how” to pray. In response, Jesus gives us the “how to” the “LORD's Prayer”

1. PRAISE who God is, “Our Father in heaven, hallowed be Your name.”



Wait on His timing "Your kingdom come, Your will be done on earth as in heaven"

Petition bring your petition for today
"Give us today our daily bread."

Seek first things first "Forgive us our sins as we forgive those who sin against us."

Knock until God opens a way, "Lead us not into temptation but deliver us from evil."

2. **THANKSGIVING:** to God who answers generously. "For the Kingdom, the Power and the Glory are Yours now and forever."

3. **JOYFUL CONFIDENCE** as we eagerly anticipate the LORD's gracious wonders to unfold in our lives, we echo in our "Amen."

10 MINUTE PRAYER GUIDE

2 MINUTES – THANK OUR LORD AND SAVIOR-GOD for who He is and what He has done. Read a favorite Psalm verse, or sing your favorite worship song. Thank Him for the good things in life that He has given you.

2 MINUTES - PRAY GOD TO FORGIVE your sins: the things that you have done wrong and the good you have failed to do. Ask Jesus to reveal to you all that is wrong and dishonors Him in your life which you may not realize you do.

3 MINUTES - PRAY FOR OTHER PEOPLE.

- Pray for **friends, family or relatives** who do not know God. Pray the Holy Spirit to bless them, to bring them into contact with Christians and to give you the opportunity to share with others the truth about Jesus the Savior.
- Pray for **the leaders of Good Shepherd** that God would continue to increase their vision and bless them in their family and work life. Pray for their relationship with God, that they would continue to seek God with all their heart, mind, body and soul.
- Pray for **the members and friends of Good Shepherd and our extended family of faith**. Ask God to pour out His mercies on them, to fill their lives with His blessings. Pray that the unity between the members of the church would deepen and grow stronger.
- Pray for **anyone for whom you feel led to pray**, anyone whose name the LORD Jesus brings to your mind.
- Pray for **any needs of others** of which you know. Pray for anyone who you know is ill, people you know that may be experiencing persecution for the name of Jesus, those in financial difficulties, those struggling in life at the moment with physical or emotional or familial issues

3 MINUTES - PRAY FOR YOURSELF. Any worries, needs or hurts you may have, give them to God. Tell Jesus about them. Pray the Holy Spirit to bless you and be with you and give you peace. Pray that you remain aware of His presence as you go about your daily life. Ask the LORD to use His written Word to guide and protect you. Ask Jesus to open your ears to hear His Word and your eyes to see His wonders.

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