

Seven Essential Daily Prayers

Build a Firewall Every Morning for Your Spiritual Survival

Study Guide

Loren L. Fenton, D.Min.



Study Guide

For

SEVEN ESSENTIAL DAILY PRAYERS

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This Study Guide is designed to be used in personal devotions by individuals studying alone, or in group discussions where several people share their thoughts with each other as they mutually seek enrichment of their spiritual life. It is my hope that each reader will find encouragement, depth, and inspiration in these suggested questions.

General Questions

1. If you knew that today was your last day on Earth, what would you be doing right now?
2. Which do you consider more important:
 - A. Striving for personal righteousness so you will be ready to meet Jesus at his second coming; or
 - B. Responding in loving acts to the needs of other people around you?
3. What temptations seem to slam you at inconvenient or unguarded moments?
4. What do you need to so you can have a consistent time alone with God every day?
5. Are there factors in your life you need to surrender to God right now? What, if anything, is holding you back from yielding those thoughts/issues/habits to Him?

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Chapter One

“Purity in My Mind”

1. How do you think the Apostle Paul could spiritually endure the horrors of imprisonment, torture, and even the threat of death by a Roman executioner’s axe?
2. Is it possible to purge your mind of evil thoughts simply by thinking about other things?
3. What does “Agápe” love mean to you? How can you experience “Agápe” love?
4. Since “all have sinned and come short of the glory of God,” how can we ever find true purity of heart and mind?
5. What role does personal freewill choice have in a man’s quest for righteous living?

Your Thoughts

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Chapter Two

“Righteousness in My Heart”

1. Have you ever had an experience when you felt deep in your heart that God truly knows, understands, and loves YOU? In a few words, describe that experience to the group, or record your thoughts in a journal
2. How did you react/respond to Jesus’s story about the Prodigal Son? Do you identify most with
 - A. The younger brother who took his inheritance and left home;
 - B. The father who never stopped yearning for his son to return; or
 - C. The older brother?
3. What values are most important to you? Why?
4. How do you think Christians today should celebrate when a “prodigal” comes home?
5. Have you ever had to go back and “make things right” with someone? Is there something in your past you that you need take care of? When will you do it?
6. If righteousness is “by faith,” why is it important to do whatever we can to make restitution to those whom we have harmed in the past?

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Chapter Three

“Integrity in My Life”

1. How much transparency is needed for true integrity in your life?
2. If you have ever been “hoodwinked” by a dishonest person, what was your emotional reaction? What action did you take—if any? How might you react differently today?
3. What steps can you take to improve your personal competency in your work or other responsibilities? Have you already begun that journey? If not, when will you start?
4. Jesus told us to love our “neighbor” as ourselves. What does this mean to you? Whom do you consider to be your “neighbor?”
5. Try the exercise of creating a personal life-motto. You might want to journal your experience.

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Chapter Four “Joy in My Spirit”

1. What are five things for which you are truly grateful right now? Share with your group or write them into your journal.
2. Who in your life—past or present—might you need to forgive? Is reconciliation possible? Even if reconciliation is NOT possible, how can you discover God’s grace to forgive as He forgave you?
3. How is choosing real happiness not just a glossing-over of real problems?
4. Try writing a personal psalm of praise to God, including a tune and lyrics. You don’t need to share it. It doesn’t have to be great music or great poetry. It is just between you and your God.

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Chapter Five

“Strength for My Body”

1. What do you want to be the legacy of your life? What steps might you need to take now for that to happen? When will you begin?
2. Explore the ideas of stewardship. How many areas can you identify in which you are expected to preserve, protect, and care for things (material or otherwise) which were entrusted or bequeathed to you by someone else?
3. How long has it been since you did a healthy-living personal audit?
4. What goals will you establish in your quest for better mental, spiritual, and physical health?
5. What will be the best way for you to incorporate and habitualize the eight natural elements of health as described in this chapter?
6. What does the word “temperance” mean to you?

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Chapter 6

“Wisdom for My Counsel”

1. How much weight do you put on apparent miracles as proof that God exists, or that unexplained healings give evidence of God’s favor?
2. Do you see “truth” more through the lenses of emotion or logic? Why? Explain.
3. What are some challenges you face which test your integrity? How might you be struggling with hypocrisy, even though you may not be fully aware of it in your own life?
4. The stories of Joseph and Daniel are great biblical examples of individuals with great wisdom. Who else can you cite as truly wise? Your list could include other biblical characters, historical figures, or persons who are currently alive. How does their example inspire you to emulate them in making healthy, wise choices?

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Chapter Seven

“To Be a Godly Influence in the World”

1. What can you do to ensure that your influence today will only count for God’s Kingdom?
2. How can you connect with people who are part of your daily routines with more than mere surface relationships?
3. In what ways can you carry “sunshine” into your world, even for those with whom you have only momentary contact?
4. List several mediums of communication which you can effectively use to deliver positive messages of encouragement.
5. Create a list of people who have significantly influenced your faith. How did each one touch your life with God’s grace? What steps can you take to let them know your appreciation? When will you do it?
6. How will you emulate the grace shown to you by the people you listed in question five?

Your Thoughts: