

Prayer strategies worksheet

Five things to ask the Lord for — follow along with the episode

Before you begin

This week's episode is about asking the Lord for spiritual gifts — not earning them. Use this worksheet to slow down, look up each verse, and turn what you're learning into your own prayers.

Matthew 7:7-11 *"Keep on asking and you will receive what you are asking for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you."*

What is one spiritual gift or quality you've been trying to "earn" instead of simply asking the Lord for?

The five things to ask for:

Look up each verse, jot down what stands out, then write your own prayer in the blank.

1 **Wisdom & understanding** *James 1:5 · Proverbs 3:5 · Proverbs 1:5-7*

Practical steps from the episode:

- Read through Proverbs every month
- Ask for wisdom AND understanding
- Ask for the fear of the Lord — the foundation of wisdom

Where in your life right now do you need wisdom instead of leaning on your own understanding?

2 Eyes to see & ears to hear *Proverbs 20:12 · John 10:27*

Eyes to see: seeing people and circumstances the way the Lord sees them, not through a tainted filter.
Ears to hear: becoming so familiar with His voice that every other voice sounds unfamiliar by comparison.

Is there a situation you're currently seeing through "foggy goggles" — your own perspective instead of His?

3 Agility to reject lies & embrace truth *James 4:7*

Asking the Lord to make you quicker at spotting the enemy's lies before they take root.

What's a lie you've caught yourself believing lately? What's the truth that replaces it?

Lie:

Truth:

4 A soft, obedient heart *Ezekiel 11:19-20 · Luke 11:28*

Obedience is a skill the Lord grows in us — quick obedience means we don't have to "march around the mountain" more times than we need to.

Is there something the Lord has already asked you to do that you've been slow to obey?

5 A hunger & thirst for righteousness *Matthew 5:6*

It's okay to admit you don't naturally want righteousness — you can ask Him to change your desires, not just muscle through.

What has the Lord been changing your "taste" for recently?

Memory device

Head, shoulders, knees & toes — a simple pattern to pray through, top to bottom

Head	Wisdom & understanding
Eyes	Eyes to see & ears to hear
(Turn)	Agility to reject lies, embrace truth

Heart	A soft, obedient heart
Belly	Hunger & thirst for righteousness

Closing reflection

Luke 11:9-10 *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."*

Which of the five things do you most need to start asking for this week? Write out a short prayer committing to keep asking.