



The First Watch — Prayer Plan

Focus: 7½ minutes in prayer based on Jesus' pattern in Matthew 6:9–13.

Move through these six stages each morning — talking honestly with God, listening quietly, and realigning your heart with His.

1. Worship — “Our Father in heaven, hallowed be Your name.” (1 minute)

Focus: Start with awe. Remember who you're talking to.

- Praise God for who He is — holy, faithful, merciful.
- Thank Him for what He's done — salvation, provision, forgiveness, guidance.

Example:

“Father, You are good, faithful, and powerful. Your name is above all names. Thank You for being both holy and near.”

Scriptural Background: Psalm 103:1–5; Isaiah 6:3

2. Surrender — “Your kingdom come, Your will be done on earth as it is in heaven.” (1½ minutes)

Focus: Yield your plans to God’s priorities.

- Invite His kingdom to rule your decisions, family, work, and community.
- Surrender your personal agenda: “What do You want from me today, Lord?”

Example:

“Father, let Your will guide my choices today. Use me to reflect Your kingdom wherever I go.”

Scriptural Background: Romans 12:1–2; Matthew 26:39

3. Dependence — “Give us this day our daily bread.” (1½ minutes)

Focus: Acknowledge your need. Trust God to provide.

- Ask specifically for today’s needs—spiritual, emotional, relational, physical.
- Pray for others’ needs as well (family, friends, church, community).

Example:

“Lord, I depend on You for everything today—wisdom, patience, strength, provision. Help me trust You with every detail.”

Scriptural Background: Philippians 4:19; Matthew 6:33

4. Forgiveness — “Forgive us our debts, as we forgive our debtors.” (1 minute)

Focus: Keep short accounts with God and people.

- Confess sin specifically and receive God’s grace.
- Release resentment; forgive those who’ve wronged you.

Example:

“God, thank You for forgiving me. Show me where I’ve held on to bitterness. Help me forgive as freely as You forgive me.”

Scriptural Background: 1 John 1:9; Ephesians 4:32

5. Protection — “Lead us not into temptation, but deliver us from evil.” (1 minute)

Focus: Ask for strength to stand firm.

- Pray for discernment against temptation and courage to choose righteousness.
- Intercede for your family, church, and community’s spiritual protection.

Example:

“Father, guard my heart and mind today. Keep me alert to temptation and close to Your Spirit’s voice.”

Scriptural Background: 1 Corinthians 10:13; Psalm 91:1–2

6. Praise — “For Yours is the kingdom and the power and the glory forever.” (½–1 minute)

Focus: End where you began — in worship and confidence.

- Declare God’s authority, power, and glory over every situation.
- Thank Him for hearing and answering your prayers.

Example:

“Yours is the kingdom, Lord. I trust Your power and give You glory for what You will do today.”

Scriptural Background: Psalm 115:1; Revelation 5:13