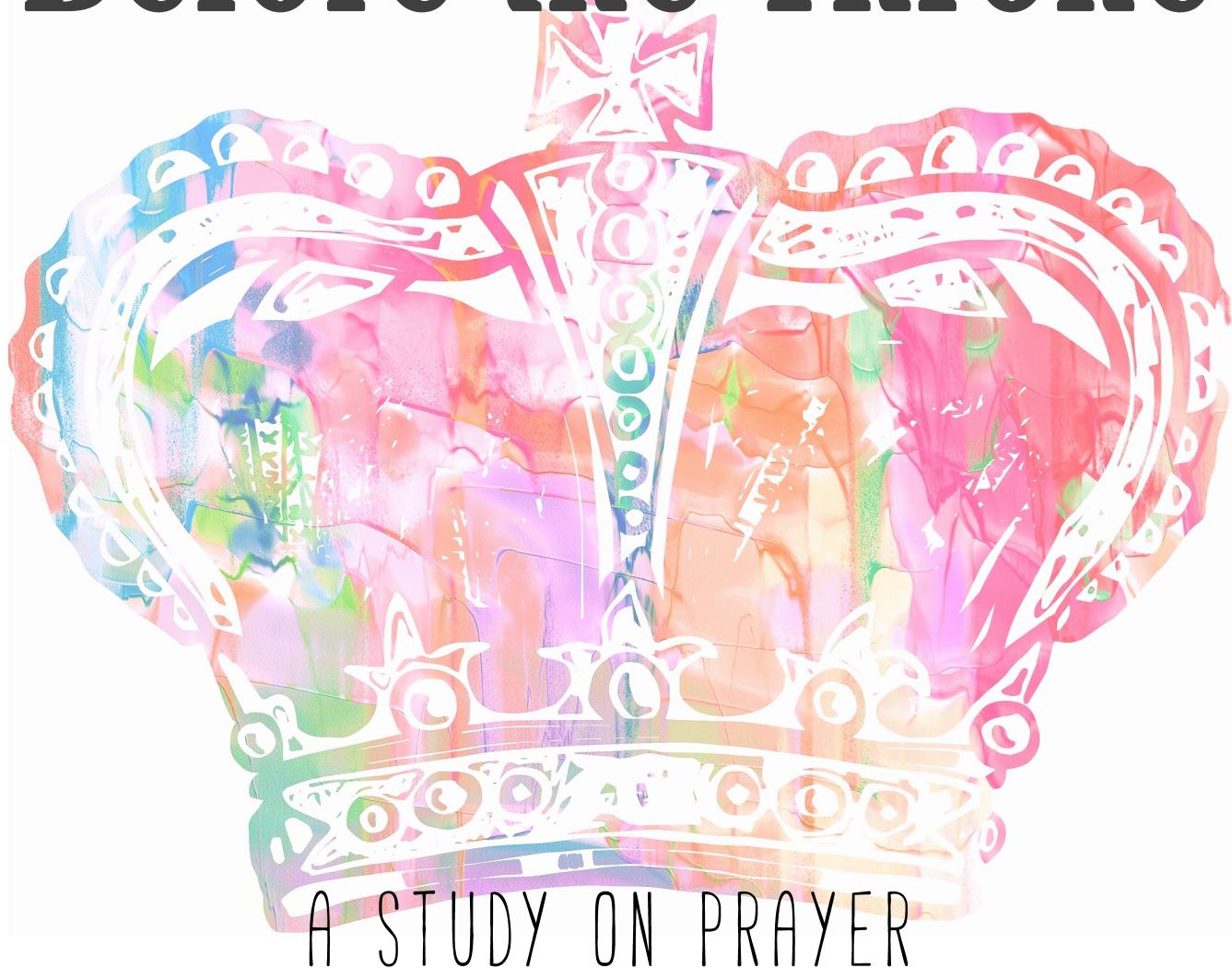


# Before the Throne



A STUDY ON PRAYER

JULIE WEEKS

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Walking Faith Publishing  
6131 Coolidge  
Groves, TX 77651

Printed in the United States of America

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# SESSION ONE: INTRO

## Notes:

## **How to boldly approach the throne of God:**

**Meditate and study scripture so that you can remember it when on your knees in prayer.**

*I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word. Psalm 119:15-16*

*“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.” John 14:26*

*Bind them on your heart always; tie them around your neck. When you walk, they will lead you; when you lie down, they will watch over you; and when you awake, they will talk with you. Proverbs 6:21-22*

*Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16*

**Prayer is not about the words but about the heart.**

*Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Psalm 51:6*

*Let the words of my mouth and the meditation of my heart be acceptable in your sight. O Lord, my rock and my redeemer. Psalm 19:14*

**Come with faith that nothing is impossible with God.**

*For nothing will be impossible with God. Luke 1:37*

*“For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.” Matthew 17:20*

*But Jesus looked at them and said, "With man this is impossible, but with God all things are possible." Matthew 19:26*

Dear Heavenly Father, You are worth our time and our attention. Your word is valuable and life-giving and we commit to studying it so that we can walk deeper with you. We want praise to ever be on our lips and we want to be able to fall before you with a sincere heart that desires to converse with you. And I pray that as we study what to say, that we will also learn how to listen. I pray for each one that they will stay the course and be on guard to Satan's schemes to fill their time with anything other than You. We love You and are honored that You delight in our words to You. Amen.

I'm looking forward to studying the Word with you!

## DAY ONE:

Read Nehemiah 9:5b-8.

1) How does the prayer begin?

2) How does praising God encourage you?

3) Write your own prayer of praise.

*Stand up and  
bless the Lord  
your GOD from  
EVERLASTING to EVERLASTING.*

*Blessed be your  
glorious name,  
which is exalted  
above all  
BLESSING and praise.*

**Nehemiah 9:5b**

## DAY TWO:

Read Nehemiah 9:9-25.

1) Why do you think they recounted these details?

2) How can recounting God's works encourage you and increase your faith?

3) List works God has done for you.

BUT YOU ARE A **GOD**  
ready to forgive,  
gracious AND merciful,  
SLOW TO ANGER  
AND abounding IN  
STEADFAST  
LOVE,  
AND DID NOT FORSAKE THEM.

**Nehemiah 9:17b**

## DAY THREE:

Read Nehemiah 9:26-31.

1) What pattern do you see?

2) How does this pattern give you hope?

3) Examine your own life and record how God has repeatedly shown you grace and mercy.

YET WHEN THEY turned  
AND **cried** TO YOU,  
YOU heard FROM heaven,  
AND **MANY TIMES**,  
YOU **DELIVERED** THEM  
ACCORDING TO YOUR  
mercies.

**Nehemiah 9:28b**

## DAY FOUR:

Read Nehemiah 9:32-33, 10:39b.

1) What do they request of God?( v. 32)

2) What action do they promise to make? (v. 39b)

3) What hardships are you facing right now? Is God calling you to do something?

Yet you have been  
righteous  
in all that has  
come upon us,  
for you have  
dealt  
FAITHFULLY  
and we have acted  
wickedly.

Nehemiah 9:33

## DAY FIVE:

- 1) What stood out to you most about this prayer?
- 2) Write a prayer using the verses we studied this week as a guide.

# SESSION TWO: ISRAEL'S CONFESSION

Notes:

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## Background of Nehemiah:

- Takes place between 445-423 BC
- Is about rebuilding the walls of Jerusalem and renewing their covenant with God

*Genesis 17:4-8*

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## Praise:

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They praised according to their present circumstances.

Beginning with praise takes your focus off the enormity of your problems so you can see the enormity of God.

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When life overwhelms you, praise God for being bigger than your circumstances.

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## Remembrance:

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If you want to pray with faith, list the evidence of God's faithfulness.

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God didn't cease to work on behalf of His children as soon as the ink had dried on the pages of Revelation. He is daily working, daily showing Himself to be faithful.

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## Repentance:

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It is not just about confessing sins, it's about desiring repentance so we can be in a right relationship with a Holy God.

## Notes:

## Petition:

**The Israelites knew their greatest need was to be in a covenant relationship with their faithful God.**

**Their request was God-focused instead of self-focused.**

## Declaration:

**They committed to an action that would honor the Lord.**

**It wasn't just a prayer seeking forgiveness. The request for forgiveness was the launchpad for them to act on their changed hearts.**

**Receiving forgiveness should prompt us to ask, “How will my changed heart serve the Lord?”**

Great, mighty, and awesome God, You are so good and so faithful. You are so far above any other creature or being that there isn't even something to compare You to. You are higher than any of our words, bigger than any of our dreams, and have the capacity to forgive far more than our small minds can begin to comprehend. Not only does Your Word offer story after story of Your faithfulness, but so do our own lives. Lord, I pray that Your children will be strengthened by studying Your Word and that they will have a renewed fervor when approaching Your throne. Thank for Your faithfulness, forgiveness, and complete acceptance of us as Your children. Thank You for our everlasting adoption. I pray that our hearts will seek more than forgiveness, but that they will seek to honor and glorify You. Show us how You want to use us as Your vessels and give each of us the courage to walk the path You have set before us. You are worthy of so much more than we can give you. Amen.

## WEEK TWO: DAVID'S CRIES

### DAY ONE:

Read Psalm 143:1-4.

1) What does David ask God to do? (v. 1-2)

2) Why does David say his heart was faint? (v. 3-4)

3) What do you think is the benefit of being as specific as David was in v. 1-4?

4) What is a deep cry of your heart right now? Write down your specific feelings.

*Hear my PRAYER,  
O Lord;  
give ear to  
my PLEAS  
for mercy!*

**Psalm 143:1**

## DAY TWO:

Read Psalm 143:5-6.

1) What does David do in v. 5-6?

2) When you meditate on what God has done, what usually comes to your mind?

3) Finish these statements with your own words. (v.5)

I remember:

I meditate on:

I ponder:

I remember  
the days of old;  
I meditate  
on ALL that you  
have done;  
I ponder the  
WORK of your hands.

Psalm 143:5

## DAY THREE:

Read Psalm 143:7-10.

1) What does David request?

2) There is a pattern in each phrase David says. He makes a request, then gives a reason for each request. Why do you think he prays this way?

3) What is a request you currently have and why?

Teach me to do  
your will,  
for you are my God,  
let your good spirit  
lead me on  
level ground.

Psalm 143:10

## DAY FOUR:

Read Psalm 143:11-12.

1) Why does David want God to preserve his life?( v. 11a)

2) Do you want God's intervention merely for your own benefit or do you want His intervention so His name may be made great?

3) How can you make His name famous for what He has done for you?

for your  
name's sake,  
O LORD,  
preserve my  
LIFE.  
In your  
righteousness,  
bring my soul  
out of  
TROUBLE!

Psalm 143:11

## DAY FIVE:

1) What stood out to you most about this prayer?

2) Write a prayer using the verses we studied this week as a guide.

# SESSION THREE: DAVID'S CRIES

## Notes:

## **Pleas to be heard**

- 1) It implies the Lord can and will hear David.
- 2) It shows David's trust that the Lord will answer him.

**How would your prayers change if you prayed like you knew that God is not only listening but also fully trusted Him to answer?**

## Reasons to pray specifically

- 1) We can't track all that God is doing in our lives if we aren't listing our specific needs.
- 2) Sometimes we just need to voice our struggles to the only One who completely understands them.
- 3) God cares for us deeply and desires to hear our voice.

## Pause and reflect:

**Sometimes in our prayers we need to pause and reflect on who God is, what He has done, and what He is going to do.**

This time of reflection on the amazing truths of our amazing God leaves us refreshed and strengthened so we can confidently approach the throne of God with our requests.

## Notes:

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## Our requests

We need far more than respite from the enemy. We need direction and guidance. We need to admit our dependence on an Almighty God.

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## God's great name

Our requests should be about more than us. They should be about exalting God's great name. The more we share His name with others and the more we share the things He has done, then the more famous His name becomes here on this earth.

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O Lord, hear the cries of Your children. We know You are faithful to Your servants and that You will answer our pleas. Help us to approach Your throne boldly because You are good and trustworthy. Your steadfast love is a source of strength and encouragement. Teach us Your will and guide our steps so that we can lift Your name higher. May we make a big deal of You and Your works so the world will know of Your faithfulness and the honor that is due You. Amen.

# WEEK THREE: THE LORD'S PRAYER

## DAY ONE:

Read Matthew 6:9

1) How does the prayer begin?

2) What does this verse tell you about God?

3) How can you give God honor in your prayers?

HALLOWED  
be your  
NAME.  
Matthew 6:9

## DAY TWO:

Read Matthew 6:10.

1) After acknowledging the greatness of God, what did Jesus model next in this prayer?

2) Why should you claim God's sovereignty before making requests?

3) What do you need to submit to God's will instead of trying to work out yourself?

your  
WILL be  
done.

**Matthew 6:10**

## DAY THREE:

Read Matthew 6:11.

1) What request was made?

2) What requests can you boldly make and why?

give us this  
DAY  
OUR *daily*  
bread.

Matthew 6:11

## DAY FOUR:

Read Matthew 6:12-13.

1) How does the prayer end?

2) What is expected of you? (v. 12b)

3) What should be the desire of our hearts? (v. 13)

And lead us not  
into temptation,  
but DELIVER us  
from EVIL.  
Matthew 6:13

## DAY FIVE:

1) What stood out to you most about this prayer?

2) Write a prayer using the verses we studied this week as a guide.

# SESSION FOUR: THE LORD'S PRAYER

Notes:

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**Rules for praying:**

- 1) Don't be like hypocrites.
- 2) Don't pray with empty phrases.

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**Addressing God**

Don't address God haphazardly with some spiritual phrase but sincerely approach Him with intention and purpose.

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**Praising God**

When we begin our prayer with an intentional praise, we place our full attention on who He is instead of being focused solely on our wants and needs.

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**God's Sovereignty**

Before we make any requests, we need to acknowledge God's sovereignty.

God's not a genie in a bottle who bows to our whims, but rather we bow our knees to His control over our circumstances.

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Notes:

## Petitioning God

Two important things to note:

- 1) “Give us this day”- Pray specifically how God can work out needs today instead of worrying about tomorrow.
- 2) “our daily bread”- Pray specifically for your daily needs.

## Confessing to God

We daily offend our Father and He deserves for us to take time to reflect on our sins and confess them individually.

We are expected to forgive those who have offended us because the grievances they have committed against us are nothing compared to our grievances against a Holy God.

## God’s Leading

Jesus was able to withstand temptation because of who He is, but He created us and knows that because of who we are, temptations are hard to resist. This is why we need to pray for God’s direction in our lives: so we don’t put ourselves in vulnerable situations.

Gracious Father, we praise Your name and give You all glory and honor for You are the only One worthy of praise. We want Your will to be done in our lives, even when Your answer is “no.” Give us understanding of Your will and transform our hearts so that we can accept Your will in our lives because we know You are sovereign. Thank You for meeting our needs and being faithful to us. We don’t have to be anxious about today because You meet our needs and we don’t have to worry about tomorrow because You are already there. Lord, we confess our sins. We ask for You to forgive us for all the ways we have been falling short. Thank You for loving us despite our faults and for continuing to shape us and grow us even when we fail. Remove any bitterness that prevents us from forgiving others because if You, a Holy God, are able to forgive them, we have no excuse but to forgive them as well. Guard our hearts and minds, guide our steps, and give us boldness to follow You instead of the world. Help us submit to You so that we can resist the devil. Thank You for supplying us with Your armor so that we can be protected from the evil one. In Your holy and righteous name, Amen.

# WEEK FOUR: FOCUSED PRAYERS

*This week will be different than the others. Instead of looking at one prayer, we will look at five short prayers that are focused and specific.*

## DAY ONE:

Read Ephesians 6:18-19.

1) What does Paul ask prayer for?

2) Write your own prayer of boldness.

That WORDS may  
be given to me in  
opening my mouth  
BOLDLY to PROCLAIM  
the mystery of the  
GOSPEL.

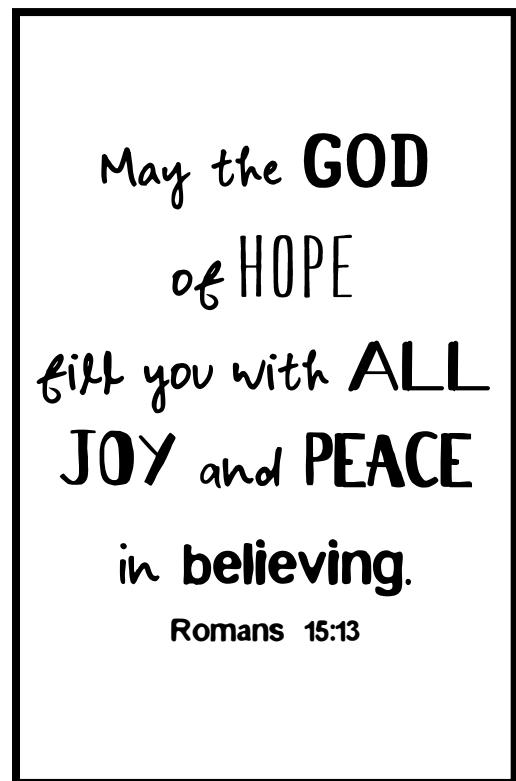
Ephesians 6:19

## DAY TWO:

Read Romans 15:13.

1) What did Paul pray for?

2) Write your own prayer of hope.



## DAY THREE:

Read Ephesians 3:14-21.

1) What did Paul pray for?

v. 16

v. 17

v. 18

v. 19

2) How did Paul praise God? (v. 20-21)

3) Write your own prayer of faith and strength.

THAT YOU MAY BE  
*fitted*  
WITH ALL THE  
FULLNESS  
OF  
**GOD.**  
**Ephesians 3:19b**

## DAY FOUR:

Read 1 Thessalonians 3:12-13.

1) What did Paul pray for?

2) Write your own prayer of pursuing holiness.

so that HE may  
establish your  
HEARTS as  
BLAMELESS  
in holiness  
before our  
God and Father.

1 Thessalonians 3:13

## DAY FIVE:

Read Jude 24-25.

1) What does God do for us? (v. 24)

2) How does Jude end this prayer? (v. 25)

2) Write your own doxology (prayer of praise).

To the only God  
our Savior,  
through JESUS CHRIST  
our Lord, be  
GLORY, MAJESTY,  
DOMINION, and  
authority before  
all time and  
forever. Amen.

Jude 25

# SESSION FIVE: FOCUSED PRAYER

## Notes:

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## Final Thoughts:

A recurring theme throughout our study is the need to pray specifically.

Prayer is powerful. It isn't an afterthought; it's our first line of defense.

Prayer should come from our longing to converse with the Creator of the universe, not out of duty.

## Organizing prayer requests

- Get a spiral or some type of notebook.
- Write DAILY at the top of the first page.
- Then write the days of the week on each additional page.
- Write down the needs that should be prayed for every day on the page that says DAILY.
- Then divide up your list evenly on the different days of the week.
- Write down the date you add the request, the specific request, and then leave a spot to record the date God answers the prayer.

## Resources:

Praying God's Word by Beth Moore

The Circle Maker and Draw Your Circle by Mark Batterson

Fervent by Priscilla Shirer (and other books based on War Room)

The Bible

Heavenly Father, I ask that my sisters may be filled with the knowledge of Your will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to You: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to Your glorious might, for all endurance and patience with joy; giving thanks to the Father, who has qualified them to share in the inheritance of the saints in light. Amen. (Colossians 1:9b-12)

