



DIGGING EVEN DEEPER

DAY4: FEEDING YOUR HUNGER THROUGH

prayer

In Day 4 of “Feeding Your Hunger” you caught a glimpse of Jesus’ prayer life. The gospel writers were diligent in noting when Jesus prayed (early in the morning, while still dark), where Jesus prayed (away, a solitary place, lonely places, a mountain, a certain place), and how frequently Jesus prayed (often). So, here is Jesus, the Son of God, a very busy Messiah, taking frequent and deliberate times to pray. We should take a cue.

Your first question may be: Where do I start? Thankfully, Scripture gives us a GREAT starting point with examples of things to pray for as well as actual prayers we can imitate. Below you will find a collection of these prayer prompts, organized in these three categories:

PRAYERS TO PRAY

Pray these prayers on your behalf and on behalf of your friends and family. Insert names where you see words like “you” and “your.” You can’t go wrong with these prayers: they are already prayed in Scripture!

INSTRUCTIONS TO APPLY

Add these prayer instructions to your prayer life. Caution: Your prayer life may never be the same.

REQUESTS TO MAKE

If you ever feel stale in your prayer life use these ready-made requests to provide a nice jump start to freshen up your time in prayer.

PRAYERS TO PRAY

Ephesians 1:17-19

¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe.

Ephesians 3:14-19

¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Philippians 1:9-11

⁹ And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

2 Thessalonians 1:11-12

¹¹ With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

**DIGGING EVEN DEEPER**

DAY 1: FEEDING YOUR

*hunger***2 Thessalonians 1:11-12**

¹¹ With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith. ¹² We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

3 John 1:2

² Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

INSTRUCTIONS TO APPLY**Ephesians 6:18-20**

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Philippians 1:9-11

⁹ And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

1 Peter 4:7

⁷ The end of all things is near. Therefore be alert and of sober mind so that you may pray.

REQUESTS TO MAKE**Colossians 4:2-4**

² Devote yourselves to prayer, being watchful and thankful. ³ And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. ⁴ Pray that I may proclaim it clearly, as I should.

2 Thessalonians 3:1-5

¹ As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you. ² And pray that we may be delivered from wicked and evil people, for not everyone has faith. ³ But the Lord is faithful, and he will strengthen you and protect you from the evil one. ⁴ We have confidence in the Lord that you are doing and will continue to do the things we command. ⁵ May the Lord direct your hearts into God's love and Christ's perseverance.

Philemon 1:4-6

⁴ I always thank my God as I remember you in my prayers, ⁵ because I hear about your love for all his holy people and your faith in the Lord Jesus. ⁶ I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ.