

# These Are Only Suggestions For Spending *Your Time* In Prayer

**The goal is to draw closer to God; to align our hearts/wills with His;  
and to intercede on behalf of Illinois.  
God will hear our prayers if we confess the sin in our hearts.**

**2 Chronicles 7:14** *If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*

**Psalms 66:18** *If I had cherished sin in my heart, the Lord would not have listened...*

**Begin by confessing to Him anything that would stand between you and God. Ask God to cleanse you from every sinful thing, thought or word and things of the world and the flesh. Ask Him to bring to mind those things which need to be confessed to receive His forgiveness.**

**Revelation 3:19** *Those whom I love I rebuke and discipline. So be earnest and repent.*

**1 Peter 3:7** *Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.*

**Isaiah 59:2** *But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.*

**Luke 5:32** *I have not come to call the righteous, but sinners to repentance.*

**1 John 1:9** *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

**Hebrews 10:19-23** *...since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened up for us through the curtain, that is, his body, and since we have a great high priest over the house of God, let us draw near to God with a sincere heart and with full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful.*

**Hebrews 10:16 & 17** *"This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds." Then he adds: Their sins and lawless acts I will remember no more."*

**Psalms 119:133 – 134, also Ephesians 1:18-23** *Direct my footsteps according to your word; let no sin rule over me. Redeem me from human oppression, that I may obey your precepts. Make your face shine on your servant and teach me your decrees.*

**James 1:21-25** Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

**1 Peter 4:17** For it is time for judgment to begin with God’s household; and if it begins with us, what will the outcome be for those who do not obey the gospel of God?

**Jeremiah 15:19** Therefore this is what the LORD says: “If you repent, I will restore you that you may serve me; if you utter worthy, not worthless, words, you will be my spokesman. Let this people turn to you, but you must not turn to them.”

**Revelation 2:5** Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.

**Matthew 4:17** From that time on Jesus began to preach, “Repent, for the kingdom of heaven has come near.”

## — Praise God **ALOUD** —

**God is always worthy of praise. Praising Him helps us to recognize His awesome power and ability to do the impossible. He inhabits our praise. You can use verses such as those that follow. Or sing a praise song that you sing at your church or play a favorite praise tape. Recount things God has done in your life. Praise Him for His mercy, love, patience and faithfulness. Praise Him that He doesn’t give us what we deserve, but wants all to come to Him with contrite hearts. Praise Him for eternal life – His gift to all who trust and believe that Jesus took the punishment they deserved and bridged the gap to the Father which was created by sin.**

**Psalm 10: 4** Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

**Isaiah 25:1** LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.

**Psalm 71:14** As for me, I will always have hope; I will praise You more and more.

**Psalm 141:2** May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

**2 Samuel 22:47-51** “The LORD lives! Praise be to my Rock! Exalted be my God, the Rock, my Savior! He is the God who avenges me, who puts the nations under me, who sets me free from my enemies. You exalted me above my foes; from a violent man you rescued me. Therefore I will praise you, LORD, among the nations; I will sing the praises of your name. “He gives his king great victories; he shows unfailing kindness to his anointed, to David and his descendants forever.”

**1 Chronicles 29:10-12** "Praise be to you, LORD, the God of our father Israel, from everlasting to everlasting. Yours, LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, LORD, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.

**Hebrews 9:24** For Christ did not enter a sanctuary made with human hands...he entered heaven itself, now to appear **for us** in God's presence.

**Luke 15:7** I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

**2 Peter 3:9** The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

— **Pray For God's Intervention In Illinois. Keep your eyes not on the circumstances, but on the One "who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us..." Ephesians 3:20**

**2 Chronicles 7:14** ... if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**Psalms 46:9-10** He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth."

— **Pray that Christians would stop being lukewarm and become salt and light to a rapidly decaying and darkening culture.**

**Matthew 5:13-16** "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

**Revelation 3:16** So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.

— **Pray for our elected officials: for salvation for those who haven't surrendered to Jesus; that they would seek wisdom and counsel from God's Word when making decisions that affect all Illinoisans.**

**1 Timothy 2:1** Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

**Isaiah 10:1** Woe to those who make unjust laws, to those who issue oppressive decrees...

## End with *Praise & Thanksgiving*

**Malachi 1:11** *My name will be great among the nations, from where the sun rises to where it sets. In every place incense and pure offerings will be brought to me, because my name will be great among the nations," says the LORD Almighty.*

**Psalm 33:16-19** *No king is saved by the size of his army; no warrior escapes by his great strength. A horse is a vain hope for deliverance; despite all its great strength it cannot save. But the eyes of the LORD are on those who fear Him, on those whose hope is in His unfailing love, to deliver them from death and keep them alive in famine.*

**Psalm 65:5-8** *You answer us with awesome and righteous deeds, God our Savior, the hope of all the ends of the earth and of the farthest seas, who formed the mountains by Your power, having armed Yourself with strength, who stilled the roaring of the seas, the roaring of their waves, and the turmoil of the nations. The whole earth is filled with awe at Your wonders; where morning dawns, where evening fades, you call forth songs of joy.*

**Ephesians 3:20** *Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

**Psalm 9:1-2** *I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High.*

**Psalm 95:1-6** *Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms. For the LORD is the great God, and the great King above all gods. In His hand are the deep places of the earth; the heights of the hills are His also. The sea is His, for He made it; and His hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the LORD our Maker.*

**Psalm 100** *Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; Come before His presence with singing. Know that the LORD, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the LORD is good; His mercy is everlasting, and His truth endures to all generations.*

**Psalm 116:1-2** *I love the LORD, because He has heard my voice and my supplications. Because He has inclined His ear to me, therefore I will call upon Him as long as I live.*

**Psalm 66 is also good.**

**Don't be discouraged if at first you are distracted. At the beginning your mind may wander, but after a few times it will become easier to focus on the Lord. If you feel that that God is speaking to you or wants you to do something or you have any thoughts or pictures from the Lord, or someone comes to mind to pray for, be sure to write it down as this can be a great blessing.**

