

PRAYER 101

GOING BACK TO THE BASICS

BY: LISA MARSHALL

I recently taught a series at a nursing home on prayer once a month for a six month period. In preparing for these lessons, the task at hand was to simplify my current lessons and messages on prayer. As I began to do this, I realized that in my endeavor to be profound and thought provoking, I had somewhat lost sight of the simple truths and concepts of prayer. In my quest to make it easy to understand for my audience at Delmar Gardens Nursing Home, I got a whole new education on the subject of prayer.

Too often I think we complicate things. Prayer really doesn't have to be complex and complicated. A friend of mine who is a school teacher told me that when she really wants to understand a particular subject or event, she tries to find a children's book on the subject. The reason is because children's books usually take out all the "fluff", break it down and make it easy and simple to understand.

What I have found is that many people are trying to build a strong prayer life without a foundation. Just as in the natural, for a structure to be strong, it has to be built on a solid foundation. In this booklet, I am going to try to assist you in building or solidifying the foundation for prayer in your life by going back to the simple basics of prayer.

Welcome to Prayer 101.

PRAYER IS IMPORTANT!

To Your Church

To Your District

To Your Spiritual Life

- It kept Joseph from getting bitter AND from temptation
- It enabled David to slay a giant
- It helped Shadrach, Meshach, and Abednego to stand for God when everyone else was bowing down

A great example of the importance of prayer is found in the Bible in Luke, chapter 11. The disciples came to Jesus and said, “. . .*Lord, teach us to pray.*”

What is so interesting to me is the disciples had been with Jesus. They had walked with Him daily and had seen Him heal the sick, raise the dead and open blind eyes. They were there when the maniac of Gadara was delivered. They had seen it all. Yet, they didn't ask the Lord to teach them to heal the sick or raise the dead; they asked that He teach them to pray.

Why is this? The only thing I can figure out is they knew that it was the most important thing and if they got that right, all the other would just happen.

It makes sense if you think about it. The Bible doesn't say to preach without ceasing or to sing without ceasing, but it does say to pray without ceasing.

A HOUSE OF PRAYER

Mark 11:17 says, *“My house shall be called a house of prayer for all nations.”*

Jesus did not say His house would be called a house of PREACHING. He did not say that His house would be called a house of SINGING. He said that His house would be called a house of prayer.

If a restaurant is called a **“House of Fish”** then what is their specialty? Fish! When you call something a “House of ‘Something’” then the predominant practice of the establishment should be just that.

What if you were craving lobster? So you get in your car and go to “Joe’s House of Lobster.” You go in, sit down and order lobster only to have the waiter tell you that they don’t serve it. Would it not seem strange to you? Or what if you ordered lobster and the waiter told you to turn the menu all the way to the back and on the last page in the bottom right corner, and there you found one or two choices. Would that not seem peculiar?

Jesus said, *“My house shall be called a house of prayer”* which means that EVERYTHING we do in our church should be centered on prayer! Yet why is it that prayer usually takes less time than any other area of our service?

WHAT IS PRAYER?

“Prayer is discussed more and practiced less than any subject.”

Prayer as defined by:

Strong's Concordance:

To petition, beseech, make request, inquire,

Prayer as defined by:

Webster:

An act of communion with God, A reverent petition made

The basic principal of prayer:

To communicate with God. We are made of flesh and blood and God is a spirit. Prayer bridges that gap between flesh and spirit.

Talking with the Father brings his presence in our lives.

Communication Defined:

A process by which information is exchanged between individuals through a common system

Prayer is simply communication with God.

Question to ask: What if I spent all of my time with someone and I did all the talking. Did we communicate or did I talk to them?

It is very important in our prayer time to remember to get quiet so God can speak to us.

DIFFERENT TYPES OF PRAYER

1. Prayer of Petition - to petition or entreat someone for something.
2. Intercession - to plead or mediate on behalf of another person
3. Prayer of Faith - is rooted in our confidence on God's Word – it is knowing God's will, praying it and receiving it from Him
4. Prayer of Agreement - The prayer of agreement is when two or more people come together and agree with one another and with the Word of God that something specific will be done
5. Praise & Thanksgiving - Giving glory and honor to God for what He has done and for Who He is
6. Binding and Loosing – Taking authority over spirits - whatever we as Christians do in His name here on earth, it will be carried through by the Father in Heaven
7. Repentance – Confessing our faults to our father who will forgive us
8. Praying the Word – Turning Scriptures into prayers – knowing you are praying absolutely in the will of God.

DIFFERENT POSITIONS OF PRAYER

1. Sitting – I Chronicles 17: 16-27, Acts 2
 - Denotes rest
2. Kneeling – I Kings 8:54, Ezra 9:5, Luke 22:41, Acts 9:40
 - Denotes surrender
3. Bowing – Exodus 34:8, Psalm 72:11, Nehemiah 8:6
 - Displays honor and humility
4. Standing – Nehemiah 9:5, Mark 11:25, Luke 18:13
 - In a position of respect and honor – ready to receive instructions
5. Uplifted hands – 2 Chronicles 6:12, 13, I Timothy 2:8
 - Acknowledges a place of surrender, no weapons, no hidden agenda, a position of praise
6. Walking – 2 Kings 4:35
 - A warring position. It is hard to sit and pray when you are at war. Walking begins to stir up your prayer intensity.
7. Prostrate – Joshua 7:6, Ezra 10:1, Matthew 26:39, Mark 14:35
 - Shows awe of the holiness of God – a position of crying out to God – a position of repentance

I like different positions of prayer depending on how I am praying. If I am doing warfare praying, I often walk. There are times that I spend in adoration or worship and bow or even lay prostrate on the floor. There isn't just one way to pray. The main thing is to make sure you pray.

Creative Suggestion:

If you are having trouble focusing, try switching positions during your prayer time.

WHY PRAY?

Why should we pray? Does God need help? Is He not able to do anything He desires? Is He not self-sufficient?

As Christians, we must answer this question! We must understand the mandate of prayer. If not, we will always place prayer in a place of low priority in our life. And we do, we are going to become ineffective and we are eventually going to become carnal.

WHY PRAY?

1. IT IS COMMANDED

1. **Colossians 4:2** – *“Continue in prayer, and watch in the same with thanksgiving;”*
2. **1 Thes. 5:16-18** – *“Rejoice evermore, pray without ceasing, in everything give thanks, for this is the will of God in Christ Jesus”*
3. **Phil. 4:6** – *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”*
4. **Luke 18:1** – *“And he spake a parable unto them to this end, that men ought always to pray, and not to faint;”*
5. **Psalm 50:14, 15** – *“Offer unto God thanksgiving; and pay thy vows unto the most High: And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.”*

2. IT IS EXPECTED

a. **Matthew 6:5-9** –

*“And **when thou prayest**, thou shalt not be as the hypocrites. But **when thou prayest**, enter into thy closet, But **when ye pray**, use not vain repetitions, as the heathen. **After this manner therefore pray ye:** Our Father which art in heaven, Hallowed be thy name.”*

Martin Luther: *“As it is the business of tailors to make clothes & of cobblers to mend shoes, so it is the business of Christians to pray.”*

3. IT IS ENCOURAGED WITH PROMISES

1. **Luke 11:1-10** - *“And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said*

unto him, Lord, teach us to pray,”

Jesus teaches them the Lord's Prayer – *“Our Father, which art in heaven”*

“And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

2. James 5:13-16 *“Is any among you afflicted? Let him pray. Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: **And the prayer of faith shall save the sick.**”*

4. IT IS NEEDED

a. **Ephesians 6:10-19** - *“Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.*

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace;

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel”

5. IT IS EFFECTIVE & IMPORTANT

- a. **Revelation 8:3-5** - *“And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.”*

Tell me prayer is not important. It is so important that God is saving every one of them!!!

6. THAT WE SHOULD PROSPER IN COMMUNION WITH GOD

- a. **Psalm 27** – *“When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek. When my father and my mother forsake me, then the LORD will take me up. Wait on the LORD: be of good courage, and he shall strengthen thine heart.”*
- b. **Hebrews 4:14** *“Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”*
- c. **John 15:7** – *“If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.”*

PRAY WITHOUT CEASING

Luke 18:1 – And He (Jesus) spake a parable unto them to this end, that men ought always to pray, and not to faint.

Psalm 34:1 – I will bless the Lord at all times: His praise shall continually be in my mouth.

Isaiah 26: 3 – Thou wilt keep him in perfect peace, whose mind is stayed on Thee

Luke 21:36 – Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the son of man

Ephesians 6:18 – Praying always with all prayer and supplication in the Spirit.

1 Thes. 5:17, the Apostle Paul tells believers to “Pray without Ceasing.”

How Do We Do This? Do we quit our jobs? Never Sleep?

A literal translation of the verse is to pray incessantly. According to the American Heritage Dictionary, “incessantly” means “Continuing or occurring so frequently that it almost seems uninterrupted.”

It is kind of like when you get a song in your head and at various times throughout the day, before you even realize what you are doing, you are singing or humming this tune.

Praying without ceasing means to be in a prayerful state of mind wherever you are, whatever you are doing. It is being conscious of prayer needs around you.

LOOK FOR OPPORTUNITIES TO PRAY

Sitting at a Stop Light

Pray for the people in the cars around you. Pray for the area that you are in. Pray specifically for things around you that indicate a prayer need or give thanks to God for the blessings you see.

Standing in Line

Pray blessings on the business and all the employees that work there. Pray that each person that frequents the business will have a personal relationship with Christ.

While driving

Pray for the neighborhood. Pray for godliness and morality to prevail. If there are areas that are bad, pray against strongholds. If the area is getting run-down, pray blessings on the area.

On the job

Pray for God to open doors for you to be a witness and to share the Gospel with your coworkers.

When cleaning or repairing the house

Cover each room and those who frequent them with prayer and protection. Assign prayer points to the different jobs you do.

School Zone

With all the school shootings in the past few years, our schools need prayer more than ever. While going through a school zone, pray for the teachers and the children. Pray for protection and safety.

Hospital or ambulance

The next time you pass a hospital or you see an ambulance, take a moment to pray for the sick and injured.

Pray blessings on the local economy, school boards, businesses, and other churches that are still in need of the revelation of Jesus.

Drug Addict or billboard promoting alcohol - Pray down spiritual strongholds that bind people such as: drug addiction, pornography, alcoholism, abuse, immorality, nicotine, etc.

HINDRANCES TO PRAYER

9. **Not fellowshiping with God** - Fellowship means to have a partnership or to spend time with someone. Why would God answer the prayers of someone who never speaks to Him?
10. **Not praying in Jesus' Name** - Jesus instructed His disciples on how to pray. He said to pray in the name of Jesus. Whatever you do in word or deed, DO ALL IN THE NAME.
11. **Not asking or asking with the wrong motives** - If you don't ask, your prayer won't be answered for sure. Don't pray selfishly. God wants more than your grocery list. Ye ask, and receive not, because ye ask amiss (amiss defined as WRONG)
12. **Not asking according to God's will** - God will not answer a prayer that is against His will – even if you have faith. Ex. *"God, please let lightening hit that person who just cut me off in traffic!"*
13. **Not having God's Word in you** - John 15:7, *"If you abide in Me and My words abide in you, ask what you desire and it shall be done for you."*
14. **Doubt & Unbelief** - James 1:5-8, tells you to ask God in faith without doubting for your request to be fulfilled.
15. **Giving Up** – Luke 18:1, tells us to *"pray and faint not."* We must be persistent even if it looks impossible.
16. **Not being in agreement** – Matthew 18:9, *"if any two of you agree, it will be done."* If I am praying for China and you are praying for your children, we aren't in agreement.
17. **Unforgiveness** – *"For if you forgive men their trespasses, your father will forgive yours."*
18. **Unconfessed Sin** – Psalm 66:18, *"If I regard iniquity in my heart, the Lord will not hear me:"*

TIPS FOR PRAYER

Many people visit the World Network of Prayer office and ask, "What do you have that can help me pray better?" Others stop to share how they struggle with maintaining their daily prayer life. Some are even honest enough to share that they don't really have a prayer life and request material on how to start one.

The truth is there is not a secret formula or program for a life dedicated to prayer. **It basically comes down to discipline.**

Here are a few suggestions to help you get started.

1. **Don't just talk about prayer, pray!** You can know everything there is to know about prayer but if you do not pray, you are not affecting the kingdom. Don't wait until the mood hits or until the perfect time. The perfect time is now. Start now and make prayer a priority and an everyday part of your life.
2. **Schedule a prayer time.** Setting aside time is the most important place to begin in developing your prayer life. If you never take time to pray, your prayer life will never grow and develop. *Make an appointment with God.* Just like any other appointment, schedule time in your calendar, daytimer or PDA to meet with God. If it's not on your schedule, you are more likely to put it off. *Make it a priority.* If possible, try to pray at the same time daily. Many people find it easier to maintain a prayer life if they have a routine. Remember, it only takes 21 days to make a habit. Always start your day with prayer. Even if you are not a morning person and your main prayer time is in the evening or at night, never go into your day without first talking to God. Many find it easier to pray in the morning before you are burdened with the cares of the day. It will be easier to focus your mind and you will start your day on a positive note.
3. **Create an environment for prayer.** Choose a quiet place away from distractions to pray. Prepare your surroundings by having inspirational material, worshipful music, a Bible, a list of missionaries, a globe, a prayer journal, etc. Keep a note pad handy so you can jot down things that come to mind. You may hear a "word" from the Lord, think of a great idea, or have something really

weighing down your thoughts and disrupting your prayer focus. Whatever the situation, you can record it and get back to praying.

4. **Prepare your heart and mind.** Ask God for insight and understanding as to what to pray for. Have faith. The Bible says ask believing, and it shall be done.
5. **Pace yourself.** If you currently do not have an established prayer life, don't start with a goal to pray three hours per day. Start with 15 minutes. The next week increase it to 20 or 25. The longer (days, weeks, years) you pray; the longer (minutes and hours) you will pray.
6. **Use a prayer wheel.** The wheel has 12 sections (praise, Kingdom Praying, forgiveness and confession, petition, intercession, Bible reading, meditation, thanksgiving, pray the Word, singing, listening, and praise). To start, pray one minute in each section, the next week pray two, if you continue to do this, by the end of the month you will be praying 48 minutes per day. Considering the average Christian only prays six minutes per day, (According to a survey done by the ACA) you will be way above average.
7. **Be specific.** How many times have we prayed, "God bless Brother John and Sister Sue?" If someone comes up and gives them a candy bar, then they have been blessed. Why not pray, "God, I ask you to heal Sister Sue of cancer, save her children, and bless her finances. I also ask that you give Brother John a new job."
8. **Vary your prayer time activities.**
 - Pray with a list.

How many times has some one asked you to pray about something and you totally forgot it? If you keep a list, it will help you remember to pray for specific things that otherwise might be forgotten.
 - Pray the scriptures. Spend some quiet time with God meditating on some scriptures.
 - Listen for the still small voice of God. Listen for answers to the prayers you just prayed.
 - Try different postures: kneeling, 2 Chronicles 6:13; Acts 9:40; standing, I Kings 8:22; Mark 11:25; lying prostrate, Joshua 5:14; Matthew 26:39; bowing, Genesis 24:26; or walking.

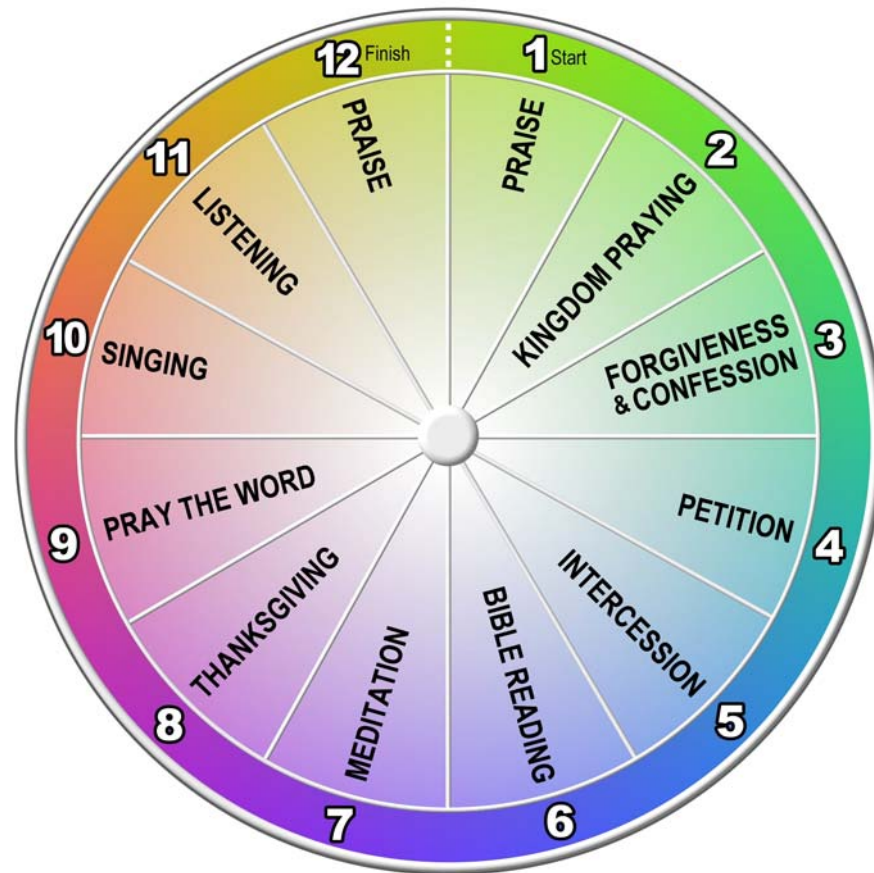
- Pray with an agenda. Pray for something different for each day of the week. Monday, government leaders; Tuesday, family and friends; Wednesday, worldwide revival. Pray through the newspaper. Target different areas on different days by using a map of your city.

9. **Multi-task prayer with low concentration jobs.** Take advantage of the time spent doing things that don't require a lot of concentration. Pray while driving to work. (I would ask that you keep your eyes open.) Homemakers can combine prayer with housework. Why not have different people to pray for with different tasks. Pray for the saints in your local church while vacuuming. Jog or walk in the morning? Why not spend this time praying for your neighborhood?
10. **Keep a prayer journal.** Record the prayers God has answered. What better way to build your faith than to look back on all the times God has answered your prayers? The list can then be used during prayer for a time of thanksgiving.
11. **Pray for yourself and pray for others.** The old adage says it well, 'they need the prayer and you need the practice.'
12. **Have a prayer partner.** Having a prayer partner is also having accountability. It can build unity and close friendships. If one can put a thousand to flight and two can put ten thousand to flight, which would you choose?

To enlarge your understand and increase your desire, read some good books on prayer and daily devotion that builds faith. The more you pray the more you have a desire to pray. When you see the positive effects, you'll be hooked.

Quit talking about prayer and just pray!

Prayer Clock



1. **PRAISE** (Psalm 22:3, 63:3; Hebrews 13:15) Begin all prayer with praise. Whatever your ultimate goal may be, first praise God. In praise you esteem God for His greatness and virtues.
2. **KINGDOM PRAYING** (Matthew 6:33) If we put the needs of the Kingdom first, we have it in writing that God will take care of us. Kingdom Praying helps us focus on the big pictures – the things that will matter for eternity.
3. **FORGIVENESS and CONFESSION** (Matthew 6:14-15, Psalm 139:23-24, 66:18)
Nothing will block your spiritual progress more fatally than an unforgiving spirit. Forgiving is a complete “pouring out” of any feelings that might have developed against anyone during the day. Unconfessed sin is also a hindrance to prayers. Rid yourself of sin by confessing and seeking forgiveness and you will clear the road for powerful praying.
4. **PETITION** (Matthew 6:9-13; James 4:2-3) “Ye have not, because ye ask not. Ye ask and receive not because ye ask amiss.” This aspect of prayer deals with our personal needs. You may feel confident to pray for your personal needs.
5. **INTERCESSION** (Matthew 9:37-38; I Timothy 2:1-2) Intercession is praying for the lost and involves the most intense dimension of prayer. Intercession is God’s love flowing through us.
6. **BIBLE READING** (II Timothy 3:16) It may surprise you to hear the suggestion that you should read your Bible during prayer. However, the Word is enlightening to the eyes (Psalm 19:9). When you read the Bible new possibilities are made clear.
7. **MEDITATION** (Psalm 1:1-2, 77:12) Take time to “think on these things.” God will open your understanding.
8. **THANKSGIVING** (Philippians 4:6) Although thanksgiving should be sprinkled throughout your prayer, spend a special period of thanking God out loud for all the things in your life.
9. **PRAYING THE WORD** Personally apply, out loud, the precepts of the Bible.
10. **SINGING** (Psalm 100:2; Ephesians 5:19) Singing refreshes and comforts the soul, and one of the greatest thrills of singing is to sing in the Holy Ghost, “a new song,” during prayer.
11. **LISTENING** (I Kings 19:11-12) Prayer is not all talking to God. It also involves listening. When we listen we receive direct orders from the Holy Spirit.
12. **PRAISE** (Matthew 6:13) We conclude every prayer session with praise. Again we exalt the nature of God.

WHAT YOUR PRAYERS CAN DO FOR OTHERS

1. You can save their life.

*“Herod stretched out his hand to vex certain of the church, and he killed James . . . proceeded further to take Peter also . . . **but prayer was made without ceasing unto God for him**” (Acts 12:1, 2, 5). “The Lord had brought him out of the prison” (Acts 12:17).*

2. You can move God to help someone.

*“Is any among you afflicted? Let him pray. Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: **and the prayer of faith shall save the sick**” (James 5:16).*

3. You can contribute to a peaceful society.

“I urge . . . that request, prayers, intercession and thanksgiving be made for everyone for kings and those in authority, that we may live peaceful and quiet lives, in all godliness and holiness” (1 Tim. 2:1-2 NIV).

4. You can help protect others from temptation.

“Simon, behold, Satan has desired to have you, that he may sift you as wheat, but I have prayed for thee, that thy faith fail not” (Luke 22:31, 32).

5. You can help pastors be successful in ministry.

“Strive together with me in your prayers to God for me, that I may be delivered from them that do not believe in Judaea, and that my service which I have for Jerusalem may be accepted of the saints” (Rom. 15:13).

6. You can help people understand spiritual things.

Paul prayed for the Ephesians, “Making mention of you in your prayers, that God . . . may give you a spirit of revelation and wisdom . . . the eyes of your understanding being enlightened, that ye may know . . .” (Eph. 1:16-18).

7. You can contribute to others’ spiritual growth.

“I bow my knee to the Father . . . that he would grant you . . . to be strengthened with might . . . that Christ may dwell in your hearts . . . that ye might be filled with the fullness of God” (Eph. 3:14-18).

PRAYING THE WORD

Prayer is not for the purpose of getting everything WE want from God. Prayer is the way that God gets His will done on this earth.

Our all-powerful God has chosen, to a large extent, to limit His power to the prayers of His people.

1 John 5:14, 15 “And we can be confident that He will listen to us whenever we ask Him for anything in line with His will. And if we know He is listening when we make our requests, we can be sure He will give us what we ask for.” (NLT)

How do we know what God's will is? We can be confident that God's will is contained in the pages of His Word. Praying the Word is praying powerfully and totally in the will of God. **It is almost as though we can step into God's mind, or His thoughts, and pray according to His will knowing He will hear us.**

The most powerful thing that a Christian can do is pray the Word of God.

JOHN 1:1 – *“In the beginning was the Word and the Word was with God and the Word was God.”*

When we pray the Word, we are praying God Himself right into the middle of the situation.

SUDDENLY our prayers go from pitiful, desperate sounding to prayers of authority that are POWERFUL.

Practice praying the Word. The Word is forever settled and can not fail.

TIPS FOR PRAYER

Many people visit the World Network of Prayer office and ask, "What do you have that can help me pray better?" Others stop to share how they struggle with maintaining their daily prayer life. Some are even honest enough to share that they don't really have a prayer life and request material on how to start one.

The truth is there is not a secret formula or program for a life dedicated to prayer. **It basically comes down to discipline.**

Here are a few suggestions to help you get started.

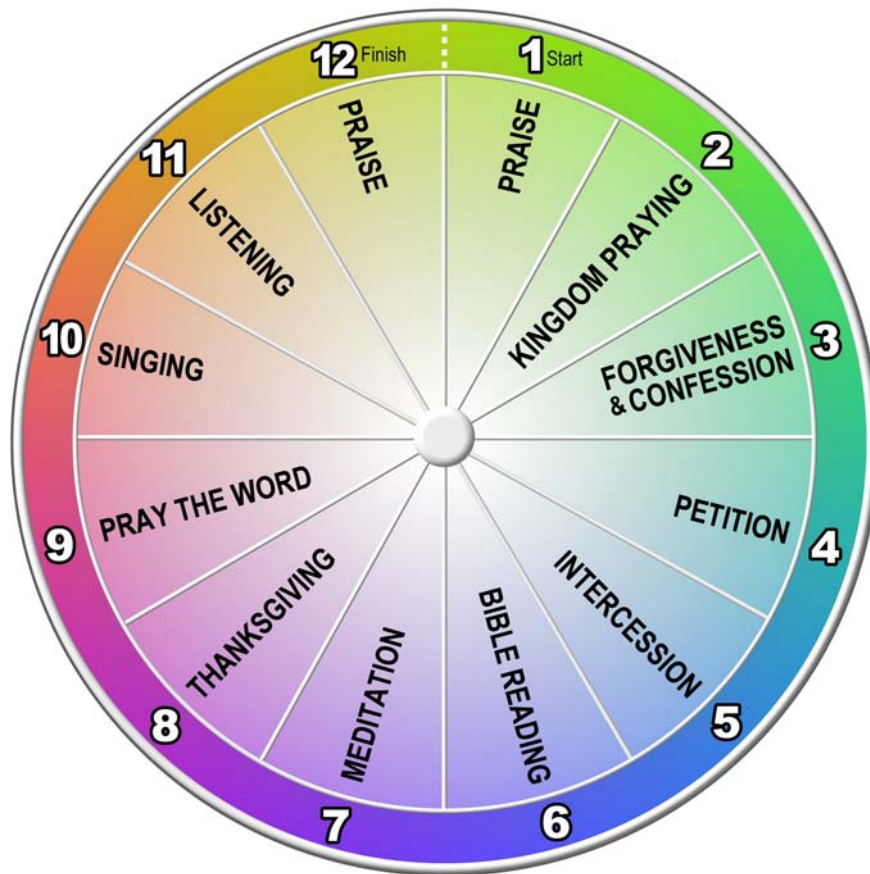
13. **Don't just talk about prayer, pray!** You can know everything there is to know about prayer but if you do not pray, you are not affecting the kingdom. Don't wait until the mood hits or until the perfect time. The perfect time is now. Start now and make prayer a priority and an everyday part of your life.
14. **Schedule a prayer time.** Setting aside time is the most important place to begin in developing your prayer life. If you never take time to pray, your prayer life will never grow and develop. *Make an appointment with God.* Just like any other appointment, schedule time in your calendar, day timer or PDA to meet with God. If it's not on your schedule, you are more likely to put it off. *Make it a priority.* If possible, try to pray at the same time daily. Many people find it easier to maintain a prayer life if they have a routine. Remember, it only takes 21 days to make a habit. Always start your day with prayer. Even if you are not a morning person and your main prayer time is in the evening or at night, never go into your day without first talking to God. Many find it easier to pray in the morning before you are burdened with the cares of the day. It will be easier to focus your mind and you will start your day on a positive note.
15. **Create an environment for prayer.** Choose a quiet place away from distractions to pray. Prepare your surroundings by having inspirational material, worshipful music, a Bible, a list of missionaries, a globe, a prayer journal, etc. Keep a note pad handy so you can jot down things that come to mind. You may hear a "word" from the Lord, think of a great idea, or something really pressing is weighing down your thoughts and disrupting your prayer focus. Whatever the situation, you can record it and get back to praying.
16. **Prepare your heart and mind.** Ask God for insight and understanding as to what to pray for. Have faith. The Bible says ask believing, and it shall be done.
17. **Pace yourself.** If you currently do not have an established prayer life, don't start with a goal to pray three hours per day. Start with 15 minutes. The next week increase it to 20 or 25. The longer (days, weeks, years) you pray; the longer (minutes and hours) you will pray.
18. **Use a prayer wheel.** The wheel has 12 sections (praise, Kingdom Praying, forgiveness and confession, petition, intercession, Bible reading, meditation, thanksgiving, pray the Word, singing, listening, and praise). To start, pray one minute in each section, the next week pray two, if you continue to do this, by the end of the month you will be praying 48 minutes per day. Considering the average Christian only prays six minutes per day, (According to a survey done by the ACA) you will be way above average.
19. **Be specific.** How many times have we prayed, "God bless Brother John and Sister Sue?" If someone comes up and gives them a candy bar, then they have been blessed. Why not pray, "God, I ask you to heal Sister Sue of cancer, save her children, and bless her finances. I also ask that you give Brother John a new job."
20. **Vary your prayer time activities.**

- Pray with a list.
How many times has some one asked you to pray about something and you totally forgot it? If you keep a list, it will help you remember to pray for specific things that otherwise might be forgotten.
 - Pray the scriptures. Spend some quiet time with God meditating on some scriptures.
 - Listen for the still small voice of God. Listen for answers to the prayers you just prayed.
 - Try different postures: kneeling, 2 Chronicles 6:13; Acts 9:40; standing, 1 Kings 8:22; Mark 11:25; lying prostrate, Joshua 5:14; Matthew 26:39; bowing, Genesis 24:26; or walking.
 - Pray with an agenda. Pray for something different for each day of the week. Monday, government leaders; Tuesday, family and friends; Wednesday, worldwide revival. Pray through the newspaper. Target different areas on different days by using a map of your city.
21. **Multi-task prayer with low concentration jobs.** Take advantage of the time spent doing things that don't require a lot of concentration. Pray while driving to work. (I would ask that you keep your eyes open.) Homemakers can combine prayer with housework. Why not have different people to pray for with different tasks. Pray for the saints in your local church while vacuuming. Jog or walk in the morning? Why not spend this time praying for your neighborhood?
22. **Keep a prayer journal.** Record the prayers God has answered. What better way to build your faith than to look back on all the times God has answered your prayers? The list can then be used during prayer for a time of thanksgiving.
23. **Pray for yourself and pray for others.** The old adage says it well, 'they need the prayer and you need the practice.'
24. **Have a prayer partner.** Having a prayer partner is also having accountability. It can build unity and close friendships. If one can put a thousand to flight and two can put ten thousand to flight, which would you choose?

To enlarge your understand and increase your desire, read some good books on prayer and daily devotion that builds faith. The more you pray the more you have a desire to pray. When you see the positive effects, you'll be hooked.

Quit talking about prayer and just pray!

Prayer Clock



1. **PRAISE (Psalm 22:3, 63:3; Hebrews 13:15)** Begin all prayer with praise. Whatever your ultimate goal may be, first praise God. In praise you esteem God for His greatness and virtues.
2. **KINGDOM PRAYING (Matthew 6:33)** If we put the needs of the Kingdom first, we have it in writing that God will take care of us. Kingdom Praying helps us focus on the big pictures – the things that will matter for eternity.
3. **FORGIVENESS and CONFESSION (Matthew 6:14-15, Psalm 139:23-24, 66:18)**
Nothing will block your spiritual progress more fatally than an unforgiving spirit. Forgiving is a complete “pouring out” of any feelings that might have developed against anyone during the day. Unconfessed sin is also at hindrance to prayers. Rid yourself of sin by confessing and seeking forgiveness and you will clear the road for powerful praying.
4. **PETITION (Matthew 6:9-13; James 4:2-3)** “Ye have not, because ye ask not. Ye ask and receive not because ye ask amiss.” This aspect of prayer deals with our personal needs. You may feel confident to pray for your personal needs.
5. **INTERCESSION (Matthew 9:37-38; I Timothy 2:1-2)** Intercession is praying for the lost and involves the most intense dimension of prayer. Intercession is God’s love flowing through us.
6. **BIBLE READING (II Timothy 3:16)** It may surprise you to hear the suggestion that you should read your Bible during prayer. However, the Word is enlightening to the eyes (Psalm 19:9). When you read the Bible new possibilities are made clear.
7. **MEDITATION (Psalm 1:1-2, 77:12)** Take time to “think on these things.” God will open your understanding.
8. **THANKSGIVING (Philippians 4:6)** Although thanksgiving should be sprinkled throughout your prayer, spend a special period of thanking God out loud for all the things in your life.
9. **PRAYING THE WORD** Personally apply, out loud, the precepts of the Bible.
10. **SINGING (Psalm 100:2; Ephesians 5:19)** Singing Refreshes and comforts the soul, and one of the greatest thrills of singing is to sing in the Holy Ghost, “a new song,” during prayer.
11. **LISTENING (I Kings 19:11-12)** Prayer is not all talking to God. It also involves listening. When we listen we receive direct orders from the Holy Spirit.
12. **PRAISE (Matthew 6:13)** We conclude every prayer session with praise. Again we exalt the nature of God.

WHAT YOUR PRAYERS CAN DO FOR OTHERS

1. You can save their life.

*“Herod stretched out his hand to vex certain of the church, and he killed James . . . proceeded further to take Peter also . . . **but prayer was made without ceasing unto God for him**” (Acts 12:1, 2, 5).
“The Lord had brought him out of the prison” (Acts 12:17).*

2. You can move God to help someone.

*“Is any among you afflicted? Let him pray. Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: **and the prayer of faith shall save the sick**” (James 5:16).*

3. You can contribute to a peaceful society.

“I urge . . . that request, prayers, intercession and thanksgiving be made for everyone for kings and those in authority, that we may live peaceful and quiet lives, in all godliness and holiness” (1 Tim. 2:1-2 NIV).

4. You can help protect others from temptation.

“Simon, behold, Satan has desired to have you, that he may sift you as wheat, but I have prayed for thee, that thy faith fail not” (Luke 22:31, 32).

5. You can help pastors be successful in ministry.

“Strive together with me in your prayers to God for me, that I may be delivered from them that do not believe in Judaea, and that my service which I have for Jerusalem may be accepted of the saints” (Rom. 15:13).

6. You can help people understand spiritual things.

Paul prayed for the Ephesians, “Making mention of you in your prayers, that God . . . may give you a spirit of revelation and wisdom . . . the eyes of your understanding being enlightened, that ye may know . . .” (Eph. 1:16-18).

7. You can contribute to others' spiritual growth.

“I bow my knee to the Father . . . that he would grant you . . . to be strengthened with might . . . that Christ may dwell in your hearts . . . that ye might be filled with the fullness of God” (Eph. 3:14-18).

PRAYING THE WORD

Prayer is not for the purpose of getting everything WE want from God. Prayer is the way that God gets His will done on this earth.

Our all-powerful God has chosen, to a large extent, to limit His power to the prayers of His people.

1 John 5:14, 15 "And we can be confident that He will listen to us whenever we ask Him for anything in line with His will. And if we know He is listening when we make our requests, we can be sure He will give us what we ask for." (NLT)

How do we know what God's will is? We can be confident that God's will is contained in the pages of His Word. Praying the Word is praying powerfully and totally in the will of God. **It is almost as though we can step into God's mind, or His thoughts, and pray according to His will knowing He will hear us.**

The most powerful thing that a Christian can do is pray the Word of God.

JOHN 1:1 – *"In the beginning was the Word and the Word was with God and the Word was God."*

When we pray the Word, we are praying God Himself right into the middle of the situation.

SUDDENLY our prayers go from pitiful, desperate sounding to prayers of authority that are POWERFUL.

Practice praying the Word. The Word is forever settled and can not fail.