

IN THE OLD TESTAMENT, THE TABERNACLE WAS THE DWELLING PLACE OF GOD, BUILT TO HIS SPECIFICATIONS, WHERE HE WOULD MEET WITH HIS PEOPLE. IT HAD SEVEN STATIONS TO CONNECT WITH HIM. THIS PRAYER MODEL WILL TAKE YOU THROUGH EACH AND USE THE PURPOSE OF EACH STATION TO GUIDE OUR PRAYERS.

### 1. THE OUTER COURT: GIVE GOD THANKS!

"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name." - Psalm 100:4

SPEND SOME TIME REALLY THINKING ABOUT THE BLESSINGS IN YOUR LIFE THAT YOU ARE THANKFUL FOR. IT'S GREAT TO HAVE A LIST OF REGULARS, BUT ALSO TRY AND THINK OF SOMETHING FRESH TO THANK GOD FOR.

#### PRAYER:

"Father God, you are good and you deserve all my praise and more. Thank you for the many ways you've blessed me and for watching over me. (tell Him specific things in your life that you are grateful for) I want to experience Your presence in a fresh way today, Jesus. I thank You that Your mercies are new every day. I thank you for who you are and all You have done for me."

### 2. THE BRAZEN ALTER: FOCUS ON THE CROSS!

"Praise the Lord, my soul, and forget not all His benefits -- who forgives all your sins and heals your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desire with good things so that your youth is renewed like the eagle's" - Psalm 103:2-5

THANK GOD FOR THE GIFT OF JESUS. THANK JESUS FOR HIS SACRIFICE AND LOVE. IN ADDITION TO EXPRESSING GRATITUDE, CLAIM THE POWER OF TRANSFORMATION AND HEALING THAT THE CROSS HAS ON YOUR LIFE.

THE CROSS PROVIDES US WITH FIVE MAJOR BENEFITS:

1. SALVATION - GOD FORGIVES ALL OF MY SINS
2. HEALING - GOD HEALS ALL OF MY DISEASES
3. REDEMPTION - GOD RESCUES AND RESTORES ME
4. TRANSFORMATION - GOD CHANGES ME INTO HIS LIKENESS
5. BLESSING - GOD PROVIDES EVERYTHING I NEED

#### PRAYER:

"Thank you, God, for making a way for me through Your Son, Jesus, thank you for the sacrifice you made for me on the cross. You saved me, and You set me free. I praise you for being my Healer. You have power over all disease and harm in my life. Thank you for being my Redeemer. You rescue me and give my life purpose. Thank you for transforming my life with Your love, for making me new. I want to grow to be more like You. Thank you for blessing me. I know You have good plans for me and all that I have comes from You (Thank Him for specific blessings in your life)."

### 3. THE LAVER: OFFER ALL OF YOUR LIFE!

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship" - Romans 12:1 ESV

THE NEXT STEP IN THE TABERNACLE WAS A BOWL OF WATER WHERE PEOPLE WERE REMINDED OF THEIR SINFULNESS AND NEED TO BE CLEANSED AND FORGIVEN BY GOD. CHECKING OUR HEARTS AND MOTIVES AND SURRENDERING OUR LIVES TO GOD IS AN IMPORTANT PART OF DAILY PRAYER. BECAUSE OF WHAT JESUS DID ON THE CROSS, WE CAN CONFESS OUR SINS TO HIM AND RECEIVE COMPLETE FORGIVENESS AND A FRESH START. IN PRAYER, HUMBLY AND SINCERELY TURN AWAY FROM YOUR SINS AND ALLOW GOD TO CLEANSE AND RENEW YOU. THEN, SURRENDER YOUR LIFE AND EVERY PART OF YOURSELF TO HIM.

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## 3. THE LAVER: OFFER ALL OF YOUR LIFE!

CONTINUED...

### PRAYER:

"God, I confess my sins to You and turn away from them (tell God any sin you know is in your life + ask Him to show you any other areas of your life that are offensive to Him), Thank you, God for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:

- I give You my tongue, to speak good and not evil.
- I give You my eyes, to focus on You and the needs of others.
- I give you my ears, to be sensitive to Your voice.
- I give You my hands, to do good for others.
- I give You my feet, to walk in Your ways and follow Your footsteps.
- I give You my mind, to be transformed and used by You.

I ask you, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others.

JOY PEACE PATIENCE KINDNESS GOODNESS FAITHFULNESS GENTLENESS SELF CONTROL

## 4. THE CANDLESTICK: THE HOLY SPIRIT

The Spirit of the LORD will rest on him -- the Spirit of Wisdom and of understanding, the Spirit of Counsel and of Might, the Spirit of the Knowledge and fear of the LORD." - Isaiah 11:2

THE NEXT PIECE OF THE TABERNACLE WAS A SEVEN-BRANCHED GOLDEN CANDLESTICK. THE FIRE REPRESENTS THE HOLY SPIRIT AND HOW WE ARE CALLED TO BE LIGHT IN THE WORLD'S DARKNESS. WHEN JESUS LEFT THE EARTH, CHRISTIANS WERE GIVEN THE GIFT OF THE HOLY SPIRIT. HE CALLS THE HOLY SPIRIT OUR "ADVOCATE". WE CANNOT DO WHAT GOD HAS CALLED US TO DO WITHOUT HIS SUPERNATURAL POWER. IT IS THROUGH THE HOLY SPIRIT THAT GOD COMFORTS US, GUIDES US AND EMPOWERS US.

### PRAYER:

"Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might and Knowledge. Help me be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need to be transformed today) Empower me with Your spiritual gifts to help me to complete the calling God has on my life."

## 5. THE TABLE OF SHEWBREAD: THE WORD OF GOD

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."  
- Joshua 1:8

GOD'S WORD IS AN INCREDIBLE GIFT AND POWERFUL TOOL, AND IT HAS GREAT RELEVANCE AND IMPACT IN OUR PRAYER LIFE. HERE IS HOW YOU CAN INCORPORATE GOD'S WORD INTO YOUR PRAYER TIME:

1. TAKE TIME TO READ AND THINK ABOUT THE WORD.
2. CLAIM GOD'S MANY GREAT PROMISES OVER YOUR LIFE.
3. ASK HIM FOR FRESH REVELATION IN HIS WORD.
4. ASK HIM FOR A WORD TO HELP YOU AS YOU GO THROUGHOUT YOUR DAY.
5. ASK HIM TO SHOW YOU HOW TO APPLY HIS WORD IN YOUR LIFE.

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**5.** THE TABLE OF SHEWBREAD:  
THE WORD OF GOD

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PRAYER:

"Thank you, God, for giving me Your Word. I commit to reading it, and I ask you to reveal Yourself to me through it. I want to know You more. Help me to grow more in love with Your Word and to be more dependent on it. I claim the promises You have for me, and I meditate on the truth of Your Word. (pray any scriptures that have been on your heart). Give me fresh revelation from Your Word today and everyday! Help me apply it so I can be Your ambassador for love, justice, and righteousness in the world.

**6.** THE ALTER OF INCENSE:  
WORSHIP HIS NAME

The name of the LORD is a strong tower; the righteous run to it and are safe." - Proverbs 18:10 NKJV

THE ALTER OF INCENSE REPRESENTED WORSHIP AND THE PLEASURE IT GIVES GOD WHEN WE WORSHIP HIM. THANK GOD FOR MAKING HIS PRESENCE AVAILABLE TO YOU. PRAISE HIS NAMES AND WORSHIP HIM PERSONALLY AND SPECIFICALLY FOR WHO HE IS AND HOW HE HAS MOVED IN YOUR LIFE.

PRAYER:

"God, Thank you for Your presence. I know that You are here with me. I worship You and You alone. I know God, that you are:

- My Righteousness - Jeremiah 23:6
- My Sanctifier - Leviticus 20:7-8
- My Healer - Exodus 15:26
- My Provider - Genesis 22:14
- My Banner of Victory - Exodus 17:15
- My Peace - Judges 6:24
- My Shepherd - Psalm 23:1

(As you pray through the different names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love you, Lord.

**7.** THE ARK OF THE COVENANT:  
INTERCESSION

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people -- for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness." - 1 Timothy 2:1-2

THE FINAL PLACE IN THE TABERNACLE WAS THE HOLY OF HOLIES, WHERE GOD'S PRESENCE DWELLED. THERE, THE PRIESTS INTERCEDED BY PRAYING ON BEHALF OF THE PEOPLE OF GOD. IN THE SAME WAY, WE INTERCEDE ON BEHALF OF THOSE AROUND US. PRAY FOR THOSE WITH WHOM YOU INTERACT AND CONNECT, INCLUDING:

1. THOSE IN AUTHORITY: LEADERS IN CHURCH, GOVERNMENT, FAMILY, AND WORKPLACE
2. THOSE WHO ARE MARGINALIZED: THOSE SUFFERING INJUSTICE, THE POOR, THE WIDOWED, AND THE WEAK.
3. YOUR FAMILY: BOTH IMMEDIATE AND EXTENDED FAMILY MEMBERS.
4. YOUR CHURCH: PASTORS, SMALL GROUP LEADERS, MEMBERS AND MISSIONARIES.
5. YOUR COMMUNITY: PEOPLE IN YOUR CITY, NATION AND WORLD.
6. YOUR RELATIONSHIPS: FRIENDS, COWORKERS, AQUAINTANCES.
7. YOUR ADVERSARIES: THOSE WITH WHOM YOU DISAGREE



"Father God, you are good and you deserve all my praise and more. Thank you for the many ways you've blessed me and for watching over me. (tell Him specific things in your life that you are grateful for) I want to experience Your presence in a fresh way today, Jesus. I thank You that Your mercies are new every day. I thank you for who you are and all You have done for me.,"

"Thank you, God, for making a way for me through Your Son, Jesus, thank you for the sacrifice you made for me on the cross. You saved me, and You set me free. I praise you for being my Healer. You have power over all disease and harm in my life. Thank you for being my Redeemer. You rescue me and give my life purpose. Thank you for transforming my life with Your love, for making me new. I want to grow to be more like You. Thank you for blessing me. I know You have good plans for me and all that I have comes from You (Thank Him for specific blessings in your life)."

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- I give You my tongue. to speak good and not evil.
- I give You my eyes, to focus on You and the needs of others.
- I give you my ears, to be sensitive to Your voice.
- I give You my hands, to do good for others.
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I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose.



"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me -- my spiritual leaders, governmental leaders, the leaders in my family, and my employers (pray for these people by name). Give them wisdom and grace, watch over and protect them, and help them to know and love You more.

I also ask You to watch over those who are marginalized in my nation and in my community. Our world is desperate for justice and reconciliation. Please meet the needs of the poor, the widowed, the weak and those suffering injustice (pray specifically for people you know who need help, advocacy, and intervention.) Show me how I can be Your hands and feet to those who are hurting.

I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, please meet them where they are and guide their hearts toward You.

I ask you to watch over my church, God. Give my pastor wisdom and vision. Bless the Small Groups and everyone who steps foot into our building. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your goals.

I ask you to watch over my city, my nation, and our world. I pray for justice and equality for all and ask You to bring peace (name areas where you feel a burden or your city, nation and the world.) I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors and coworkers. I thank you for them and pray for Your blessing over them (pray for any specific needs of others). I also pray for my adversaries, as the Bible teaches. Let me be a bridge through which You can bring Unity and reconciliation.

Lastly, God, I ask you to provide for my needs. I know that You sustain me, and that you care for me. I lift up my physical, emotional, and spiritual needs to You (Share the needs on your mind right now). I lay my cares at your feet. Thank you for loving me, choosing me and calling me Yours. □

In Jesus name, Amen.

Cast ALL your  
anxiety on HIM  
because He cares  
for you  
1 Peter 5:7