



P.U.S.H.

Praying

An Hour Long Prayer Guide

P.U.S.H. Praying

- Purity of heart
- Uplifting our King
- Supplication of requests
- Holding to His promises

Pushing requires effort. So does prayer. We are commanded in 1 Thessalonians to "Pray without ceasing". This requires effort. Failure to pray can be traced to a lack of effort on our part. The Holy Spirit of God speaks to us, but unless we make the effort to heed His voice, we will not hear. It's time to set aside the distractions. Pull away on your own to a place where you can pray out loud and without care, to communicate vocally and vibrantly with the God of the universe. Each prayer theme above will be divided over multiple applications of prayer.



P.U.S.H. Praying

Instructions for using this guide:

- Be sure to have a Bible, a pen, and at least an hour.
- Find a quiet place where you can speak out loud to God. Open your heart and Bible.
- Take the needed time to look up the Scriptures.
- Prayerfully answer all the questions.
- Don't rush!

Do you have a personal relationship with God?

The first issue in prayer is knowing your sins are forgiven. Answer the questions below:

- Have I ever turned from sin and placed my faith in Christ alone for my salvation? **Yes or No**
- Can I sin and feel no remorse? **Yes or No**
- Am I convicted and chastised when I sin? **Yes or No**
- Do I have the inner witness of God's Spirit that assures me I am a new creature in Christ? **Yes or No**
- If you are uncertain of your salvation, turn to God and tell Him you are at this moment trusting Jesus' shed blood for forgiveness of your sins.

Write out a prayer of thanksgiving for God's salvation in your life:

Purity of Heart

• Acknowledge your sin

Psalm 51:3 - For I acknowledge my transgressions; and my sin is ever before me.

We do not confess sin to God because He is unaware, we confess to align ourselves with His will and own responsibility for our wrong-doing. It begins with acknowledgement of wrong. Ask the Holy Spirit to search your heart and life. Humble yourself before the Lord now. Acknowledge your need of grace and mercy.

• Confess Your Sin

Psalm 51:2 - Wash me thoroughly from mine iniquity, and cleanse me from my sin.

Take Time Now to specifically confess your sins before the Lord. Work through these questions to search your heart:

God's Word & Prayer:

Do I read the Bible every day? **Yes or No**

How much time do I spend in the Word daily:

☐ None ☐ 5 minutes ☐ 15 minutes ☐ Other

Do I meditate on the Word? **Yes or No**

Do I pray every day? **Yes or No**

Are my prayers: ☐ meaningful ☐ empty words

☐ vain repetitions ☐ out of duty

How much time do I spend in heart-felt prayer every day?

When did I last receive a specific answer to prayer:

☐ Hours ☐ Days ☐ Weeks ☐ Years

What specific prayer was answered?

Purity of Heart

Values:

Am I self-centered? **Yes or No**

Do I esteem others better than myself? **Yes or No**

Do I obey God instantly, completely, and with a proper attitude? **Yes or No**

Do I love what God loves and hate what God hates?
Yes or No

Am I hurt by the things that hurt the Lord? **Yes or No**

Am I willing to give up all sin for God? **Yes or No**

Transgressions:

Scriptures to read: (Ps. 66:18; Ps. 139:23-24).

Ask the Holy Spirit to reveal every sin... Take Time Now to specifically confess your sins before the Lord. Which of the following do I need to confess and forsake?

Adultery	Fearful
Anger	Foolishness
Backbiting	Filthy communication
Bitterness	Fornication
Blasphemy	Gossip
Boasting	Haters of God
Covetousness	Hatred
Covenant breaking	Heresies (factions, disunity)
Cursing	Homosexuality
Deceit	Hypocrisy
Dishonest	Idolatry
Disobedient to parents	Impurity
Doubt /unbelief	Inordinate affection (lust)
Drunkenness	Insecurities
Envy	Jealousy
Evil thoughts	Jesting
Extortion	Lack of love for others

Purity of Heart

Lord's name in vain	Reviler
Lover of money	Sedition
Lying	Stealing
Lust	Unbelief
Maliciousness	Uncleanness
Occult activity	Unethical
Pornography	Unforgiving
Pride	Unmerciful
Quarrelsome (divisions)	Wickedness
	Worry

List people below that you need to apologize to and make things right with:

Family Life:

Am I a good example in my home? (1 Tim. 4:12)

Yes or No

MEN—Are you leading your home? **Yes or No**

Do I love my spouse like Christ loves the church?

(Eph. 5:25) **Yes or No**

WIVES—Are you submissive to your husband?

(Eph. 5:22) **Yes or No**

Do I respect my spouse? (Eph. 5:21) **Yes or No**

CHILDREN—Do you honor your parents? (Eph. 6:1-3)

Yes or No

Am I on proper terms with others? (Rom. 12:18)

Yes or No

Do I really love people (family, fellow believers, unsaved, enemies)? **Yes or No**

Purity of Heart

Soul-winning:

Am I laying up treasure in heaven? **Yes or No**

Do I strongly desire to have many crowns to cast at Jesus' feet? **Yes or No**

Am I a consistent witness? **Yes or No**

The last three people I verbally witnessed to are (by name):

I sense a burden for and need to witness to the following individuals:

Holy Spirit Fullness:

Do I live in daily dependence upon the Spirit within?

Yes or No

Is the fruit of the Spirit evident in my life (Gal. 5:22-23):

- ☐ Love ☐ Joy ☐ Peace ☐ Longsuffering ☐ Gentleness
☐ Goodness ☐ Faith ☐ Meekness ☐ Temperance (*self-control*)

Am I "filled" (controlled by) with the Holy Spirit now?

Yes or No

If not, you can be filled NOW!

- Confess the sin of not being filled (Eph. 5:18).
- Ask God to fill you now (Lk. 11:13).
- By faith, thank God for a fresh filling of the Spirit (Eph. 5:20).

• Living Forgiven

Ephesians 1:7 - *"In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;"*

If you are born again, Christ has granted you forgiveness. Thank Him for the eternal forgiveness of sins that He has provided through the Cross.

Uplifting Our King

- **Praising His Name**

Psalm 100:4 - Enter into his gates with thanksgiving, and into his courts with praise:

Praise is about who God is, not what He does. Worship is being enthralled with the character of the Creator of the universe. Take some time to focus on His character through Scripture and meditation. Read Psalms 19 & 103. List below some specific character traits of God that are worthy of your praise:

- **Singing in Worship**

Psalm 100:2 - Serve the Lord with gladness: come before his presence with singing.

Take some time to sing aloud your favorite worship song(s) to the Lord. Even write down your own words of worship to sing aloud!

Uplifting Our King

- **Thanksgiving For His Blessings**

Psalm 100:4 - Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Think of specific things you are thankful for. Some categories to think through: physical provisions, spiritual blessings, relationships, wholesome pleasures, ect. List as many as you can below (seek to fill the page):

Supplication of Requests

- **Earnestly asking**

Philippians 4:6 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Supplication is just a fancy word for earnestly asking the God of the universe to respond. God wants His children to approach Him fervently and in faith, seeking His Divine response. Much of life can only be fixed through God working. Think specifically, and ask earnestly.

- Earnestly asking for my Family
- Earnestly asking for my Church
- Earnestly asking for my Culture
- Earnestly asking for my Community
- Earnestly asking for Others (friends, pastor, unsaved...)
- Earnestly asking for Myself
- Earnestly asking for God's Reviving Presence

- **Listening Earnestly**

Jeremiah 33:3 - Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.

God speaks. He promises to do so! Are you listening? Ask the Holy Spirit for His instructions for you at this time. "Be still" and listen for some moments.

Holding Fast to His Promises

- **Searching for His Promises**

Isaiah 26:3 - Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

The promises of God are our lifeline in all the circumstances of life. We can trust in His promises at all times. Look throughout Scripture and list some specific promises below (if you don't know where to start, read through Psalm 34; there are over eighteen specific promises in this chapter).

- **Meditating on His goodness**

Psalm 104:34 - My meditation of him shall be sweet: I will be glad in the LORD.

Take some time to soak yourself in the goodness of our God.

Holding Fast to His Promises

- **Living by faith**

Hebrews 11:6 - But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Faith pleases God. Faith also takes knowledge and turns it into action! List below some actions you need to take as you return home (new habits to form, old habits to break, idols to put away, relationships to mend or end, restitutions to be made, forgiveness's to seek, people to witness to, accountability partner, family devotions, etc.)

Before you conclude...

REJOICE because your name is written in heaven!

Express appreciation for the privilege of having an audience with Almighty God

Thank God for answering your prayers

Thank Him "by faith" for ministering to you, and all attending the upcoming sessions

Invite the Holy Spirit to have His way with you for the remainder of the day

