

## How to Pray for 30 Minutes

<b>Time:</b> (in 5-min. increments)	<b>What to Pray For:</b>
<b>5</b>	<b>Prepare your heart:</b> <ol style="list-style-type: none"> <li>1. Confess any sin; ask God to forgive you (1 John 1:9)</li> <li>2. Pray for and forgive those who sin against you (Matt 5:44)</li> <li>3. Give your burdens over to Him (1 Peter 5:7)</li> <li>4. Put on the whole armor of God (Eph. 6:13-18)</li> <li>5. Submit to God; resist the devil (James 4:7)</li> </ol>
<b>10</b>	<b>This week's prayer topic</b> (provided by Pray Dutchess)
<b>15</b>	<b>Church/pastor to pray for</b> (provided by Pray Dutchess) <ol style="list-style-type: none"> <li>1. For the pastor:               <ol style="list-style-type: none"> <li>a. Protection (Job 1:10)</li> <li>b. Wisdom (Eph. 1:17, Colossians 1:9)</li> <li>c. Humility (1 Peter 5:5)</li> <li>d. Pray continually (1 Thessalonians 5:17)</li> </ol> </li> <li>2. For the people:               <ol style="list-style-type: none"> <li>a. Humble themselves, pray, seek His face (2 Chronicles 7:14)</li> <li>b. A return to holiness (1 Peter 1:15, John 17:17-19)</li> <li>c. Deeper hunger to know Christ (Deut. 4:29)</li> <li>d. Love for each other (1 Thessalonians 3:11-13)</li> <li>e. Unity (John 17:23)</li> </ol> </li> </ol>
<b>20</b>	<b>Tear down the enemy's strongholds:</b> <ol style="list-style-type: none"> <li>1. Our struggle is not against flesh and blood (Eph. 6:11-13)</li> <li>2. Demolish the enemy's strongholds (2 Corinthians 10:3-5)</li> <li>3. Set the captives free (Luke 4:18-19)</li> </ol>
<b>25</b>	<b>Pray for people by name:</b> <ol style="list-style-type: none"> <li>1. Family, friends and neighbors to know Christ (by name)</li> <li>2. That He would lift the veil from their eyes (Ezekiel 13:21)</li> <li>3. That He would bring them to repentance (2 Peter 3:9)</li> </ol>
<b>30</b>	<b>Praise and thank Him:</b> <ol style="list-style-type: none"> <li>1. For His love (Romans 8:38-39)</li> <li>2. For His incomparably great power for us who believe (Eph. 1:19)</li> <li>3. That He is righteous in all His ways, and loving toward all he has made (Psalm 145:17)</li> <li>4. That nothing is too hard for Him (Jeremiah 32:17)</li> <li>5. That if we pray according to His will, he hears us and will grant our requests (1 John 5:14-15)</li> </ol>