

Sermon Notes
How To Pray Throughout Your Day
Ephesians 6:10-20

Pray in the Spirit on all occasions with all kinds of prayer and requests.
Ephesians 6:18 (TNIV)

a. **Keep a** **with God**

b. **throughout the day**



1. Get up with

Every good and perfect gift is from above, coming down from the Father.....
James 1:17 (TNIV)



2. at breakfast

Every day I will praise you and extol (bless) your name for ever and ever. Psalm 145:2 (TNIV)



3. At Mid-morning

Seek first God's kingdom and his righteousness and all these things will be given to you as well. Matthew 6:33 (TNIV)



4. At lunchtime



4a At lunchtime ask for

As for me, far be it from me that I should sin against the LORD by failing to pray for you. 1 Samuel 12;23 (TNIV)



5. Ask for **in the afternoon**

5a. I admit my sins and



6. Ask God to help me



7. I end my day with