



THE PRAYER INSTITUTE

*"Taking the World by Prayer!"*

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# Praying to Change Your Life: Prayer 101

## Lesson 2 – The Model Prayer - Matthew 6:8-13

### Intimate Praise and Worship

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#### I. Intimate Praise and Worship

##### Section 1- *"Our Father in heaven, hallowed be Your Name."*

- \_\_\_\_\_ God as Father.
- Offer God \_\_\_\_\_.
- Offer \_\_\_\_\_ and \_\_\_\_\_.

#### II. Power Points to Remember

1. Always begin your prayer with intimate praise and worship.
2. Jesus instructs believers to use the model prayer.
3. The Model Prayer can be applied to any topic.

#### III. Home Assignment

1. Keep a journal of your prayer life. Each day spend 10-12 minutes in praise and prayer. This week, include the Prayer of Praise in your prayer time along with the Concert of Praise, *Kingdom Words to Change Your Life*, and your bible (the Psalms are a good place to start). During or after your prayer time, answer the following questions:
  - a) What was my experience while I praised God?
  - b) What did I see in my Spirit as I praised God?
  - c) Using God's word to praise Him compelled me to \_\_\_\_\_.
  - d) Today, I prayed about \_\_\_\_\_.
2. For the next six days, notice how the Lord has touched your life and list at least three things for which you are thankful for each day.

#### IV. Reading Assignment

*Praying to Change Your Life* – Pages 49-78

**The Prayer Institute**  
**The Model Prayer**  
**Class Exercise #1**

**Section #1 – Intimate Praise and Worship**

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List 7 specific things for which you are thankful. If you feel comfortable, please share your list with your neighbor. After sharing with your neighbor, pause for a minute and thank God for the things you listed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**The Prayer Institute**  
**The Model Prayer - Class Exercise #2**  
**Prayer of Praise**  
**Psalm 103:1-5**

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**Scripture**

Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits; who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with loving kindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

**Scriptural Prayer**

\_\_\_ will bless \_\_\_\_, Lord with all of my soul and all that is within me,  
\_\_\_ will bless \_\_\_\_ holy name. \_\_\_ will bless \_\_\_\_, Lord with all of my soul, \_\_\_  
will not forget all of \_\_\_\_ benefits. \_\_\_\_ forgive all of \_\_\_ iniquities. \_\_\_\_  
heal all \_\_\_ diseases. \_\_\_\_ redeemed \_\_\_ life from destruction. \_\_\_\_ have  
crowned \_\_\_ with loving kindness and tender mercies. \_\_\_\_ satisfy \_\_\_ mouth with  
good things. \_\_\_ youth is renewed like the eagle's.



# Concert of Praise!

## The Prayer Institute Prayer and God's Word Class Exercise

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- 1) Blessed are You, Lord God of Israel, our Father, forever and ever. Yours, O Lord, is the greatness. The power and the glory, the victory and the majesty, for all that is in heaven and in earth is Yours. Yours is the Kingdom, O Lord and You are exalted as head over all. Both riches and honor come from You, and You reign over all. In Your hand is power and might. In Your hand it is to make great and to give strength to all. Now therefore, our God, we thank You and praise Your glorious name.  
**I Chronicles 29:10-13 (NKJ)**
- 2) You alone are the Lord. You made the skies and the heavens and all the stars. You made the earth and the seas and everything in them. You preserve and give life to everything, and all the angels of heaven worship You. **Nehemiah 9:6 (NLT)**
- 3) All heaven will praise Your miracles, Lord. Myriads of angels will praise You for Your faithfulness. Who in all of heaven can compare with You, Lord? What mightiest angel is anything like You? The highest angelic powers stand in awe of God. You are far more awesome than those who surround Your throne. O Lord God Almighty! Where is there anyone as mighty as You, Lord? Faithfulness is Your very character.  
**Psalms 89:5-8 (NLT)**
- 4) You are worthy, O Lord our God, to receive glory and honor and power. You created everything, and it is for your pleasure that they exist and were created. **Revelation 4:11 (NLT)**
- 5) Great and marvelous are Your actions, Lord God Almighty. Just and true are Your ways, King of the nations. Who will not fear, O Lord, and glorify Your name? For You alone are Holy. All nations will come and worship before You, for Your righteous deeds have been revealed.  
**Revelation 15:3-4 (NLT)**
- 6) Holy, Holy, Holy is the Lord Almighty; the whole earth is filled with His glory! **Isaiah 6:3 (NLT)**

## **Concert of Praise ... (Cont'd)**

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- 7) Lord, You are King! Let the earth rejoice! Let the farthest islands be glad. Clouds and darkness surround You. Righteousness and justice are the foundation of Your throne. Fire goes forth before You and burns up all Your foes. Your lightning flashes out across the world. The earth sees and trembles. The mountains melt like wax before You; before You, the Lord of all the earth. The heavens declare Your righteousness; every nation sees Your glory. Those who worship idols are disgraced--all who brag about their worthless gods--for every god must bow to You. Jerusalem has heard and rejoiced, and all the cities of Judah are glad because of Your justice, Lord! For You, O Lord, are most high over all the earth; You are exalted far above all gods. **Psalm 97:1-9 (NLT)**
- 8) Lord, You are King! Let the nations tremble! Lord, You sit on Your throne between the cherubim. Let the whole earth quake! Lord, You sit in majesty in Jerusalem, supreme above all the nations. Let them praise Your great and awesome name. Your name is holy! **Psalm 99:1-3 (NLT)**
- 9) Open up, ancient gates! Open up, ancient doors, and let the King of glory enter. Who is the King of glory? The Lord, strong and mighty, the Lord, invincible in battle. Open up, ancient gates! Open up, ancient doors, and let the King of glory enter. Who is the King of glory? The Lord Almighty, He is the King of glory. **Psalm 24:7-10 (NLT)**
- 10) Praise the Lord! I will thank You, Lord, with all my heart as I meet with Your godly people. How amazing are Your deeds! All who delight in You should ponder them. Everything You do reveals Your glory and majesty. Your righteousness never fails. Who can forget the wonders You perform? How gracious and merciful are You, Lord! You give food to those who trust You; You always remember Your covenant. You have shown Your great power to Your people by giving them the lands of other nations. All You do is just and good, and all Your commandments are trustworthy. They are forever true, to be obeyed faithfully and with integrity. You have paid a full ransom for Your people. You have guaranteed Your covenant with us forever. What a holy, awe-inspiring name You have! **Psalm 111:1-9 (NLT)**
- 11) To You, who is the blessed and only Potentate, the King of kings and Lord of lords, who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen. **I Timothy 6:15-16 (NKJ)**
- 12) The Lord is a great God, the great King above all gods. He owns the depths of the earth, and even the mightiest mountains are His. The sea belongs to Him, for He made it. His hands formed the dry land, too. Come, let us worship and bow down. Let us kneel before the LORD our maker. **Psalm 95:2-6 (NLT)**