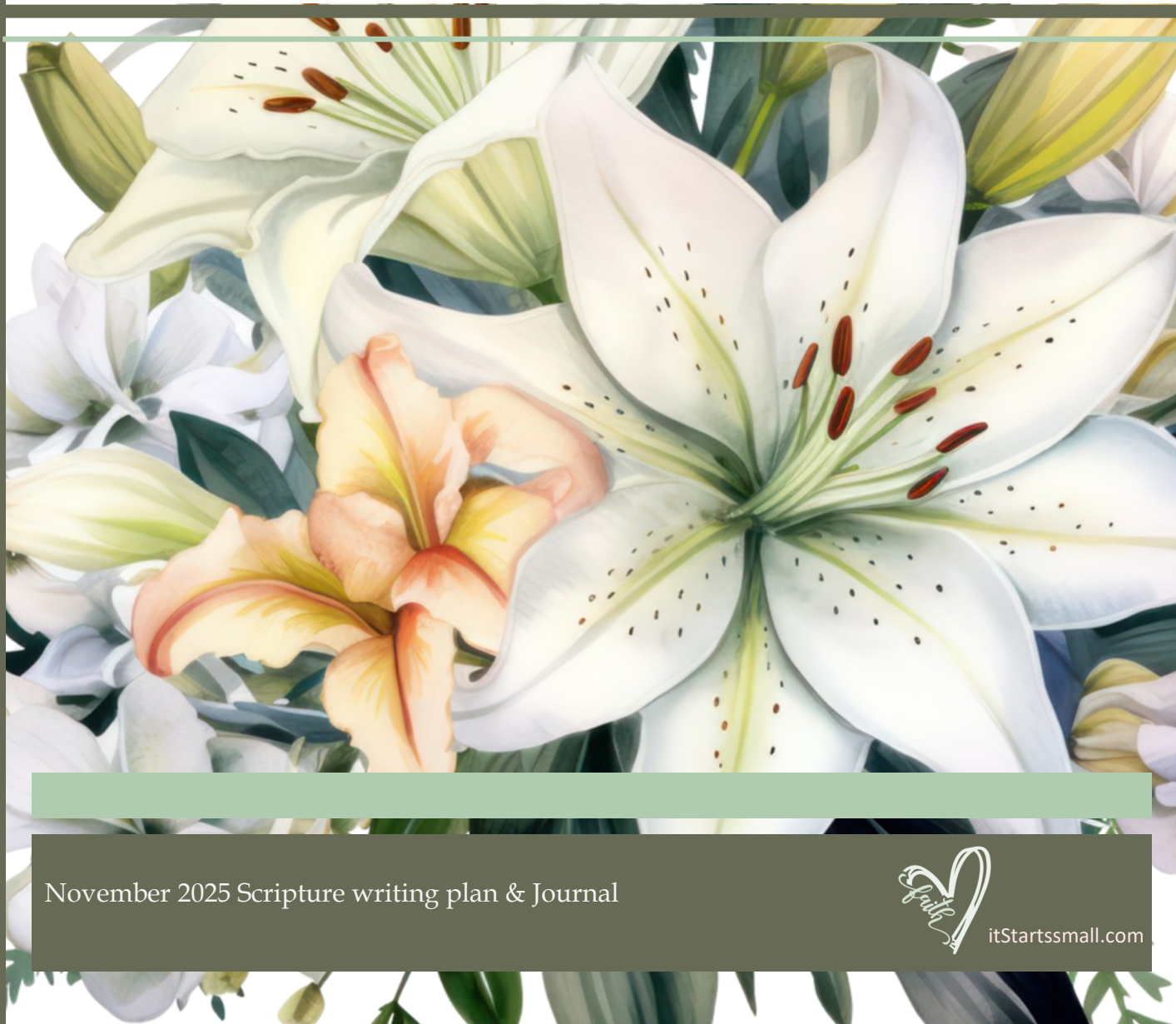


# Philemon

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Reconciliation and Forgiveness



November 2025 Scripture writing plan & Journal



[itStartssmall.com](http://itStartssmall.com)

# My Prayer Life Evaluation

Philemon 4-7

Elevating the essence of your prayer life is not just a task. It is a profound journey of spiritual awakening. This journey leads to transformation. Embrace your prayers as a vibrant and heartfelt dialogue with God. This transcends mere religious ritual to foster an intimate connection. This connection ignites your soul.

Here are some ways to evaluate the content of your prayer life:

## 1. Reflection and self-assessment

- **Ask yourself honest questions:**

- ◇ When you pray, is it out of a sense of obligation? Or does your heart yearn to connect with the Divine?
- ◇ Do you share the ups and downs of your day with God? Or do you only reach out in moments of desperation?
- ◇ Are your prayers filled with the same repetitive phrases? Or do they burst forth with a rich tapestry of emotion – praise, gratitude, confession, petition, and more?
- ◇ Are you fervently seeking the arrival of God's kingdom and the fulfillment of His will? Or are you caught up in the pursuit of your own ambitions and desires?
- ◇ Is your prayer life a passionate daily practice filled with devotion, or does it stumble along sporadically?
- ◇ Do you pause to hear God's whispers in response, or does your prayer feel like a solitary monologue?

- **Keep a prayer journal:** Write down your prayers, including your requests, praises, confessions, and reflections. This can help you:
  - ◊ Track the types of prayers you're offering.
  - ◊ Identify patterns and themes in your prayer life.
  - ◊ See how God is working and answering your prayers over time.
  - ◊ Stay focused and engaged during prayer.
- **Evaluate your motivations:** Are you pouring out your heart in prayer to forge a deep connection with God? Do you have a genuine yearning, or are you simply going through the motions out of habit or obligation?

## 2. Incorporating biblical principles and models of prayer

- **Study the Scriptures on prayer:** The Bible provides valuable insights on prayer. It includes examples from individuals like Elijah and the Apostle Paul. It also contains the teachings of Jesus. Pay attention to:
  - ◊ Jesus' teachings on prayer, such as the Lord's Prayer (Matthew 6:9-13).
  - ◊ Paul's prayers in his epistles.
  - ◊ Examples of specific prayers, like those found in the Psalms.  
(the end of this is a list of prayers in scripture to study)
- **Consider the elements of prayer:** A balanced prayer life can include:
  - ◊ **Adoration:** A heartfelt outpouring of praise and worship to God, celebrating His boundless greatness and divine nature.
  - ◊ **Confession:** Courageously acknowledging and turning away from our sins, embracing the transformative power of repentance.
  - ◊ **Thanksgiving:** Joyfully expressing our deep gratitude for the abundance of God's blessings and unwavering faithfulness in our lives.

- ◇ **Supplication/Petition:** Bringing our heartfelt cries and earnest needs before God, trusting in His perfect provision and care.
- ◇ **Intercession:** Boldly lifting others in prayer. This includes our loved ones, friends, community, and leaders. We intercede for their needs. We seek divine intervention on their behalf.

### 3. Seeking spiritual growth and guidance

- **Pray according to God's will:** Passionately seek alignment with God's majestic will and divine purpose. In your prayers, let His desires take precedence over your own.
- **Pray in faith and humility:** Approach God boldly. Believe wholeheartedly that He hears and responds to your prayers. Embrace humility and surrender to His perfect wisdom and timing.
- **Cultivate a listening heart:** Be fervently open to receiving God's voice and guidance during your prayer time. This can happen through the power of His Word. You may hear the whispers of the Holy Spirit. It could also come from the wise counsel of others.
- **Seek out mentors or prayer partners:** Engage deeply with fellow believers. They can ignite your prayer life with encouragement. They offer inspiration and guidance.
- **Focus on the relationship with God:** Immerse yourself in the beautiful truth. Prayer is about nurturing an intimate relationship with God. It transcends mere religious rules or practices.

Reflect passionately on these essential aspects of your prayer life. You can ignite a deeper, biblically-rooted connection with God. This connection transforms your soul and fuels your spirit.

## Scriptural Examples of Prayer:

### Jesus' Prayers:

- ◇ **Matthew 6:9-13.** In this well-known passage, Jesus teaches his disciples a model for prayer, often called "The Lord's Prayer". He emphasizes reverence for God, seeking his kingdom and will, reliance on God for daily needs, forgiveness, and deliverance from evil.
- ◇ **Matthew 26:36-46, Mark 14:32-42, Luke 22:39-46.** In Gethsemane, just before his arrest and crucifixion, Jesus prayed intensely in the Garden of Gethsemane. He expressed sorrow and asked the Father if there was another way, yet ultimately submitted to God's will: "Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will".
- ◇ **Luke 23:34, Matthew 27:46, Mark 15:34, Luke 23:46:** On the cross, while being crucified, Jesus prayed.
- ◇ **John 17:1-26:** This long and intimate prayer reveals Jesus' heart for his disciples and for all future believers. He prayed for his own glorification, for the unity and protection of his disciples, and for the sanctification of believers through God's Word.
- ◇ **Luke 3:21:** At his baptism, as he was praying, the heavens opened and the Holy Spirit descended.
- ◇ **Mark 1:35:** Jesus "got up, left the house and went off to a solitary place, where he prayed".
- ◇ **Luke 5:16:** Jesus "often withdrew to lonely places and prayed".
- ◇ **Luke 6:12:** He spent the entire night praying to God before choosing his 12 disciples.
- ◇ **John 11:41-42:** Before raising Lazarus from the dead, Jesus thanked the Father for hearing him.
- ◇ **Luke 22:31-32:** Jesus prayed for Peter's faith to not fail when Satan asked to "sift" him.

## Apostle Paul's Prayers:

- ◇ **Romans 1:8-10:** Paul expresses gratitude for the Roman believers' faith and mentions them constantly in his prayers, desiring to visit them by God's will.
- ◇ **1 Corinthians 1:4-9:** He thanks God for the grace given to the Corinthian believers and their spiritual enrichment.
- ◇ **Ephesians 1:16:** He states that he does not cease to give thanks for the Ephesians, remembering them in his prayers.
- ◇ **Philippians 1:3-4:** Paul thanks God for the Philippian believers in all his remembrance and prayers.
- ◇ **Colossians 1:3:** He mentions giving thanks to God the Father when praying for the Colossian believers.
- ◇ **1 Thessalonians 1:2-3a:** Paul thanks God always for the Thessalonian believers, constantly mentioning them in his prayers.
- ◇ **2 Thessalonians 1:3:** He gives thanks to God for the Thessalonians' growing faith and love.
- ◇ **2 Timothy 1:3:** Paul expresses thanks to God, whom he serves with a clear conscience, as he remembers Timothy constantly in his prayers night and day.
- ◇ **Philemon 1:4:** He thanks God always when remembering Philemon in his prayers.
- ◇ **Ephesians 1:17-23:** Paul prays for the Ephesians to receive wisdom and revelation to know God better, understand their calling, and grasp His power.
- ◇ **Ephesians 3:14-21:** He prays for them to be strengthened by the Spirit, for Christ to dwell in their hearts, to comprehend the extent of Christ's love, and to be filled with God's fullness.
- ◇ **Philippians 1:9-11:** Paul prays for their love to increase in knowledge and



insight, so they can discern what is best and live righteously.

- ◇ **Colossians 1:9-12:** He prays for them to be filled with the knowledge of God's will and to live a life worthy of the Lord, bearing fruit and growing in their understanding of God.
- ◇ **Colossians 4:12:** Paul mentions Epaphras praying for the Colossians to be mature and fully assured in God's will.
- ◇ **Ephesians 6:19-20:** Paul asks for prayer for boldness in proclaiming the Gospel.
- ◇ **Philippians 1:19-20:** He is confident that through prayer, his imprisonment will lead to deliverance and bold Gospel proclamation.
- ◇ **Colossians 4:2-4:** Paul encourages prayer for an open door to clearly and boldly share the mystery of Christ.
- ◇ **2 Thessalonians 3:1-2:** He asks for prayer for the rapid spread of the word and deliverance from evil people.
- ◇ **1 Timothy 2:1-4:** Paul instructs that prayers be made for all people, including leaders, for peaceful and godly living.
- ◇ **Romans 10:1:** He expresses his desire and prayer for the salvation of Israel.
- ◇ **Romans 15:30-32:** Paul asks the Roman believers to join him in prayer for his deliverance from unbelievers, the acceptance of his service in Jerusalem, and his joyful arrival in Rome.
- ◇ **2 Corinthians 12:7-10:** Paul shares how he prayed for his "thorn in the flesh" to be removed, and how God's grace was sufficient.

The **Psalms** provide a rich tapestry of prayers for various situations and emotions. Here are some specific examples from the Book of Psalms:

- Prayers of praise and thanksgiving
  - ◇ **Psalms 100:** A call to joyful worship and gratitude, acknowledging God as creator and shepherd.

- ◇ **Psalm 103:1-5:** A prayer that blesses God for his benefits, including forgiveness, healing, and redemption.
  - ◇ **Psalm 145:1-3, 8-9:** This psalm praises God for his greatness, goodness, grace, and compassion, highlighting that he is slow to anger and abounding in steadfast love.
- Prayers of lament and petition
  - ◇ **Psalm 6:** A prayer of lament expressing deep distress and seeking God's mercy and healing
  - ◇ **Psalm 22:1:** Jesus quoted this psalm on the cross, expressing a feeling of abandonment
  - ◇ **Psalm 40:1-4:** A prayer of thanksgiving for deliverance from a pit of despair, combined with a renewed commitment to do God's will.
  - ◇ **Psalm 51:1-2:** This psalm is a prayer of confession, seeking God's mercy and cleansing from sin.
  - ◇ **Psalm 142:** A prayer from David when he was hiding in a cave, crying out to God in his distress and acknowledging God as his refuge.
- Prayers of trust and dependence
  - ◇ **Psalm 23:** A well-known psalm that expresses trust in God as a shepherd who provides for, guides, comforts, and protects, even through difficult times.
  - ◇ **Psalm 46:1-3:** A prayer that declares God as a refuge and strength in times of trouble, emphasizing that there is no need to fear.
  - ◇ **Psalm 91:1-2:** A prayer expressing confidence in God as a refuge and fortress, providing shelter and protection for those who dwell in his presence.
  - ◇ **Psalm 121:1-2, 7-8:** A prayer that declares dependence on God for help and protection, acknowledging him as the maker of heaven and



earth and a faithful keeper.

- Prayers of wisdom and introspection
  - ◊ **Psalm 19:14:** A prayer seeking that the words of the mouth and meditation of the heart be pleasing to God.
  - ◊ **Psalm 139:13-16:** A prayer marveling at God's intimate knowledge and purposeful creation of each individual, praising him for being fearfully and wonderfully made.
  - ◊ **Psalm 139:23-24:** A bold prayer asking God to search the heart, test thoughts, reveal any offensive ways, and lead in the path of everlasting life.
  - ◊

The **prophet Elijah** is renowned in the Bible for his powerful prayers that were directly answered by God. His story, primarily found in 1 Kings, showcases a remarkable prayer life characterized by boldness, faith, and a deep understanding of God's will.

- **1 Kings 17:1:** Prayer for drought. Elijah announced to King Ahab that there would be no dew or rain except at his word. James 5:17 clarifies that this declaration was a fervent prayer, which initiated a severe drought lasting three and a half years.
- **1 Kings 17:20-21:** Prayer for the widow's son. When the son of the widow hosting Elijah died, Elijah took the boy to his room and prayed, asking God why this tragedy had occurred and pleading for the child's life to return. God heard Elijah's prayer and the boy was revived.
- **1 Kings 18:36-37:** Prayer for fire on mount carmel. During the confrontation with the prophets of Baal, Elijah prayed a brief yet powerful prayer. He asked God to show that He was the true God and that Elijah was His servant acting at His command. Fire immediately came down from heaven, consuming the sacrifice, wood, stones, and water.
- **1 Kings 18:42-44:** Prayer for rain. After the victory on Mount Carmel, Elijah

prayed for rain. He sent his servant multiple times to look toward the sea until a small cloud appeared, signaling the end of the drought and the arrival of heavy rain.

- **1 Kings 19:4: Prayer of despair.** Fearing Jezebel, Elijah fled and prayed under a tree to die, stating he was no better than his ancestors. God did not grant his request for death but instead provided him with food, rest, and encouragement
- **Genesis 18:22-33 Abraham's Intercession for Sodom:** Abraham boldly pleads with God to spare Sodom, negotiating the number of righteous individuals that would prevent the city's destruction.
- **1 Kings 3:5-14 Solomon's Prayer for Wisdom:** When God offers Solomon anything he desires, Solomon chooses wisdom to govern his people, demonstrating humility and a focus on God's kingdom.
- **1 Samuel 2:1-10 Hannah's Prayer of Thanksgiving:** After a period of infertility, Hannah pours out her heart to God, promising to dedicate her son to Him if her prayer is answered.
- **Psalms 51 David's Prayer of Repentance:** David expresses deep remorse for his sin with Bathsheba, seeking God's mercy and a clean heart.
- **Jonah 2 Jonah's Prayer from the Fish's Belly:** Jonah cries out to God in distress from inside the great fish, acknowledging his disobedience and trusting in God's power to save.
- **Nehemiah's Prayer for Favor:** Facing a challenging task, Nehemiah prays for God's favor and guidance as he prepares to rebuild Jerusalem's walls
- **The Prayer of Jabez:** Found in 1 Chronicles 4:10, this brief prayer asks for blessing, expanded territory (possibly referring to influence in God's kingdom), God's hand to be with the one praying, and protection from harm.



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