



Dinner Devotionals

LORD, TEACH US

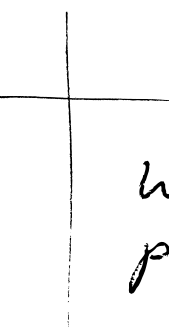
H O W T O P R A Y

**Start the
journey to
prayer.**

**Take 5
minutes
each day.**

**Pray the
prayers of
the bible.**

Abundant Life Church exists to bring people into a living, growing & fruitful relationship with the Lord Jesus Christ & with His Church.



Welcome to a new pattern for life.

If you were to ask many Christians why they struggle to pray, often you'll get a common response: "I don't know what to pray." Many people feel stuck repeating the same prayers and submitting the same requests and often giving up on prayer before they have really begun to pray.

One of the best answers to overcoming this obstacle is to pray the prayers of the Bible. If we consider prayer as a conversation with the Lord, what you do by praying the prayers of scripture is that you can actually allow the Lord to begin the conversation. We are simply praying in response to His Word. This is a great way to embark on a journey towards a deeper and more meaningful prayer life.

This is a great relief for us! We don't need to wait until we're especially inspired to approach God in prayer. We just need to open our Bible and read what God says in His Word, and then respond to it. It is a simple approach to fostering a fruitful prayer life.

The prayers of scripture are a unique treasure. These prayers, inspired by the Holy Spirit, help us know God's priorities for prayer and can inspire our own prayers.

What you will discover in the coming pages, are 25 prayers from scripture to help you in your journey. You can do these as an individual or as a family. You can do them in the morning, at dinner or in the evening.

We hope your prayer life comes alive like never before as you pursue this great adventure with the Lord.

Blessings,
Abundant Life Church

Credit: This book was adapted utilizing an online resource from Kevin Holloran.



DAY ONE

*The Lord bless you and keep you; the Lord
make his face to shine upon you and be
gracious to you; the Lord lift up his
countenance upon you and give you peace.*



Numbers 6:24-26

Aaron's Priestly Blessing

Ever since creation, God has wanted His people to enjoy His blessing (Genesis 1:28). Sin brought the curse into the world, but God promised to bless the whole world through Abraham's seed, a promise fully realized in Jesus Christ (Ephesians 1:3). When we pray this blessing for ourselves or others, we ask God to fulfill His purposes in blessing His people with His peace and presence.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TWO

Keep back your servant also from willful sins.
Let them not have dominion over me.
Then I will be upright.
I will be blameless and innocent
of great transgression.
Let the words of my mouth and
the meditation of my heart
be acceptable in your sight,
Lord, my rock, and my redeemer.



Psalm 119

David Prays

David closes the Psalm in a surprising way: a prayer for protection against sin. Just like nothing is hidden from the heat and light of the sun (verse 6), the Word of God shines light that exposes the dark corners of our souls (verses 7–11). David pleads for God to help him to live a God-honoring life.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY THREE

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever. (verses 4-6)



Psalm 23

Praying Psalm 23, one of the most beloved portions of Scripture, will comfort your heart and instill confidence in our Good Shepherd as you meditate on His gracious dealings in every area of your life. You might consider memorizing Psalm 23 for your prayer life or for bringing the comfort of God to others in need.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.




Make me to know your ways, O
Lord; teach me your paths.
Lead me in your truth and
teach me, for you are the God
of my salvation; for you I wait
all the day long. (verses 4-5)



Psalm 25

We don't know what troubling situation drove David to pen Psalm 25. We do know it involved his enemies, a need for God's guidance, and sin in his life. If you feel like you've reached a dead end in life, pray this prayer for God to help you find His path forward.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY FIVE

Fret not yourself because of evildoers; be not envious of wrongdoers! For they will soon fade like the grass and wither like the green herb. Trust in the Lord, and do good; dwell in the land and befriend faithfulness. Delight yourself in the Lord, and he will give you the desires of your heart. (verses 1-4)



Psalm 37

The Psalm repeatedly contrasts the fate of the righteous (they shall inherit the land) with that of the wicked (they will be no more).

Martyn Lloyd-Jones pointed to this Psalm as a key reason why he did not fear Hitler during World War II. Lloyd-Jones knew that even as a wicked man spread himself like a green laurel tree, he would pass away and be no more (verses 35-36).

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY SIX

*Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise
him,
my salvation and my God.
(42:5-6, 11; 43:5)*



Psalms 42, 43

If you have ever felt depressed, longing for better days when God seemed so close, this Psalm is for you. The Psalmist cries out in a desert land thirsty for God (verses 1-2). He is far from Jerusalem, hearing his enemies cry out "Where is your God?" (verse 3, 10), and remembering the good times he had experienced with the people of God (verse 4). How does the Psalmist keep from despair? By preaching this key refrain to himself:

If you feel like you're spiritually dying of thirst, take heart. There is ALWAYS hope in God, our salvation. When you feel depressed, preach that to yourself. And cry out to God to satisfy your famished soul.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY SEVEN



Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! (verses 1-2)
Create in me a clean heart, O God, and renew a right spirit within me.
Restore to me the joy of your salvation, and uphold me with a willing spirit.
(verses 10, 12)



Psalms 51

David prayed this prayer after the prophet Nathan confronted him about his adultery with Bathsheba and the murder of her husband, Uriah. (Read about that story in 2 Samuel 11-12.) David knew that he sinned first against God. "Against you, you only, have I sinned and done what is evil in your sight" (4), and casts himself on the mercy of God for mercy and a clean heart.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY EIGHT

*I will remember the deeds of the Lord,
yes, I will remember your wonders of old.
(verse 11)*



Psalms 77

Asaph opens this Psalm crying aloud to God. Asaph then confesses the depth of his anguish. Has God removed His favor, abandoned His promises, and shut up His compassion? Asaph wonders (7–9). The turning point for Asaph comes when he takes his eyes off of his situation and sets them on the glorious works of God in the past.

Often during bouts with great anxiety, our heart can't stop meditating on our anxieties. What we need is a fresh perspective, a reason to worship God instead of question His goodness. When you battle troubling situations, look to God's mighty works in the past, don't just focus on your little world. Look especially to the death and resurrection of Jesus, who is a new and better Moses leading the redemption of God's children from slavery to sin to the Promised Land of heaven (see Hebrews 3:1–6).

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY NINE



Prov. 30

Two things I ask of you; deny them not to me before I die: Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny you and say, "Who is the Lord?" or lest I be poor and steal and profane the name of my God.

Agur's prayer—the only prayer in the book of Proverbs—is easy to miss, but packs great wisdom in only three verses. Agur prays with death in mind ("deny them not to me before I die"), asking God to clear his path of any real or potential hindrance to godliness (falsehood, lying, riches, poverty) and asks for God to meet his daily needs ("feed me with the food that is needful for me"). We benefit from contemplating Agur's petitions as well as his heart: he truly desires a life of holiness that honors the name of his God.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TEN



1 Kings 3

And now, O Lord my God, you have made your servant king in place of David my father, although I am but a little child. I do not know how to go out or come in. And your servant is in the midst of your people whom you have chosen, a great people, too many to be numbered or counted for multitude. Give your servant therefore an understanding mind to govern your people, that I may discern between good and evil, for who is able to govern this your great people?

Early in King Solomon's reign, God appeared to him in a dream, saying "Ask what I shall give you." What an offer! Solomon's response reflected a heart that both knew God's grace to his father, David, and his own desperate need.

Like Solomon, we can pray for wisdom, expectant of an answer, for as James 1:5 says, "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." Take that promise to the bank!

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY ELEVEN



1 Chron 4

Jabez called upon the God of Israel, saying, "Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain!" And God granted what he asked.

The Prayer of Jabez has stirred controversy since some use it in a name-it-claim-it way that aligns with the unbiblical prosperity gospel. As a result, many dismiss it altogether. But to dismiss it is to dismiss a prayer God wanted us to have.

We pray the Prayer of Jabez in Jesus's name when we pray it not according to our fleshly desires, but rather for His purposes and glory. Like all prayer, God won't always answer in the way we want. We often think of blessing as the addition of material goods, whereas God may bless us by subtracting material goods to add more of Himself, the greatest blessing (Philippians 4:11-13).

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TWELVE

"O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you."



2 Chron 20

With the impending invasion of the enemy, King Jehoshaphat called upon the people of Judah to seek God. Then in front of the great assembly, Jehoshaphat prayed, reminding God of His character and His promises to give Israel the land they inhabited.

God responded, "Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's" (verse 15). Filled with joy at this response, the people of God worshipped by singing loudly (verses 18, 19, 22).

Then God gave the victory.

When we feel trapped in darkness, look to God in faith and ask Him to act. Living by faith is like following a rope that leads us out of the darkness.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY THIRTEEN

Our Father in Heaven, hallowed
be your name.

Your kingdom come, your will be
done, on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our debts, as we
also have forgiven our debtors.



And lead us not into temptation, *Matthew 6*
but deliver us from evil.


In the Lord's Prayer, Jesus shares a Masterclass on prayer and the Christian life in just 52 words. J.I. Packer even says of the Lord's Prayer, "What it means to be a Christian is nowhere clearer than here."

The Lord's Prayer can also help us overcome many of our struggles in prayer. It provides us with a strategy when we are wondering how to pray.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY FOURTEEN



I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. (verses 20-24) 

John 17

Jesus' High Priestly Prayer comes right before His arrest and shows us the priorities on His heart as He anticipated the cross. He prayed for Himself (1-5), His disciples (6-19), and future generations of believers (20-26). Key petitions include "Glorify your Son that the Son may glorify you" (verse 1), "sanctify [my disciples] in the truth" (verse 17), and that they "may be one" (verses 11, 22, 23).

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY FIFTEEN

Father, forgive
them, for they know
not what they do.



John 17


Many in our world say, "hate your enemies and destroy their lives." Jesus says, "love your enemies and pray for those who persecute you" (Matthew 5:44). He models this in His dying moments as He petitions God to forgive His executioners.

Moments later, after the death of Jesus, the earth shook. The Gospel of Matthew records, "When the centurion and those who were with him, keeping watch over Jesus, saw the earthquake and what took place, they were filled with awe and said, 'Truly this was the Son of God!'" (Matthew 27:54). God the Father opened the eyes of the centurion and others to see the identity of Christ, thus showing how God answered Jesus's prayer.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY SIXTEEN

I do not cease to give thanks for you,
remembering you in my prayers, that the God
of our Lord Jesus Christ, the Father of glory,
may give you the Spirit of wisdom and of
revelation in the knowledge of him, having the
eyes of your hearts enlightened, that you may
know what is the hope to which he has called
you, what are the riches of his glorious
inheritance in the saints, and what is the
immeasurable greatness of his power toward us
who believe, according to the working of his
great might.



Ephesians 1

The context helps us understand how this prayer functions in Ephesians. Ephesians 1:3-14 is a glorious unpacking of so many benefits that we enjoy in Christ: every spiritual blessing, election from before the foundation of the world, adoption into God's family, forgiveness of sins, the seal of the Holy Spirit.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY SEVENTEEN

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.



Ephesians 3

John Stott provides a helpful summary of the four key petitions of this prayer:

"[Paul's] prayer is like a staircase by which he ascends higher and higher in his aspiration for them... [It] has four steps whose keywords are 'strength' (that they might be strengthened by Christ's indwelling through the Spirit), secondly 'love' (that they might be rooted and grounded in love), thirdly 'knowledge' (that they might know Christ's love in all its dimensions, although it is beyond knowledge), and fourthly 'fullness' (that they might be filled up to the very fullness of God)."

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY EIGHTEEN

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!

"For who has known the mind of the Lord, or who has seen his counselor?"

"Or who has given a gift to him that he might be repaid?"

For from him and through him and to him are all things. To him be glory forever.

Amen.



Romans 11

Where did we come from? God is the Maker of all things ('from Him').

What holds the universe together? God is the Sustainer of all things ('through Him').

What is the purpose of life? God is the Goal of all things ('to Him').

He alone deserves the glory forever!

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY NINETEEN



Romans 15

May the God of hope
fill you with all joy
and peace in believing,
so that by the power
of the Holy Spirit you
may abound in hope.

This short prayer of the apostle Paul is rich. We learn that the fountain of joy and peace is our God of hope. This God of hope is able to give us not a little joy and peace, but all joy and peace. And the result of filling us with peace and joy in believing is that we abound in hope by the power of the Holy Spirit.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TWENTY



And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy; giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.



Colossians 1

Dr. David Garland commented on this passage in the NIV Zondervan Study Bible: "Paul describes four elements of a life that is worthy of and fully pleasing to the Lord: bearing fruit, growing in knowledge of God, being strengthened for endurance and patience, and giving joyful thanks. These fundamentals will fend off the harmful pressures from false teachers." Pray these petitions to ground yourself in Christ and root yourself in sound doctrine.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TWENTY-ONE

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.



Philippians 1

If you've ever wondered how to pray and live in confusing situations filled with divisions and relational tensions, Philippians 1:9-11 gives us an answer. Paul wants the Philippians to grow in love, and for their love "to abound more and more." This love is to be accompanied by knowledge and all discernment.

We need to know God and His ways. We also need to discern right from wrong and wisdom from folly when faced with challenging situations. When God equips us with love, knowledge, and discernment, we will be "pure and blameless for the day of Christ" and "filled with the fruit of righteousness"—two glorious outcomes!

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

DAY TWENTY-TWO



2 Thess 3

Finally, brothers, pray for us, that the word of the Lord may speed ahead and be honored, as happened among you, and that we may be delivered from wicked and evil men. For not all have faith.


If you find yourself perpetually discouraged as you think about the wicked, go on the offensive by praying for the word of the Lord to speed ahead and be honored in your life, your family, your church, your community, and among evil doers. The word of God sped ahead in Paul's life, transforming him from a violent persecutor to a gospel preacher, and sped ahead in the Thessalonian church who formerly had worshipped idols (1 Thessalonians 1:9, 2:13). He can do it again!

Also pray on the defensive, that believers and ministry leaders would be "delivered from wicked and evil men" (verse 2) so they can continue to proclaim the gospel without hindrance.

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY TWENTY-THREE

Sovereign Lord, who made the heaven and the earth and the sea and everything in them, who through the mouth of our father David, your servant, said by the Holy Spirit (in Psalm 2), 'Why did the Gentiles rage, and the peoples plot in vain? The kings of the earth set themselves, and the rulers were gathered together, against the Lord and against his Anointed' — for truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, to do whatever your hand and your plan had predestined to take place. And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness... (Acts 4:24-29) 

Acts 4

Instead of asking for freedom from continued persecution, they prayed for boldness in sharing the gospel (see also Ephesians 6:18-20). God responded immediately to their prayer, "And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness".

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY TWENTY-FOUR

Now to Him who is able to keep you from stumbling and to present you blameless before the presence of His glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.



Jude 24-25

Jude opens his short epistle basically saying, "This isn't what I wanted to write." In verse 3 he explains, "I was very eager to write to you about our common salvation, I found it necessary to write appealing to you to contend for the faith that was once for all delivered to the saints." Internal and external threats attacked the church and lured her toward ungodliness. Two key commands of the book are to "contend for the faith" (3) and "keep yourselves in the love of God" (21)—a difficult task!

As you persevere in following Jesus, ask God to keep you. Ask Him to present you blameless before His presence with great joy. He is able!

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.



DAY TWENTY-FIVE

"Come, Lord Jesus!"



Revelation 22

There's no better way to end this devotional than to share the prayer the Bible ends with: "Come, Lord Jesus!" (Revelation 22:20).

It's common to hear cries like "End Injustice!" "End Trafficking!" "End Racism!". We as believers should agree wholeheartedly with these cries. And yet, praying "Come, Lord Jesus!" raises the bar as high as possible. It includes those cries and several more that are much greater: "End sin!" "End all suffering!" "End death!"

Praying "Come, Lord Jesus!" asks God to end everything that makes the world broken and asks Him to make all things new. It's the prayer to end all prayers because when Jesus returns, our faith will turn to sight and prayer will no longer be necessary since we will enjoy the presence of our God forever (Revelation 21:3-8).

1. Pray this prayer over your life.
2. Pray this prayer over the life of someone else.

