

**CF PRAYER GUIDE**

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# CF PRAYER

There are many *churches that pray* but there are few *praying churches*. As we continue growing to become a *praying church*, prayer must *saturate* every aspect of individual and corporate life, and not be confined to a specific ministry or small group of passionate intercessors. Being a house of prayer is more than simply believing in prayer. Being a house of prayer means that our primary identifying mark is prayer.

## VISION

In order to develop a culture of prayer where prayer is the greatest individual and corporate expression of our faith and intimate relationship with God …

*We will equip and mobilize our body to pray privately and corporately with increasing fervency and dependency.*

Jesus quoted the prophet Isaiah when he said, “*My house will be called a house of prayer*”. What exactly does it mean for a church to be a house of prayer?

A *house of prayer* is a church where prayer is considered the means to access God’s power and the real work of the ministry that is integrated into every facet of the life of the church.

To be a house of prayer, we must proclaim a passionate call to prayer. We must be intentional and relentless in our efforts to teach believers to pray. Prayer must be the expression of our hunger for divine companionship, of our desire for intimacy with our Creator, of our need to build a deeper relationship with our Lord. Perhaps the single most distinguishing characteristic of a “house of prayer” is that it is filled with the tangible presence of God. (2 Cor 3:17-4:6; 1 Cor 14:24-25).

We refer to these powerful movements of God as *Something Only God Can Do* answers to prayer. We want to be a church that is fully dependent on God for all things. If our purpose as a church were simply to socialize and build friendships, we could thrive on our strength and abilities. But the church is tasked with the greatest mission the world has ever known. In addition, we have a relentless enemy trying to destroy us at every turn. For these reasons and many more, we must be *connected through prayer* as members of God’s family.

In Ephesians 6:10-17, the apostle Paul exhorts believers to put on the full armor of God and to stand strong in His mighty power as we engage in the spiritual battle. Verse 18 may be the key to activating and empowering this metaphor of the armor when he says …

*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.*

This is a call to a ministry of intercession not only for those in our church but across the larger body of Christ.

In addition to praying for the spiritual needs of the church, the apostle Paul often asked for prayer for himself. As members who are *connected through prayer*, we are committed to intercede for our pastor and church leaders.

*I urge you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me.**Pray that I may be kept safe from the unbelievers in Judea and that the contribution I take to Jerusalem may be favorably received by the Lord’s people there, so that I may come to you with joy, by God’s will, and in your company be refreshed. The God of peace be with you all. Amen. (Romans 15:30-33)*

Paul asked believers to strive, struggle, battle together in their prayers for him. “Struggle together” literally means “to contend with adversaries.” It means to fight, or to strain. It is the kind of prayer that is described in Ephesians chapter 6 as “warfare”. Jesus modeled this intense spiritual prayer life. Like Him, we must agonize or wrestle in pray on behalf of our spiritual leaders. As followers of Jesus Christ, we plead for the supernatural unleashing of the power of God in their lives, and in our church and homes and throughout our country.

Let’s strive, by God’s grace, to be so much more than a church that prays but rather a praying church, a church devoted to prayer.

## HOW TO UTILIZE THIS PRAYER GUIDE

This Prayer Guide is not intended to be *read like a* *book* but rather *referenced as a resource* to refresh and expand your passion for prayer. It is filled with helpful tools that will deepen your relationship with God and encourage you to incorporate the Scriptures into your private prayer life as well as when you gather to pray with others. If you have prayer tools that have been helpful for you and you’d like to share with others in our church family, please send them to me at medelman@cfdowningtown.com.

God’s grace,

Pastor Mike

DEVOTING OURSELVES TO PRAYER

*Devote yourselves to prayer, being watchful and thankful. (Colossians 4:2)*

Father, as I come before You now, I’m so very aware of my own prayerlessness. I think and worry about so much, but pray about so little in comparison. Forgive me, Lord. By the work of the Holy Spirit within me, teach me to pray and to do so continually. *(Be still before the Lord. Pray as the Holy Spirit leads you.)*

I ask also, Lord, for my church family. May my brothers and sisters in Christ be full of joy as they wait on You in the midst of trials that they are experiencing, and may they be faithful in prayer. *(Pray for those in our church who are in difficult circumstances. Ask God to strengthen their faith.)*

Remove from our lives all things that hinder our prayers, unbelief, sin that we have not turned from, unforgiveness and, may we respond to every prompting of the Holy Spirit that we might be unfettered and pray with all of our hearts.

Father, I ask that fervency in prayer and intercession be released on us that we might become a true “house of prayer for all nations.” Replace any prayerlessness within our church with a passionate longing to see Your Church revived. May prayer become the fuel of the Holy Spirit among us.

In the name of the Lord Jesus Christ, I ask that we at CF Downingtown would become those who always pray and never give up. May we be found faithful when You come, Lord Jesus! May we be those that you call upon by the Spirit to watch on the walls for Your Church, for cities and even nations!

I ask that You stir our hearts with and urgency to pray and give us full-of-faith, God-sized dreams and requests. Teach us to pray Your heart. Teach us to pray Your Word. May the men of our church lead their families on their knees in prayer. May our women humble themselves before You and be self-controlled so that they can pray with greater boldness. Raise up intercessors among the youth of our church. Grab hold of their hearts, I pray, and fill them with great faith. May our hearts and minds be set on the things of Your kingdom. Teach us to pray, Lord! From youngest to oldest, teach us to pray!

Do these things I ask so that we, Your Church, might come alive by the Spirit and be allowed the privilege of participating in the harvest that is coming. Even this day, O God, call Your people to humility to turn from sin, to seek Your face. Wake us up from our slumber, O God, for surely time is short!

In the name of Him who lives and intercedes for me, Jesus Christ. Amen.

Luke 11:1; 1 Thessalonians 5:17; Romans 12:2; James 1:6-8; Matthews 6:14-15, 5:23; Psalm 66:18; 1 peter 3:7; Isaiah 56:7; Mark 11:17; Luke 18:1-8; Isaiah 62:6-7; 1 Peter 4:7; Hebrews 11:13-16; 2 Chronicles 7:14; Romans 13:11-12; Hebrews 7:25

*Pray The Word for Your Church* by Tiece L. King

# PRAYER OPPORTUNITIES

Prayer is meant to be both a private and corporate discipline. This handbook is a primer on how to deepen your relationship with God through prayer whether you are meeting with Him in the privacy of your “prayer closet” or gathered together with others for prayer like we see throughout the pages of the New Testament. We offer many opportunities to participate in both private and corporate prayer.

* Daily Prayer Connect: Subscribe to our prayer email and receive daily prayer requests.
* Sunday Morning Prayer Group: Join our 9:30am or 11:00am prayer groups to pray with those in need before, during and after each of our Sunday Worship Services. Most serve once or twice each month.
* Prayer Weavers: This team knits, sews and crochets shawls, blankets and quilts while
praying for those on our Prayer Connect.
* Monthly Prayer Gatherings: Intimate times of worship and prayer held on the 3rd Thursday each month.
* Small Groups: Connect with a small group and pray for and with others whenever you meet.

In addition to the opportunities listed above, look to incorporate these biblical foundations of prayer into your prayer times with family and one-on-one personal prayer encounters.

May the LORD bless you and keep you; may the LORD make His face shine upon you and be gracious to you; and may the LORD turn His face toward you and give you peace. (Numbers 6:24-26)

Contact Pastor Mike Edelman to learn more about these prayer opportunities (medelman@cfdowningtown.com, 610.363.7171 X2140).

# PRAYER EXPECTATIONS

From the promises of God’s Word and church history, be encouraged as you understand all the Lord will do as we resolutely seek His face together for all things.

**Expect Spirit-provided direction** – Many ministries seem to lack clear direction.  The account of the early church in the Book of Acts inspires us as they obediently waited on the Lord, both prior to and after Pentecost, in order to receive the direction of the Holy Spirit for all of His blessings in, among, and through them.  Today, we are still expected to seek the leadership and direction of the Spirit for His work (Romans 8:15; Galatians 5:25; Revelation 2:7, 11, 17, 29; 3:6, 13 & 22).  He gladly provides it.

**Expect authentic unity** – The Spirit is the source and preserver of unity among God’s people (Ephesians 4:3-6).  As we seek the Lord in one accord, receiving grace and wisdom from the Spirit, we are united at the deepest level.  We experience and express our oneness in Christ, while other loyalties and agendas are surrendered to His will (1 Corinthians 3:3 & 16; 12:13).

**Expect individual transformation** – Prayer is primarily designed to transform our lives and empower us as agents of transformation in the world.  Paul described it this way: “But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord” (2 Corinthians 3:18).

**Expect personal encouragement** – Our Lord is the “God of All Encouragement” (2 Corinthians 1:3).  The early church faced many trials but continued to come to the Lord in prayer to receive divine enabling and encouragement in many situations (for example, Acts 4:23-31; 16:25-34).  We can do the same.

**Expect Spirit-empowered outreach** – The Holy Spirit is a witness-bearing Spirit (see Acts 1:8).  The story of Acts is the account of the Spirit of God filling His people as they sought the Lord and then empowering them with a burden and divine capability to share the Gospel locally, regionally, and beyond.  In the same way, our lost and troubled world desperately needs His Spirit-empowered Gospel lived through us.

**Expect growing trust** – Nothing allows us to know the hearts of other believers like praying together.  When God’s people seek Him together, they get to know one another at a deep level.  The love of the Spirit restores trust and health, even in broken situations (Romans 5:1; 15:30; 1 Corinthians 13:7).

**Expect the grace of humility** – It has been said that the key to humility is a high view of God.  Worship-based prayer cultivates a deep reverence and love for the Lord, according to His word. This diminishes pride and invites divine grace and wisdom.  God blesses a humble people and grants them favor in their relationships (James 3:13-18; 4:16; 1 Peter 5:5).

**Expect “glorious” church services** – The New Testament reminds us that our goal in worship services is that participants (saved and unsaved) are compelled to declare, “God is truly among you!” (1 Corinthians 14:25).  His “glory” (His honor and His manifest presence) is our aim (Ephesians 3: 21).  United hearts, seeking His blessing, invite this kind of work.

**Expect a spirit of thanksgiving** – Paul noted that when believers pray together, it accelerates their recognition of His work because they actively participate through their prayers.  This multiplies the expressions of thanksgiving to Him (2 Corinthians 1:11; 4:15).  Nothing compares to the joy of a thankful church.

**Expect joyful generosity** – When the Spirit grips the hearts of people and invites them into His purposes, He also empowers a new level of giving.  People drink deeply of the grace that empowers supernatural generosity by giving themselves first to the Lord.  He naturally unleashes grace in their finances
 ( 2 Corinthians 8:5-8).

**Expect spontaneous ministry mobilization** – Like generosity, Spirit-empowered service flows from hearts that are calling on the Lord.  When we seek Him, we are motivated to serve Him in the supernatural enabling of His divinely-granted gifts.

**Expect God-ordained growth** – Christ wants to build His church with a growth that is from God (see Matthew 16:18; Colossians 2:19).  When we declare our dependence on Him as the source of growth, He delights in advancing His work through us by His power.

**Expect the potential of revival** – Revival is a sovereign bestowal of the supernatural power of Christ upon His people.  We do not manipulate it by our prayers, but when we pray, we are in a posture to catch the “wind” of revival when it blows.  Even our extraordinary praying is often an indicator of the Lord’s prompting and His desire to prepare us for a special endowment of His power.

**Expect eternal reward** – When we stand before the Lord, He will not ask us about the “size” of our ministry but the “substance” (see 1 Corinthians 3:11-15).  Ministry accomplished in the mere energy of human effort will be burned like wood, hay, and straw.  Christ-reliant, Spirit-empowered, prayer-energized ministry will endure for His glory and our reward, like gold, silver, and precious stone.

May God give us conviction, perseverance, and great hope as we expect and experience His reward for a faithful, praying people.

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# INTIMATE FELLOWSHIP WITH GOD

We cannot have intimate fellowship with one we do not love, and we cannot love one we do not know; therefore, we must press on to know God. The level of love for Him is directly related to our desire to seek Him. The word “love” is the pivotal word in the Bible. Whatever or whomever we love will motivate us. The greater our knowledge of God, the greater will be our love for Him, and likewise the greater our love for God, the greater the motivation.

Take the time to read these Scripture references below and ask the Lord to *develop an ever-deepening desire to love and abide with Him as you seek His face daily.*

**Intimate Fellowship with God**

OBEDIENCE
*John 14:15
1 John 4:16*

PRAISE
*1 Peter 2:9*

FAITH
*Hebrews 11:6*

**Loving God**
*Deuteronomy 6:4-5; Psalm 31:23; Matthew 22:37; 1 Corinthians 13*

 … God is love, and the one who abides in love abides in God, and God in him.

1 John 4:16

**Knowing God**
*Colossians 1:9-10; Ephesians 1:15-19; 2 Peter 1:2-3; 1 John 4:7-8*

… I count all things to be a loss in view of the surpassing greatness
of knowing Christ Jesus.
Philippians 3:8a

**Seeking God**
*Hosea 10:12; Isaiah 55:6; Lamentations 3:25; 1 Chronicles 16:8-11*

… He is a rewarder of those who seek Him.

Hebrews 11:6b

God wants His children to know the blessing of seeking His face along with the intimacy and favor that comes with it: “Seek the Lord and His strength; seek His face always!” (1 Chronicles 16:11; Psalm 105:4). Here is the good news: The invitation to seek His face is offered to you, right now. The divine initiative of Psalm 27:8 says, “When you said, ‘Seek my face’, my heart said to You, ‘Your face, Lord, I will seek.’” He is saying to us, “Seek My face.” Now we must hear the call – and answer.

# OUR MODEL PRAYER

## PRAY THIS WAY NOT THAT WAY

Excerpt from the book *Transforming Prayer: How Everything Changes When You Seek God’s Face,*by Daniel Henderson

When Jesus said, “Pray like this”, it was not just a suggestion or one of many options. It was a command for our good and His glory as we pray. We are not permitted to freelance with traditional alternative approaches or override this model with our own clever “improvements.” The prayer pattern described on the following pages is based on a very basic premise. The first half of Jesus’ model prayer is entirely Godward (or upward). The second half is manward (or downward). This can be summarized by the phrase: “*He is worthy. We are needy*.” Even when there is only a short amount of time to pray, starting with a passage of Scripture then engaging in a pure articulation of worship captures the participants with His worthiness. Then, moving to a time of trusting Him with our needs is natural. Our requests are informed and inspired by our worship.

***9****“This, then, is how you should pray:*

***(God is worthy)***

*“‘Our Father in heaven, hallowed be your name,* ***10****your kingdom come, your will be done, on earth as it is in heaven.*

***(We are needy)******11****Give us today our daily bread.* ***12****And forgive us our debts, as we also have forgiven our debtors.****13****And lead us not into temptation, but deliver us from the evil one.’ (Matthew 6:5-13)*

In reviewing Jesus’ teaching on prayer from Matthew 6:5-13, I think we realize that our own traditions and bad theology can also land us in a rut of prayer that just does not work. Many Christians are as frustrated as the “pagans on the hill” struggling to find an approach that makes their walk with God real, natural, and sustainable for a lifetime. So as we prepare to clearly understand and apply a pattern that can enliven our prayer life and give us a biblical, balanced approach to prayer, let’s review a quick list of “pray this, not that” principles:

* Pray to seek God’s face, NOT just His hand (what you can “get” from God).
* Pray with your heart fixed on God’s glory, NOT just your personal satisfaction.
* Pray from the treasury of God’s Word, NOT from a list of your own ideas.
* Pray according to the Spirit’s instruction, NOT only from human reason.
* Pray with a heart completely surrendered to His will, NOT with a hurried personal agenda.
* Pray in anticipation of living triumphantly in the war zone, NOT in satisfaction with your comfort zone.
* Pray that God would change you, NOT simply change things.

## WHAT IS WORSHIP-BASED PRAYER?

One challenge that many believers face today is a total lack of discipleship or training in prayer.  While there are several helpful models and approaches, many have found the concept of Worship-Based Prayer to be a very powerful and practical approach to implementing prayer into their churches, small groups, and even their own lives.  It is certainly not the only way to pray, but we have found it to be especially helpful for groups just setting out to learn to pray corporately, or for congregations that may have grown stagnant in their typical prayer routines.  This is largely because:

1. It is Scriptural.  It is based on the "Lord’s Prayer" or the model prayer in Matthew 6.
2. It draws people's focus toward God, as opposed to their own needs or requests.
3. It provides a model to experience life giving prayer that can be applied to any passage of Scripture.

**The 4/4 pattern of prayer**

Worship-based prayer is built on a "4/4" Pattern, like a musical conductor would use, which is taken directly from the Biblical text we often refer to as "The Lord's Prayer" in Matthew 6.

You will notice similarities to the ACTS model for prayer.

A – Adoration (Praise)
C – Confession
T – Thanksgiving
S – Supplication (Praying for your needs and others)

The 4/4 pattern for prayer more closely follows the pattern that Jesus gave us in Matthew 6.

**Upward: Reverence**

In the prayer pattern Jesus gave His disciples, He instructs us to begin with a focus of worship (*"Our Father in Heaven, hallowed be Your name . . . "*). We call this upward focus the "Reverence" stroke. This is the principle of "worship-based" rather than need-based prayer. It begins with the character of God as we take time to focus our entire being on the wonders of who God is. Ultimately, prayer is my response to the character of God, which leads to praise and thanksgiving. As I get to know the God Who is, I will naturally respond to Him. This response is called prayer.

***"...Our Father who is in heaven, Hallowed by Your name." Matthew 6:9***

Helpful Prayer Focuses:

* Praising God for His attributes/character: praise is my response to the person, presence, position, power, greatness, majesty, and the love of God. Praise is glorifying God for Who He is and what he is affects you. It is the most appropriate way to enter into His presence. Since its source is God Himself, praise centers on the excellencies, perfections, and glories of His nature, His character, and His role in human affairs.
 *"Great is the Lord, and highly to be praised; and His greatness is unsearchable." (Psalm 145:3)*
*"Yet Thou art holy, O Thou who art enthroned upon the praises of Israel." (Psalm 22:3)*
* Thanksgiving is my response to the goodness, the graciousness of God. Thanksgiving is thanking God for what He has done and for what He is going to do. Since its source is the actions of God, thanksgiving declares positively both that He is the Giver of every good and perfect gift and that to the believer every gift is good, perfect and acceptable.

*"What shall I render to the Lord for all His benefits toward me?" "To Thee I shall offer a sacrifice of thanksgiving..." (Psalm 116:12,17a)*

*"Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name...for with such sacrifices God is pleased." (Hebrews 13:15-16)*

Begin with a Psalm or another portion of Scripture, as you read, ask yourself: What does this passage reveal about God and His character? Invite the Holy Spirit to give you understanding of what the text tells you about the Father, Son and Holy Spirit. Discover truths about God’s nature, names and person in the text you are reading. Begin your prayer time seeking His face in worship in your own words.

* I praise you because you are ….
* I have seen your power in ….
* Thank you for showing me your grace when …

(The Names and Attributes of God provided in the Toolkit are helpful resources to incorporate into these times of worship as you focus upward on God because He is worthy.)

**Downward: Response**

Jesus taught a second element of biblical prayer when He said, "***Your kingdom come, Your will be done, on Earth as it is in Heaven . . .***" This speaks of our response to God's character in prayer as we consider His will, from His Word and for the sake of His purposes on earth. This also involves yielding to the control of the Holy Spirit as I respond to His invitations to a fruitful and obedient life. Introspection and surrender mark this time of response. It is a season of pledged obedience to the will and Word of God, desiring the accomplishment of His will in our lives.

The will of God is not only the highest good, the greatest achievement and the best any person could hope for in this life, it is also the command of God. Therefore, because God is God, and God is our loving Heavenly Father, prayer becomes that time when I seek Him, not to bring Him to my viewpoint, but to bring myself to His, by the discovery of His will and way.

Helpful Prayer Focuses:

* Worshipful response to who God is
* Acknowledge and Surrender to God's Will
* Listening, allowing God's Spirit to speak; then obeying

**Inward: Requests**

Now that we have rightly worshipped the One True God--- and we have wholly surrendered to His will for our lives --- We can now boldly bring our requests before Him, knowing that we are asking "in His name" and for His glory.

***"Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors."
Matthew 6:11-12***

This is the next element Christ teaches in His model prayer. This involves a period of heartfelt requests with the themes of resources and relationships.

Of course, Jesus had just said our Father knows our needs before we ask (Matthew 6:8). This is not a time of informing God of our needs as much as it is a conscious trust in God as the perfect definer and provider of our needs. It involves prayer about personal requests and the concerns of others. This focus also includes corporate concerns, such as congregational challenges or broader issues in the body of Christ. In all this, we recognize that, "...God shall supply all your needs according to His riches in glory in Christ Jesus." (Philippians 4:19)

Helpful Prayer Focuses:

* Offering requests in accordance with God's will
* Passionate petitions of personal needs

**Outward: Readiness**

***“And lead us not into temptation, but deliver us from the evil one.”  Matthew 6:13 NIV***

This outward stroke reminds us of the spiritual battle before us, and more importantly, reassures us of the spiritual resources within us, the Holy Spirit. When we pray, “Lead us not into temptation, but deliver us from evil,” we recognize our own inability to overcome the temptations and attacks of daily life. We entrust our welfare for the warfare to the delivering force of our Divine Enabler, through the power of His presence and promises. We pledge ourselves to walk in obedience and victory as the fruit of our praying. Look for promises to guard you against temptations, toils and snares that await you beyond the door of your prayer room. This is a great way to integrate Scripture memory into your prayer time as you become battle ready.

Ephesians 6:10-20 provides us with a clear understanding of our enemy and the mighty power of God available to us for this spiritual battle. The weapons we fight with our not the weapons of the world, but instead, our weapons have divine power for demolishing strongholds that are set up in direct opposition to God (2 Corinthians 10:3-5).

Paul challenges us to “fight a good fight” as he himself did (I Timothy 6:12), to be a “soldier of Christ that pleases the One who enlisted us as soldiers.” (II Timothy 2:4), to put on the “full armor of God” (Ephesians 6:11, 13).

Christians will not be able to prevail unless we know who our adversary is: “For our fight is not against any physical enemy: it is against organizations and powers that are spiritual. We are up against the unseen power that controls this dark world, and spiritual agents from the very headquarters of evil.” (Ephesians 6:12)

We need to know our enemy’s strategies and methods:

“Be careful – watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart.” (I Peter 5:8)

Let us always remember that we reign in life through Jesus. All authority has been given to Christ; and we share the authority with Him because He has given it to us.

Helpful Prayer Focuses:

* Putting on the "Full Armor of God"
* Claiming God's Promises for the battle
* Knowing He will answer
* Focusing on His glory above all else

**Upward: Reverence**

End where you began, with yo**u**r eyes on Him. “For yours is the kingdom and the power and the glory forever, Amen.” Conclude focused on His Lordship, power and glory.

## TRY IT FOR YOURSELF

**Psalm 46

Reverence: Who is God?**

Read and prayerfully extract truths about God: Refuge and strength (v1); All-present (v1); Helper in trouble (v1); Holy (v4); Most High (v4); Powerful voice (v6); Lord of Hosts (vv 7,11); With us (vv 7,11); Refuge (vv7,11); Judges the earth (v8); Brings peace (v9); defeats His enemies (v9); Exalted (v10)

Prayer prompts:

* I praise you Lord that you have been my refuge when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I praise you that you gave me strength when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I praise you that you are strong, you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I praise you that you have been (or are) present when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Response: How should I respond?**

* Lord I confess and surrender my fears (v2) about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Lord I welcome your vey present help (v5) in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Lord I submit my thoughts and plans about \_\_\_\_\_\_\_\_\_ to the power and authority of your voice (v6)
* Lord of Hosts, rule over my \_\_\_\_\_\_\_\_\_\_\_\_\_
* I submit my \_\_\_\_\_\_\_\_\_\_ (situation, thoughts, and plans) to you.

**Requests: What should I pray about?**

Resources:

* I ask for a sense of security (v1) about \_\_\_\_\_\_\_\_\_\_\_\_
* I ask for your strength (v1) in order to \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I pray for your gladness and joy (v4) in the midst of \_\_\_\_\_\_\_\_\_\_\_\_\_

Relationships:

* I pray for your presence and help (v1) in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (relationship)
* Because you make wars cease (v9), I ask you to work in \_\_\_\_\_\_\_\_\_\_\_\_\_ to bring peace and reconciliation.
* Help \_\_\_\_\_\_\_\_\_\_\_ to be still and know that you are God in his/her relationship with \_\_\_\_\_\_\_\_ (v10)

**Readiness: Where do I go from here?**

* I trust in your presence and protection (vv7, 11) today as I \_\_\_\_\_\_\_\_\_\_
* Because you are mighty in confronting your enemies (v9), I will trust you to overcome my struggle with \_\_\_\_\_\_\_\_\_\_\_

**Reverence: Who is God?**

* You are exalted (v10) among \_\_\_\_\_\_

# PRAYER RESOURCES

## PRAYER IS …

***Prayer is communication with God***

“Prayer is personal communication with God. What we call “prayer” includes prayers of requests for ourselves and for others (petition and intercession), confession of sin, adoration, praise and thanksgiving, and also God communicating to us indications of his response.” (Wayne Grudem)

***Prayer is approaching God’s throne***

“True prayer is an approach of the soul by the Spirit of God to the throne of God.”  (Charles H. Spurgeon)

***Prayer is directed to our heavenly Father***

“All right-minded praying starts with a long look Godward and a deliberate lifting up of one’s heart to give thanks and adore, and it is just this that “Father” calls us to. Thanks for grace, and praise for God’s paternity, and joy in our Sonship and heirship should bulk large in Christian prayer, and if we never got beyond it we should still be praying to good purpose. First things first!” (J.I. Packer)

***Prayer is asking, seeking, petitioning***

“Prayer is asking, seeking, petitioning God for help, rescue, grace, mercy, joy, hope or whatever you truly need. From God's perspective it is a loving father doing anything within his power to help his child/children. Since God is infinite, His capacity to help is infinite and therefore our opportunity to seek help is infinite. Prayer is the key that unlocks the infinite to finite man. Prayer is designed by God to allow finite man access to the infinite.” (Carl Green)

***Prayer is an expression of our fellowship with God***

“This is the inner meaning of prayer. It is more than asking, it is communion, fellowship, cooperation, identification with God the Father and the Son by the Holy Spirit.” (Samuel Chadwick)

***Prayer is dependence on God***

“With respect to God, prayer is but a sensible acknowledgement of our dependence on him to his glory. As he hath made all things for his own glory, so he will be glorified and acknowledged by his creatures; and it is fit that he should require this of those who would be subjects of his mercy.” (Jonathan Edwards )

***Prayer is to be fervent***

“Heart, soul, and life, must find place in all real praying. Heaven must be made to feel the force of this crying unto God. Prayers must be red hot. It is the fervent prayer that is effectual and that availeth. Coldness of spirit hinders praying; prayer cannot live in a wintry atmosphere. Chilly surroundings freeze out petitioning; and dry up the springs of supplication. It takes fire to make prayers go.” (EM Bounds)

***Prayer is thankful***

“Thanksgiving must be an integral part of prayer. It should be inseparably related to our petitions of supplication; otherwise thanksgiving is illegitimate. The Scriptures tell us to come to God and make all of our requests known with thanksgiving. Thanksgiving is an acknowledgment of God and his benefits.” (R.C. Sproul)

## WHY SHOULD WE PRAY?

***Prayer enhances our fellowship and intimacy with God.***
I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live. (Psalm 116:1-2)

This is what the Lord says, he who made the earth, the Lord who formed it and established it—the Lord is his name:‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’
(Jeremiah 33:2-3)

***The Scriptures command us to pray.***

Then Jesus told his disciples a parable to show them that they should always pray and not give up.
(Luke 18:1)

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

Pray continually … (1 Thessalonians 5:18)

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people …
(1 Timothy 2:1)

***When we pray, we follow the example of Christ and other godly people in Scripture like Moses and Elijah.****Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. (Mark 1:35)

When the people cried out to Moses, he prayed to the Lord and the fire died down. (Numbers 11:2)

At the time of sacrifice, the prophet Elijah stepped forward and prayed: “Lord, the God of Abraham, Isaac and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command.****37****Answer me, Lord, answer me, so these people will know that you, Lord, are God, and that you are turning their hearts back again.” (1 Kings 18:36-37)*

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.**Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years.**Again he prayed, and the heavens gave rain, and the earth produced its crops. (James 5:16-18)*

 ***In prayer, God allows us to participate with Him in the accomplishment of His purposes and demonstration of His power.***“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15:5)

 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly. (Acts 4:31)

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, (Ephesians 3:16)

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. (Colossians 4:2-4)

***We receive supernatural help from God when we pray.***

Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:16)

***Prayer makes a genuine difference – God uses it to change people and shape history.***

“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Luke 11:9-10)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16-18)

***Prayer develops our understanding and knowledge of God****.*

Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun. (Psalm 37:3-6)

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.
(Psalm 63:1-8)

I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spiritof wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, … (Ephesians 1:16-20)

***Our prayers and God’s answers give us joy and peace in our hearts******- our problems may not disappear, but in prayer we gain a new perspective on our problems along with the peace and patience to stand firm.***In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. (John 16:23-24)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Consider it pure joy, my brothers and sisters,whenever you face trials of many kinds,because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.
(James 1:2-6)

## WHAT GOD SAYS ABOUT EFFECTIVE PRAYER

***Pray with perseverance***
Then Jesus told his disciples a parable to show them that they should always pray and not give up. (Luke 18:1)

***Pray with confidence***
Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:16)

***Pray in God’s power as you resist the devil***
Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. (Ephesians 6:10-13)

Submit yourselves, then, to God. Resist the devil, and he will flee from you. (James 4:7)

***Pray specifically***
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. … And my God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:6, 19)

***Pray in Jesus’ Name***
And I will do whatever you ask in my name, so that the Father may be glorified in the Son. **14**You may ask me for anything in my name, and I will do it. (John 14:13-14)

***Pray in faith***
“Have faith in God,” Jesus answered. “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:22-24)

***Pray in the Spirit***
In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God. (Romans 8:26-27)But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit … (Jude 20)

***Pray according to God’s promises***
For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. (2 Corinthians 1:20)

***Pray according to God’s will***
This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.
(1 John 5:14-15)

***Pray with expectation***
‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’ (Jeremiah 33:3)In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. (Psalm 5:3)

As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. (Isaiah 55:10-11)

***Pray with praise and thanking***
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. (Psalm 100:4)

Oh, the depth of the riches of the wisdom and[[a](https://www.biblegateway.com/passage/?search=romans+11%3A33-36&version=NIV#fen-NIV-28243a)] knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! “Who has known the mind of the Lord? Or who has been his counselor?” “Who has ever given to God, that God should repay them?” For from him and through him and for him are all things. To him be the glory forever! Amen. (Romans 11:33-36)

***Pray out of an abiding, obedient life***
Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we keep his commands and do what pleases him. (1 John 3:21-22)

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. (John 15:7)

***Pray fervently and earnestly***
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

***Pray from your position of authority in Christ***
And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus …
(Ephesians 2:6)

***Wait upon the Lord so that He can answer you***
Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31)

## WHAT GOD SAYS CAN HINDER OUR PRAYERS

Sometimes we feel as if our prayers just bounce off the ceiling and are not breaking through. There can be many reasons for this. Listed below are only a few of them. Ask the Lord to show you other things that may also hinder your prayer life.

***Conscious unconfessed sin***If I had cherished sin in my heart, the Lord would not have listened; (Psalm 66:18)

Surely the arm of the Lord is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.
(Isaiah 59:1-2)

***Idolatry – occult involvement***
“Son of man, these men have set up idols in their hearts and put wicked stumbling blocks before their faces. Should I let them inquire of me at all? (Ezekiel 14:3)

***Stingyness and covetousness***
Whoever shuts their ears to the cry of the poor will also cry out and not be answered. (Proverbs 21:13)

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” (Luke 6:38)

***Unbelief and doubt***
But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.That person should not expect to receive anything from the Lord.Such a person is double-minded and unstable in all they do. (James 1:6-8)

***Unforgiveness and bitterness***
For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. (Matthew 6:14-15)

***A wrong attitude toward your spouse***
Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.
(1 Peter 3:7)

***Pride***
But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” (James 4:6)

***Selfish motives***
When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. (James 4:3)

***Ingratitude***
Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. (1 Thessalonians 5:16-18)

***Love for the world***
Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever. (1 John 2:15-17)

***Trying to impress others***
*“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.”
(Matthew 6:5)*

***Disobedience to God***
When you spread out your hands in prayer, I hide my eyes from you; even when you offer many prayers, I am not listening. Your hands are full of blood! Wash and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong. Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. (Isaiah 1:15-17)

***Not abiding in Christ***
If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.
(John 15:7)

## DESIRABLE PRAYER HABITS

***Choose the best time***

Select a particular time of the day and dedicate it only to personal prayer. For most of us, the morning is best, because we have been refreshed by the previous night's rest and we are not yet absorbed in the demands of the day. This is often the time we can most consistently keep, and during morning prayer we can dedicate the day to the Lord. It is extremely wise to bring Him into our decision-making process by thinking through and planning the day's activities in prayer. “If God is not first in our thoughts and efforts in the morning, he will be in the last place the remainder of the day” (E. M. Bounds).

If possible, it is even better to schedule two or three regular prayer breaks during the day to relax briefly, release burdens of stress and anxiety, and enjoy spiritual communion.

***Be consistent***

Regard your prayer time as a daily appointment you have made with God and respect it as such. If the discipline of regular time with God is not a matter of the highest priority, your spiritual life will suffer, and this will ultimately affect every other aspect of your life. Set your heart to pursue the person, knowledge, and ways of God by spending regular time with Him.

***Choose the best place***

Select a place where there will be a minimum of interruptions and distractions. If possible, pray away from your phone and your desk. When the weather and your schedule permit, you may want to try praying during a walk.

***Set a minimum time for daily prayer***

Try to be realistic—don’t attempt too much at first or your prayer life will become mechanical and discouraging. Start with a few minutes and gradually build from there. Faithfulness on this level will lead to an increased appetite and you will actually look forward to the times you spend with God. “In prayer, quality is always better than quantity” (Robert Coleman).

Nevertheless, quality should not become a substitute for quantity. “Surely the experience of all good men confirms the proposition that without a due measure of private devotions the soul will grow lean” (William Wilberforce). If we want to know and thus love God more, it will take time:

*“Our devotions are not measured by the clock, but time is of their essence. . . . Calmness, grasp, strength, are never the companions of hurry. . . . It is true that Bible prayers in word and print are short, but the praying men of the Bible were with God through many a sweet and holy wrestling hour. They won by few words but long waiting. . . . Spiritual work is taxing work, and men are loath to do it. Praying, true praying, costs an outlay of serious attention and of time, which flesh and blood do not relish. Few persons sons are made of such strong fiber that they will make a costly outlay when surface work will pass as well in the market. We can habituate ourselves to our beggarly praying until it looks well to us, at least it keeps up a decent form and quiets conscience--the deadliest of opiates!” (E. M. Bounds).*

***Plan special times of prayer during the year***

You may want to consider setting aside one or more special times (a morning or evening or a whole day) for a personal or small group prayer retreat. This can be especially meaningful when done in the context of planning ahead for the next several months or when a critical decision must be made.

***Make prayer a part of your relationships with people***

Personal prayer is crucial, but it must not crowd out corporate prayer. Prayer should be a part of the home (husband and wife, parents with children) and part of Christian friendships. Great benefit can be derived from setting up a prayer partnership with another person, a prayer cell with a few people, or a prayer fellowship with several people.

***Focus on the person of God***

Prepare your heart and mind for prayer by releasing all stresses and concerns and giving them to the Lord. It is a good practice to read or meditate upon a passage of Scripture and then to concentrate your attention on the presence of Christ in your life. Rest in His presence, “casting all your anxiety upon Him, because He cares for you” (1 Peter 5:7). Review the good news of His love and redemptive work on your behalf and remind yourself of who you have become in Christ. Reflect upon some aspect of the person and character of God and praise Him for it. Make this very personal. “Prayer becomes dull, if not meaningless, when we lose sight of the greatness of God, or forget his countless gifts. As soon as we take anyone for granted, our relationship with that person begins to crumble” (David Watson).

***Come before Him in humility***

You are in the unmediated presence of the holy God who is like a blazing light and a consuming fire, before whom all things are manifest. Judge yourself to be sure that you are approaching Him in honesty and openness, with no barriers of unconfessed sin, because He hates sin and cover-ups. Sometimes we get too casual before the One who spoke the hundreds of billions of galaxies into existence.

***Come expectantly to the throne***

Our Father is the King, and we are in His presence. The significance of prayer is not what we are asking, but who we are talking to. Come in simplicity and trust like a child to a father. Expect the supernatural—ask Him for something only He could do (“is anything too difficult for the Lord?” Genesis 18:14) and watch what happens.

***Strive for a balanced diet***

Our prayers should incorporate all the elements of confession, adoration, supplication (intercession and petition), and thanksgiving. We are usually short on adoration and thanksgiving. Our worship-based prayer model also helps to ensure this healthy balance.

***Do not do all the talking***

Have times of silence before the Lord so that you can be sensitive to the promptings of His Spirit. Be responsive to Him by confessing any areas of exposed sin, interceding for others, praying for wisdom, and submitting to His desires.

***Practice the presence of God***

Helmut Thielicke noted that “prayer is no longer the active soil of our life, our home, the air we breathe.” When ministry becomes a substitute for prayer, it becomes man-centered and ineffective. We should desire not only to have one or more times that are formally dedicated to prayer during the day, but also to be conscious of the presence of God throughout the day. In this way, each task is rendered in His name and done in conscious dependence upon Him. Another desirable habit we should seek to cultivate is to pray for others as we see them and talk with them.

## PRAYING THE NAMES OF GOD

There are hundreds of names, titles, and descriptions of God in the Bible, from Genesis to Revelation. These are representative examples. May they bring joy to your prayers of worship. When Jesus taught His disciples to pray, He said we should begin “Our Father in heaven, hallowed be Your name.” We should begin with our focus on God rather than on the people or concerns we are praying for.

*“Those who know Your name trust in You, for You, Lord, have never forsaken those who seek You.” (Psalm 9:10 )*

**Elohim:** The Creator (Genesis 1:1, 26-27; Deuteronomy 10:17; Isaiah 43:7; Col 1:16)

**Adonai** – Lord and Master (Genesis 15:2; Psalms 123:2, 145:14-15; Matthew 10:34-40; Luke 14:25-27; John 13:13-16; Romans 10:8-10)

**El Elyon** – The God Most High, Sovereign Ruler (Genesis 14:19-20; 1 Samuel 2:6-10; Isaiah 14:24, 27, 46:9-11)

**El Roi** – The God who sees (Genesis 16:13; Psalms 9:1, 139:7-12; 2 Thessalonians 1:5-10)

**El Shaddai** – The All-Sufficient One, Our Sufficiency, Our Sustainer (Genesis 17:1-8; 2 Corinthians 12:9-10)

**Jehovah** – I Am Who I Am, The Self-Existent, Ever-Revealing One (Genesis 2:4; Exodus 3:13-15; 34:5-7; Hebrews 13:8; Revelation 1:8, 22:13)

**Jehovah-Jireh** – The LORD Will Provide (Genesis 22:8, 22:14; Isaiah 31:1; Matthew 6:11; John 5:21; Romans 8:32, 10:13; Philippians 4:19; Hebrews 9:27-28)

**Jehovah-M’Kaddesh** – The LORD Sanctifies You (Exodus 19:2-6, 31:13; Leviticus 20:26; Ephesians 5:25-27; 1 Thessalonians 5:23; Hebrews 10:10-14, 12:14)

**Jehovah-Nissi** – The LORD our Banner (Exodus 14:13, 17:15-16; Deuteronomy 20:3-4; Hebrews 7:25)

**Jehovah-Qanna** – The LORD Who is Jealous (Exodus 20:1-6, 34:12-17)

**Jehovah-Raah** – The LORD my Shepherd (Psalms 23:1-6, 100:3; Isaiah 53:6; Ezekiel 34:11; John 10:1-17, 10:27, 21:17)

**Jehovah-Rophe** – The LORD Who Heals (Exodus 15:22-27; 2 Kings 20:1-5; 2 Chronicles 7:14; Isaiah 19:22, 53:5; Luke 4:18; 1 Peter 2:24-25)

**Jehovah-Sabaoth** - The LORD of Hosts (1 Samuel 1:1-3, 17:42-47; Jeremiah 20:11-13; Malachi 1:10-11, 1:14)
 **Jehovah-Shalom** – The LORD is Peace (Leviticus 26:2-6; Isaiah 26:3; Jeremiah 29:11; Psalms 119:165; Romans 5:1-2, 15:33; Philippians 4:4-7)

**Jehovah-Shammah** – The LORD is There (Exodus 13:20-22, 23:20-22, 33:12-15; Joshua 1:5; John 14:2-3)

**Jehovah-Tisidkenu** – The LORD our Righteousness (Jeremiah 23:6; Matthew 5:20; Romans 3:21-22, 6:16; 2 Corinthians 5:21)

**Light of the World** (John 8:12)

**Bread of Life** (John 6:35)

**The Gate** (John 10:7,9)

**The Good Shepherd** (John 10:11)

**The Way, the Truth, the Life** (John 14:6)

**The Resurrection and the Life** (John 11:25-26)

**The True Vine** (John 15:1, 5)

**The Alpha and Omega** (Revelation 22:13)

**Bright Morning Star** (Revelation 22:16)

**Prince of Peace** (Isaiah 9:6)

**Everlasting Father** (Isaiah 9:6)

**Wonderful Counselor** (Isaiah 9:6)

**Son of God** (1 John 4:15)

**Son of Man** (Matthew 20:28)

**Savio**r (1 John 4:14

**Redeemer** (Galatians 3:13-14)

**Lord of the Harvest** (Luke 10:2)

**King eternal, immortal, invisible** (1 Timothy 1:17)

## PRAYING THE ATTRIBUTES OF GOD

Just as God in the Bible introduces Himself by His meaningful names, He also is described in terms of His nature and character. While His attributes are familiar to us, and we are comfortable when we speak of His holiness, His righteousness, and His unfailing love, the reality of His nature is impressive, and we stand in awe as we consider it.

We do well to understand and meditate upon the character of God. What is He like? In what ways is He like us, and in what ways infinitely different? Even more to the point, in what ways are we like Him? And it is our desire and deep ambition to grow more and more into a life that is truly “in His image” as He originally intended.

We draw near to Him and get to know Him better as we allow the Scriptures to guide our prayers – and learn to use the Word as the content of our praying. Focusing on God’s nature and character will guide our times of praise and adoration of Him.

**Eternal:** God has no beginning and He has no end. He is not confined to the finiteness of time or of man’s reckoning of time. He is, in fact, the cause of time. (Deuteronomy 32:40; Isaiah 57:15; Revelation 1:8)

**Faithful:** God is always true to His promises. He can never draw back from His promises of blessing or of judgment. Since He cannot lie, He is totally steadfast to what he has spoken. (Deuteronomy 7:9; Psalms 146:6; 2 Timothy 2:13)

**Good:** This attribute of God causes Him to give to others in a way which has no motive and is not limited by what the recipients deserve. (2 Chronicles 5:13; Psalms 106:1; Nahum 1:7)

**Gracious:** Our God is a forgiving God. His goodness and compassion cause Him to not treat us as our sins deserve; but instead to provide the way for our salvation. (Nehemiah 9:31; Isaiah 30:18; 2 Corinthians 9:8; Ephesians 1:6)

**Holy:** God is a morally excellent, perfect being. His is purity of being in every aspect. (Leviticus 19:2; Isaiah 47:4, 57:15; 1 Peter 1:15)

**Immutable:** God is always the same in His nature, His character, and His will. He never changes and He can never be made to change. (Numbers 23:19; Psalms 102:25-27; Malachi 3:6; Hebrews 13:8)

**Impartial:** The Lord of the universe does not show favoritism nor partiality. He does not treat any one of us as our sins deserve, but freely offers His grace to all. (Deuteronomy 10:17; Job 34:19; Romans 10:12; 1 Peter 1:17)

**Incomprehensible:** Because God is God, He is beyond the understanding of man. His ways, character, and acts are higher than ours. We only understand as He chooses to reveal. (Job 11:7; Isaiah 55:8-9; Romans 11:33)

**Infinite:** The realm of God has no limits or bounds whatsoever. (1 Kings 11:7; Psalms 145:3)

**Jealous:** God is unwilling to share His glory with any other creature or give up His redeemed people. His holiness does not tolerate competitors or those who sin against Him. (Exodus 20:5, 34:14; Joshua 24:19)

**Just:** In all His actions, God acts with fairness. Whether he deals with man, angels, or demons, He acts in total equity by rewarding righteousness and punishing sin. Since He knows all, every decree is absolutely just. (Numbers 14:18; Psalms 89:14; Romans 3:25-26) **Long-Suffering:** God’s righteous anger is slow to be kindled against those who fail to listen to His warnings or to obey His instructions. The eternal longing for the highest good for His creatures holds back His holy justice. (Exodus 34:6-7; Psalms 78:38; 2 Peter 3:9)

**Loving:** The attribute of God which causes Him to give Himself for another, even to the laying down of His own life. This attribute causes Him to desire the others highest good without any thought for Himself. This love is not based upon worth, response, or merit of the object being loved. (1 Chronicles 16:34; Jeremiah 31:3; Romans 5:8; 1 John 4:7-11)

**Merciful:** God is an actively compassionate being. In His actions, He responds in a compassionate way toward those who have opposed His will in their pursuit of their own way. (Deuteronomy 4:31; Psalms 62:12; Micah 7:18; Romans 9:14-16)

**Omnipotent:** God possesses all power. He is able to bring into being anything that He has decided to do, with or without the use of any means. (Genesis 18:14; Job 42:2; Jeremiah 32:27; Ephesians 3:20-21)

**Omnipresent:** God is present everywhere, in all the universe, at all times, in the totality of His character.
(Psalms 139:7-10; Proverbs 15:3; Jeremiah 23:23-24; Hebrews 4:13)

**Omniscient:** God knows all. He has perfect knowledge of everything that is past, present and future. (Job 37:16; Psalms 139:1-6; Proverbs 5:21; Romans 11:33)

**Righteous:** God is always good. It is essential to His character. He always does the right thing. Ultimately, since He is God, whatever He does is right. He is the absolute. His actions are always consistent with His character, which is love. (Deuteronomy 32:4; Psalms 119:142; Hosea 14:9; Matthew 5:48)

**Self-Existent:** There is nothing upon which God depends for His existence except Himself. The whole basis of His existence is within Himself. There was a time when there was nothing but God Himself. He added nothing to Himself by creation. (Exodus 3:14; John 5:26)

**Self-Sufficient**: Within Himself, God is able to act – to bring about His will without any assistance. Although He may choose to use assistance it is His choice, not His need. (Psalms 50:7-12; Isaiah 40:14; Acts 17:24-25)

**Sovereign:** God is totally, supremely, and preeminently over all His creation. There is no a person or thing that is not under His control and foreknown plan. (Job 9:12; Psalms 99:1; Daniel 4:35; Acts 4:24-28)

**Transcendent:** God is above His creation, and He would exist if there were no creation. His existence is totally apart from His creatures or creation. (Isaiah 43:10, 55:8-9)

**Truthful:** All that God says is reality. Whether believed by man or not, whether seen as reality or not; if it is spoken by God, it is reality. Whatever He speaks becomes truth as we know it. (1 Samuel 15:29; Psalms 31:5; Titus 1:2; John 5:20)

**Wise:** God’s actions are based on His character which allows Him to choose righteous ends and to make fitting plans to achieve those ends. (Job 12:13; Isaiah 40:28; Daniel 2:20; James 3:17)

**Wrathful:** There is within God a hatred for all that is unrighteous and unquenchable desire to punish all unrighteousness. Whatever is inconsistent with Him must ultimately be consumed. (Exodus 34:6-7;
2 Chronicles 19:2; Romans 1:18; Hebrews 10:30-31)

## PRAYING IN THE SPIRIT

***How To Pray In The Spirit****(I Corinthians 14:15, Ephesians 6:18, Jude 1:20)*

"Praying in the Spirit" is not just a catch phrase or a make believe pretense at prayer. Jude mentions it in Jude 1:20. The apostle Paul speaks of it in his spiritual warfare teaching in Ephesians 6:18. We are to live in the Spirit (Galatians 5:25), walk in the Spirit (Galatians 5:16), worship in the Spirit (John 4:24) and pray in the Spirit. John was "in the Spirit" on the Lord's Day while exiled on the Isle of Patmos. (Revelation 1:10) Should not we be as clearly "in the Spirit" when we pray or worship?

It is actually possible to be "in the Spirit" when you pray, and contrary, it is possible (lamentably, too often the case) to pray in the flesh and not according to the will of God, or the mind of the Spirit. There is a process by which the believer can enter into a state of waiting and rest in the Holy Spirit in which he can pray that which is on the heart of God. This is what it means to "pray in the Spirit."

It is entirely possible that you may never have prayed "in the Spirit." Perhaps that is why our prayer meetings are so dull and uninteresting. Much prayer is a recitation of our man-made wish-list before God, or it deteriorates into a monologue to God in which others are the primary listeners. This is not praying in the Spirit. This kind of "list praying" is not far from "vain repetitions". There is a place for the lists as reminders of immediate needs, but too much leaning on the fleshly mind will miss the mind of the Spirit.

Here are seven steps in preparing our hearts to pray in the Spirit and according to the will of God. Praying in the Spirit does not come automatically. It is the fruit of a fully developed intimacy with God. Learn to know God and you will know the heart of God.

The Spirit prays for us with groanings that cannot be articulated. (Romans 8:26) If you are never moved to tears when you pray, you are probably not praying the mind of the Spirit. Seek to pray the heart of God – which is the mind of the Spirit. Then continue to pray until the Spirit of God lifts the burden of prayer.

***Deal with Sin***

David said, "If I regard iniquity in my heart, God will not hear me." Sin hinders our fellowship with God. Sin deafens our ear to the voice of the Spirit. So deal carefully with secret sins of commission and omission Check your heart for sins of Words, Actions, Thoughts, Attitudes, (W.A.T.A.) Confess each to the Lord being specific about it (Psalm 66:18, Ps 139:23-24, Is 59:1,2, Mt 5:23-24).

***Deal with Self & Flesh***

"The spirit is willing, the flesh is weak." Matthew 26:41 (who’s on first? Who is on the throne?) Selfish desires and wants must be laid down. Breathe in the Holy Spirit. Ask for the Holy Spirit to take control of desires. Be in the Spirit, worship in the Spirit and pray in the Spirit. (Romans 8:8, 8:27, James 4:3, Gal 5:16,25)

***Deal with Thoughts***

Reign in the wandering mind. His thoughts are not your thoughts. We are instructed to "Bring every thought into the captivity of Christ." (2 Corinthians 10:3-4, Is 26:3, Is 55:8)

***Deal with the Devil***

He is the hinderer, thief, liar, destroyer, murderer, deceiver (Daniel 9, Zech 3, I Pet 5:9, Rev 12, Eph 6) Resist him steadfastly. Having not dealt with him we are hindered by him. He is allowed to go unchecked, unfettered, un-gagged. "We wrestle not against flesh and blood but principalities and powers." Remember, "Deliver us from evil" is still part of the Lord's prayer.

***Agree with God***

Admit to God that, "We know not how to pray as we ought." Romans 8:26-27, Proverbs 3:5, Luke 22:42 "Nevertheless not my will but thy will be done." Jesus taught us to pray, "Thy will be done." in the Lord's prayer. (Matthew 6:10)

***Believe God***

Believe and expect God to lead you by His voice and revelation (Rom 8:14). Believing prayer is acceptable to God. Wishing and hoping are not the same as confident believing prayer. (James 1:6-7, Hebrews 11:6, Romans 4:20)

***Wait for God***

Wait on God. Wait patiently for His burden and direction. (Stand Still, be still, keep silence) Psalm 46:10,
Psalm 27:14, Ps 37:7, Is 40:3

## PRAYING THE PSALMS EACH DAY

There are ways— from any part of the Bible—to turn the Scriptures into prayer, but that the Psalms are generally the best place to do so.

As a way to avoid aimlessly thumbing through the Psalms to find one to pray, and in order to systematically consider all 150 psalms, I recommend a simple procedure called “[The Psalms of the Day](https://www.crossway.org/articles/how-to-pray-through-the-psalms/).” This involves looking first at the psalm that corresponds with the day of the month.

For example, on the 14th of the month, you first skim the 14th Psalm as the one you might pray through on that day. If you’re not sure that’s the one you want to pray through, you look at another by simply adding 30 (because there are usually 30 days in a month). So the second psalm you skim is Psalm 44. You continue this until you examine as many as five psalms. So on the 14th of each month you’d consider Psalms 14, 44, 74, 104, and 134. (On the 31st of the month you pray through part of Psalm 119.)

As you read each Psalm, look for ways to praise God for who He is (His names an attributes) and thank Him for all He has done, is doing and will do. Allow the Word of God to guide you into topics to pray about each day. As you read and pray, the Holy Spirit will bring to mind other Scriptures that you can add to your prayers. No longer will you find yourself praying stale, repetitive prayers and you will discover the blessings of praying out of God’s storehouse of God’s Word.

Although it’s a fairly easy process, some prefer to glance at a chart where all the math is already done. A sample is provided on the next page that you may copy and carry in your Bible.

**Now there’s a free app that not only does the math for you, but actually includes the text (from the ESV Bible) of the five “Psalms of the Day.”** The app is called “**Five Psalms**.” And it’s available **free** for both [iOS](https://itunes.apple.com/us/app/five-psalms/id1104746125) and [Android](https://play.google.com/store/apps/details?id=com.biblefoundry.fivepsalms) platforms.

Bryant Huang—a friend, software developer, and graduate of The Master’s Seminary in California—developed the app after reading [Praying the Bible](http://biblicalspirituality.org/product/praying-the-bible/). As he started praying through a different psalm each day, it occurred to him that he could use his computer expertise to create an app that would streamline the process of quickly skimming the Psalms of the Day. As a result of Bryant’s good work, anyone can have all five psalms available anytime, anywhere, with just a tap on their smartphone or tablet.

The following screenshot contains just about everything you need to know about “Five Psalms.” When you open the app you see a page like the one below. This screenshot was taken on the 14th of the month. Notice all five “Psalms of the Day” at the bottom. You can either tap on them one-by-one or swipe to the left to see the next one.

Resources: *Praying The Bible* by Donald Whitney and free App - *Five Psalms*

**Pray Five Psalms a Day**

|  |  |
| --- | --- |
| **Day** | **Psalms** |
| **1** | 1 | 31 | 61 | 91 | 121 |
| **2** | 2 | 32 | 62 | 92 | 122 |
| **3** | 3 | 33 | 63 | 93 | 123 |
| **4** | 4 | 34 | 64 | 94 | 124 |
| **5** | 5 | 35 | 65 | 95 | 125 |
| **6** | 6 | 36 | 66 | 96 | 126 |
| **7** | 7 | 37 | 67 | 97 | 127 |
| **8** | 8 | 38 | 68 | 98 | 128 |
| **9** | 9 | 39 | 69 | 99 | 129 |
| **10** | 10 | 40 | 70 | 100 | 130 |
| **11** | 11 | 41 | 71 | 101 | 131 |
| **12** | 12 | 42 | 72 | 102 | 132 |
| **13** | 13 | 43 | 73 | 103 | 133 |
| **14** | 14 | 44 | 74 | 104 | 134 |
| **15** | 15 | 45 | 75 | 105 | 135 |
| **16** | 16 | 46 | 76 | 106 | 136 |
| **17** | 17 | 47 | 77 | 107 | 137 |
| **18** | 18 | 48 | 78 | 108 | 138 |
| **19** | 19 | 49 | 79 | 109 | 139 |
| **20** | 20 | 50 | 80 | 110 | 140 |
| **21** | 21 | 51 | 81 | 111 | 141 |
| **22** | 22 | 52 | 82 | 112 | 142 |
| **23** | 23 | 53 | 83 | 113 | 143 |
| **24** | 24 | 54 | 84 | 114 | 144 |
| **25** | 25 | 55 | 85 | 115 | 145 |
| **26** | 26 | 56 | 86 | 116 | 146 |
| **27** | 27 | 57 | 87 | 117 | 147 |
| **28** | 28 | 58 | 88 | 118 | 148 |
| **29** | 29 | 59 | 89 |  | 149 |
| **30** | 30 | 60 | 90 | 120 | 150 |
| **31** | 119 |

## PRAYING GOD’S PROMISES

There are many, many promises of God in Scripture. In each promise, God pledges that something will (or will not) be done or given or come to pass. These are not flippant, casual promises such as we often make; these promises of God are rock-solid, unequivocal commitments made by God Himself. Because God is faithful, the recipients of the divine promises can have full assurance that what God has pledged will indeed be realized.

*"God is not a man that He should lie nor a son of man that He should change His mind. Does He speak and then not act? Does He promise and not fulfill?" (Numbers 23:19)*

"For no matter how many promises God has made, they are "Yes" in Christ. And so through Him the "Amen" is spoken by us to the Glory of God" (2 Cor.1:20). Read this verse carefully. All promises are YES in Christ, but they must become AMEN through us. Amen means; it is true and certain. We must take God at His Word because His Word is true and just and we must use those promises in faith when praying. We add the AMEN with our lives because a promise means nothing if we do not claim it for ourselves.

Promises predict the answers to prayer. They are the molds into which we pour our prayers. They foretell what to expect. They shape our praying. They motivate, direct and determine our supplication. This makes Christian praying different! How? He promises - we believe. We act on His Word. In this way answered prayer not only satisfies us; it delights the heart of God by fulfilling His Own Word."



It is a blessing to pray God’s promises into your life and the life of others. We never need to wonder what to pray about when we have God’s Word and His promises. Many promises are list below. You can also download the free ***Bible Promises*** App on your phone. It is the one with John 3:16 and the open Bible as its logo.

***Promises of God in the Old Testament***

God promised to bless Abraham and, through his descendants, the whole world (Genesis 12:2–3). This promise, called the Abrahamic Covenant, pointed to the coming Messiah for whom Abraham looked (John 8:56).

God promised Israel to be their God and make them His people (Leviticus 26:12–13). Old Testament history is teeming with examples of God fulfilling this promise.

God promised that if we search for Him we will find Him (Deuteronomy 4:29). He is not playing hard-to-get. “Our God is near us whenever we pray to him” (Deuteronomy 4:7).

God promised protection for His children (Psalm 121). He was the vigilant watchman over all Israel.

God promised that His love will never fail (1 Chronicles 16:34). He is faithful in every way.

God promised Israel that their sin could be forgiven, their prosperity restored, and their nation healed (2 Chronicles 7:14). Repentance opened the road to fellowship and blessing.

God, under the terms of the Mosaic Covenant, promised prosperity to Israel for obedience and destruction for disobedience (Deuteronomy 30:15–18). Unfortunately, Israel eventually chose to disobey, and the nation was destroyed by Assyria and Babylon.

God promised blessing for all who will delight themselves in His Word (Psalm 1:1–3). Simple faith has its rewards.

***Promises of God in the New Testament***

God promised salvation to all who believe in His Son (Romans 1:16–17). There is no greater blessing than the free gift of God’s salvation.

God promised that all things will work out for good for His children (Romans 8:28). This is the broader picture that keeps us from being dismayed by present circumstances.

God promised comfort in our trials (2 Corinthians 1:3–4). He has a plan, and one day we will be able to share the comfort we receive.

God promised new life in Christ (2 Corinthians 5:17). Salvation is the beginning of a brand-new existence.

God promised every spiritual blessing in Christ (Ephesians 1:3). Whereas, in the Old Testament, Israel had the promise of physical blessing, the church today has been promised spiritual blessings “in the heavenly realms.” Our inheritance is reserved for us (1 Peter 1:4).

God promised to finish the work He started in us (Philippians 1:6). God does nothing in half measures. He started the work in us, and He will be sure to complete it.

God promised peace when we pray (Philippians 4:6–7). His peace is protection. It will “guard your hearts and your minds in Christ.”

God promised to supply our needs (Matthew 6:33; Philippians 4:19). Not that we get everything we *want*, but our *needs* will be taken care of. We are more valuable than the birds, and our Heavenly Father feeds them (Matthew 6:26).

***Jesus’ promises in the Gospels***

Jesus promised rest (Matthew 11:28–30). Burdens are lifted at Calvary.

Jesus promised abundant life to those who follow Him (John 10:10). Following Jesus brings us more spiritual fulfillment than we could have anticipated. We leave boring behind.

Jesus promised eternal life to those who trust Him (John 4:14). The Good Shepherd also promised to hold us securely: “No one will snatch them out of my hand” (John 10:28).

Jesus promised His disciples power from on high (Acts 1:8). In this power, they “turned the world upside down” (Acts 17:6).

Jesus promised that He will return for us (John 14:2–3). From then on, we will be with Him always.

There are many more promises of God that could be listed. All of them find their ultimate fulfillment in Jesus Christ, “the radiance of God’s glory” (Hebrews 1:3). “No matter how many promises God has made, they are ‘Yes’ in Christ” (2 Corinthians 1:20).

***Promises for different needs***

God keeps His promises - God is not a man that he should lie, nor a son of man that He should change His mind (Num.23:19); Heb.10:23; Isa.46:11; Ps.89:34-36; Isa.30:18

God listens to our prayer - For the Eyes of the Lord are on the righteous and His Ears are attentive to their prayer (1 Pet.3:12) Ps.34:17; 1 John 5:14; 2 Cron.16:9; Ps.4:4; Ps.102:17

God answers our prayer - Before they call I will answer; while they are still speaking I will hear (Isa.65:24). Jer.33:3; Mark 11:24; John 16:24; John 15:7; Isa.58:9; Eph.3:20; Matt.7:7

Promises about salvation - For God did not send His Son into the World to condemn it but to save the World through Him (John 3:17). Rom.10:9-10; 10:13; Eph.2:8-9; 1 Tim.2:3-4; Heb.6:18

Promises about new life - Therefore, if anyone is in Christ he is a new creation, the old has gone the new has come! (2 Cor.5:17) John 10:10; 1 Pet.2:24; Gal.2:20; Rom.6:4; 1 John 3:9; 2 Cor.3:18; Ezek.36:26

Promises about freedom - Then you will know the Truth and the Truth will set you free... So if the Son sets you free, you will be free indeed (John 8:32,36) Rom.6:14,22; Rom.8:1-2; 2 Cor.3:17; Acts 13:38

Promises about forgiveness - If we confess our sins, He is Faithful and Just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9) Ps.32:1-2; Isa.43:25; Ps.103:12; 1 John 2:12; Eph.1:7; Rom.8:33.

Promises about justification - God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God (2 Cor.5:21) Rom.8:10; 1 Cor.1:30; Rom.3:21-22; Rom.4:4-5; Rom.5:17

Promises about the Holy Spirit - If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in Heaven give The Holy Spirit to those who ask Him (Luke 11:13) Isa.44:3; John 14:16-17; John 16:7; Acts 1:8; Acts 2:38-39 Gal.4:6; Gal.3:14; 1 John 4:13; Matt.3:11; Ezek.36:27; Eph.1:13

Promises about faith in God - Think of yourself... in accordance with the measure of faith God has given you (Rom.12:3) Eph.2:8; Heb.11:6; James 1:3; 1 Pet.1:7; Rom.1:17; 1 John 5:4; Mark 9:23; Eph.6:16; John 20:29; Matt.21:21-22; John 16:24

Promises about The Word - All Scripture is God-Breathed and is useful for teaching, rebuking, correcting and training in righteousness so that the man of God may be thoroughly equipped for every good work (2 Tim.3:16-17) 1 Pet.1:25; Isa.40:8; Matt.4:4; Deut.29:29; Jos.1:8; Isa.55:11; Heb.4:12

Promises about protection from the Evil One - But The Lord is Faithful and He will strengthen and protect you from the evil one (2 Thess.3:3) 2 Tim.4:18; Col.1:13; Col.2:15; 1 John 5:18; Rom.8:38,39; Ps.91:9-13; Heb.2:14-15

Promises about His presence - And surely I am with you always to the very end of the age (Matt.28:20) Isa.43:5; James 4:8; John 14:15-16; Matt.18:20; Ps.23:4; Heb.13:5

Promises about Spiritual growth - Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus (Phil.1:6) John 17:18-19; 2 Pet.1:3-4; 2 Cor.3:18; 1 Cor.1:8; Eph.3:17-19; Phil.1:9-10

Promises about Spiritual gifts - God's gifts and His call are irrevocable (Rom.11:29) Rom.12:5-8

Promises about the Truth - When the Counsellor comes, whom I will send to you from the Father, the Spirit of Truth who goes out from the Father, He will testify about Me (John 15:26) John 8:31-32; John 16:3; Eph.5:9

Promises about the Love of God - But God demonstrates His own Love for us in this: While we were still sinners, Christ died for us (Rom.5:8) Jer.31:3; Isa.54:10; 1 John 4: 9-10; John 15:9; 1 John 3:1

Promises about joy - I have told you this so that My joy may be in you and that your joy may be complete (John 15:11) Ps.16:11; Rom.14:17; Isa.55:12; Isa.35:10

Promises about the Peace of God - But He was pierced for our transgressions; He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed (Isa.53:5) John 14:27; Rom.5:1; Phil.4:7 Rom.5:22

Promises about the Hope of the Christian - For everything that was written in the past was written to teach us so that through endurance and the encouragement of the Scriptures we might have hope (Rom.15:4) Col.1:27; 1 Pet.1:3; Heb.6:18-19; Rom.5:2; Rom.15:13

Promises about eternal Life - For God so loved the World that He gave His One and Only Son, that whoever believes in Him shall not perish but have eternal Life (John 3:16) 1 John 2:25; Rom.6:23; John 10:27-28; John 5:24; 1 John 5:11-13

Promises about the Second Coming of Christ - In my Father's House are many rooms; if it were not so I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you I will Come Back and take you to be with Me (John 14:2-3) John 14:28; Acts 1:11; 1 Thess.4:16-17; Col.3:4; Heb.9:28; Rev.1:7

Promises about Heaven - I saw the Holy City, the New Jerusalem, coming down out of Heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud Voice from the Throne saying: "Now the dwelling of God is with men, and He will live with them. They will be His people and God Himself will be with them and be their God (Rev.21:2-3) 1 Pet.1:4-5; 2 Pet.1:10-11; 2 Pet.3:13; Luke 23:43

God promises power - He gives strength to the weary and increases the power of the weak (Isa.40:29) Ps.29:11; Isa.26:4; Neh.8:10; Eph.6:10; Phil.4:13; Isa.58:11

We can trust in God - Have no fear of sudden disaster or of the ruin that overtakes the wicked for the Lord will be your confidence and will keep your foot from being snared (Prov.3:25-26) Prov.14:26; Isa.30:15; 1 John 3:21; 1John 5:14-15

God promises wisdom - To the man who please Him, God gives wisdom, knowledge and happiness (Eccl.2:26) Prov.2:6-7; Prov.9:10; Job 12:13; Dan.2:20-22; 1 Cor.1:30

The Lord will teach us - He guides the humble in what is right and teaches them His Way. All the ways of the Lord are loving and faithful for those who keep the demands of His covenant (Ps.25:8- 10) Ps.25:12-14; Ps.32:8; 2 Tim.3:16-17; Prov.15:33

The Lord will guide us - Whether you turn to the right or to the left your ears will hear a Voice behind you, saying, "This is the way; walk in it" (Isa.30:21) Ps.48:14; Ps.23:1,3; Ps.139:9-10

The Lord will make us prosperous - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight. (Prov.3:5-6) Jos.1:8; 2 Chron.20:20; Prov.16:3; 2 Cor.3:5b; 1 Chron.22:12-13

God will comfort us - Blessed are those who mourn for they will be comforted (Matt.5:4) 2 Cor.1:3-4; 2 Thess.2:16-17; Isa.49:13; John 14:18

God will give us the desires of our heart - May He give you the desire of your heart and make all your plans succeed (Ps.20:4) Ps.21:2; Prov.10:24; Ps.103:4-5; Mark 11:24

Promises about the family of the believer - The Lord blesses the house of the righteous (Prov.3:33) Prov.12:7; Deut.12:28; Isa.54:13; Ps.112:1-3; Prov.22:6; Ps.128:1,3; Deut.4:40; Eph.6:2-3

Promises about health and healing - By His wounds we are healed (Isa.53:5c) Jer.30:17; Deut. 7:12,15; Ps.91:5-6,10; 3 John 1:2; Jer.33:6; Ex.15:25-26; Ps.103:3; Mal.4:2; 1 Pet.2:24; James 5:13-14,16; Matt.8:16-17

Promises about the protection of God - The name of the Lord is a strong tower; the righteous run to it and are safe (Prov.18:10) 1 Sam.2:9; Ps.125: 1-2; Ps.91:3-4,11-12; Ps.34:19-20; Ps.121:1-8; Prov.29:25

Promises about practical/physical needs - And my God will meet all your needs according to His Glorious Riches in Christ Jesus (Phil.4:19) Matt.6:25-26,31-33; Deut.28:1,11,12; Luke 12:30-31; Deut.29:9; Ps.111:5; Isa.1:19; Zech.10:1; Lev.26:3-5

Promises for times of fear and doubt - So do not fear for I am with you; do not be dismayed for I am your God. I will strengthen you and help you; I will uphold you with My Righteous Right Hand (Isa.41:10) Isa.41:13; Isa.43:1; 2 Tim.1:7; Luke 12:6-7; 1 John 4:18; Rom.4:21; Ps.112:7; Isa.58:9

Promises for times of depression - Why are you downcast O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him my Savior and my God (Ps.43:5) Ps.73:26; Ps.37:23-24; Ps.34:47; Isa.49:15; Heb.13:5

Promises in times of failure and helplessness - Do not let your hearts be troubled. Trust in God; Trust also in Me (John 14:1) Isa.61:1-3; Ps.147:3; Rom.8:28; Isa.41:13; 2 Cor.12:9; Rom.8:26; Heb.13:6; 1 John 4:4

Promises in times of anxiety - If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith...Therefore do not worry about tomorrow, for tomorrow will worry about itself (Matt.6:30,34) Phil.4:6-7; Luke 12:25-26; 1 Pet.5:6-7; Gal.5:1; Matt.11:28-30

Promises in time of temptation and demonic attacks - No temptation has seized you except what is common to man. And God is Faithful; He will not let you be tempted beyond what you can bear. But when are tempted, He will also provide a way out so that you can stand up under it (1 Cor.10:13) 2 Pet.2:7-9; Heb.4:1416; 1 Thess.5:22-24; James 4:7; Gal.1:3-4; Rom.16:20; John 16:33; 1 John 4:4

Promises in suffering, difficulties and attacks from people - The salvation of the righteous comes from the Lord; He is their stronghold in time of trouble. The Lord helps them and delivers them; He delivers them from the wicked and saves them because they take refuge in Him (Ps.37:39-40) James 1:12; Rom.5:3; 1 Pet.1:4-7; Jer.15:21; Ps.27:1-2; 1 Pet.3:9; Rom.8:31; Ex.14:13-14; Matt.5:10-12; Luke 21:12-15; Rev.2:10

God gives power for His service - This is the word of the Lord to Zerubbabel: "Not by might nor by power, but by My Spirit" says the Lord Almighty (Zech.4:6) Acts.1:8; Isa.40:31; Eph.6:13; Phil.2:13; Eph.3:16; Col.1:11

Promises about financial and material provision - Consider the ravens; They do not sow or reap, they have no store room or barn yet God fees them and how much more valuable you are than birds! (Luke 12:24) Phil.4:19; Luke 11:9; Ps.84:11-12; Matt.6:32: Ps.37:3,25; Luke 12:30-31; Luke 6:38

## PRAYING FOR OTHERS

As we intercede for one another, look for opportunities to pray these truths into the hearts and minds of those who know Christ as Savior.

***I Am Accepted***

* I am a brand plucked out of the fire (Zechariah 3:2)
* I am a child of God by faith in Jesus Christ (John 1:12)
* I am Christ’s friend, he calls me by name, and my name is written in heaven (John 15:15)
* I have been justified freely by his grace, therefore I have peace with God (Romans 5:1)
* I am a heir of God, joint-heir with Christ (Galatians 4:7)
* I have been bought and paid for by Christ, redeemed from the enemy (1 Corinthians 6:19-20)
* I am included with the saints (Ephesians 1:1)
* I have been adopted into God’s family (Ephesians 1:5)
* I have been seated with Christ in heavenly places above Satan’s power (Ephesians 2:6)
* I have direct access to God (Ephesians 2:18)
* I have been translated into the kingdom of God’s dear Son (Colossians 1:13)
* I have been redeemed to God and forgiven (Colossians 1:14)

***I Am Secure***

* I am not condemned before the throne (Romans 8:1-2)
* I know all things work together for me because I am called to his purpose (Romans 8:28)
* I am free of all accusations of the enemy. No one lays any charge on God’s elect (Romans 8:31)
* I cannot be separated from God’s love by anything (Romans 8:35)
* I have been sealed by God (2 Corinthians 1:20-22)
* I am hidden with Christ in God (Colossians 3:3)
* I am confident God will complete the work he began in me (Philippians 1:6)
* I am a citizen of heaven (Philippians 3:20)
* I have been given a sound mind (2 Timothy 1:7)
* I have boldness before the throne of God (Hebrews 4:16)
* I am born of God, and the evil one cannot touch me (1 John 5:18)

***I Am Significant***

* I am salt and light in this world (Matthew 5:13-14)
* I am a branch on the True Vine (John 15:1, 5)
* I have been chosen to bear fruit that remains (John 5:16)
* I am a witness to the reality of Christ (Acts 1:8)
* I am a temple of the Holy Spirit who dwells in me (1 Corinthians 3:16)
* I am an ambassador for Christ (2 Corinthians 5:20)
* I am God’s workmanship created in Christ Jesus (Ephesians 2:10)
* I can do all things through Christ who strengthens me. (Philippians 4:13)
* I have Christ in me. Greater is he in my than he who is in the world (1 John 4:4)

## PRAYING GOD’S REVEALED PURPOSES FOR HIS CHURCH

* That we pursue lost people as Jesus did. (Luke 19:10)
* That we evangelize our circles of influence. (Acts 1:8)
* That we worship God in Spirit and Truth. (John 4:22-24)
* That we love God with all our hearts, minds, souls, strength. (Deuteronomy 6:5; Luke 10:27)
* That we all become more like Jesus. (I Peter 2:21)
* That we all be radical followers of Jesus. (Luke 9:23-26, 57-62)
* That we grow strong in faith believing God for great things. (Romans 4:20-21)
* That we be disciplers, teaching all things that Jesus taught. (Matthew 28:19-20)
* That we learn to pray, fervently and effectively. (Hebrews 4:16, I Thessalonians 5:17; I Timothy 2:1-2)
* That we preach “the Word.” (2 Timothy 4:2)
* That we “admonish” one another daily. (Hebrews 10:25)
* That we surrender our bodies as living sacrifices. (Romans 12:1-2)
* That we henceforth be no longer children but grow up. (Hebrews 5:12-14)
* That we henceforth live no longer unto ourselves but for Jesus. (2 Corinthians 5:15)
* That we cease loving the world. (I John 2:15-17)
* That we be a glorious church without spot or wrinkle. (Ephesians 5:27)
* That we be sanctified, holy. (Matthew 5:48, I Thessalonians 4:3,7; I Peter 1:16)
* That we be sexually pure. (I Corinthians 6:19-20)
* That we share, break bread, have fellowship in homes. (Acts 2:42-46)
* That we challenge, train, equip, send, support missionaries. (Acts 13:2-4; 16:5-10)
* That we are filled with the Holy Spirit. (Ephesians 5:18)
* That we bring our children up in nurture of the Lord. (Ephesians 6:4)
* That we forsake not the assembling of ourselves together. (Hebrews 10:25)
* That we aggressively minister to “little ones.” (Matthew 19:14)
* That we identify and exercise our gifts. (I Corinthians 12, Romans 12, Ephesians 4)
* That we sing to the Lord. (Ephesians 5:19, Colossians 3:16)
* That we give thanks in everything, good or bad. (I Thessalonians 5:18, Ephesians 6:20)
* That we give to the Lord cheerfully and liberally. (2 Corinthians 9:6-10)
* That we trust God to heal our bodies. (James 5:14-16)
* That we confess our faults, failures, and weaknesses, one to another. (James 5:16)
* That we are able to give a reasoned answer to our faith. (I Peter 3:15)
* That we resist the devil and he flees. (I Peter 5:8-10; Ephesians 6:10-18)
* That we forgive one another and make restitution. (Matthew 6:14-15, Ephesians 4:29-32)
* That we partake of the Lord’s table worthily. (I Corinthians 11:26-30)
* That we follow the Lord in baptism. (Matthew 3:14-17)
* That we love one another so intensely the world sees and believes. (John 13:35)

When we pray God's purposes we are safe. His promises will never fail. His purposes will always be accomplished. When we pray His purposes we pray "in the will of God" and according to the Spirit. There is no better way to enter into the heart of God.

## PRAYING THE PRAYERS OF THE NEW TESTAMENT

There are wonderful prayers in the New Testament that we can pray back to God and then make them our own. These are some of the prayers recorded by Paul in his letters.

**Romans 15:5-6**

May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.

**Romans 15:13**

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**Romans 15: 30-33**

I urge you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me. Pray that I may be kept safe from the unbelievers in Judea and that the contribution I take to Jerusalem may be favorably received by the Lord’s people there, so that I may come to you with joy, by God’s will, and in your company be refreshed. The God of peace be with you all. Amen.

**2 Corinthians 1:10-11**He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us,as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.

**2 Corinthians 13:7-9**

Now we pray to God that you will not do anything wrong—not so that people will see that we have stood the test but so that you will do what is right even though we may seem to have failed. For we cannot do anything against the truth, but only for the truth. We are glad whenever we are weak but you are strong; and our prayer is that you may be fully restored.

**Ephesians 1:17-19a**

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spiritof wisdom and revelation, so that you may know him better.  pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe …

**Ephesians 3:14-21**

For this reason I kneel before the Father, from whom every family[[a](https://www.biblegateway.com/passage/?search=eph+3%3A14-21&version=NIV#fen-NIV-29267a)]in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**Ephesians 6:19-20**

Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make know the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

**Philippians 1:9-11**

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ-to the glory and praise of God.

**Philippians 4:6-7**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Colossians 1:3-4**

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God’s people—

**Colossians 1:9-14**

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience,and giving joyful thanks to the Father, who has qualified youto share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

**Colossians 4:2-6**

Devote yourselves to prayer, being watchful and thankful. **3**nd pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

**Colossians 4:12**

Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured.

**I Thessalonians 1:2-3**

We always thank God for all of you and continually mention you in our prayers. We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

**I Thessalonians 3:10-11**

Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith.

Now may our God and Father Himself and our Lord Jesus clear the way for us to come to you.

**I Thessalonians 3:12-13**

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

**I Thessalonians 5:23-24**

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.

**2 Thessalonians 1:11-12**

With this in mind, we constantly pray for you, that our God may count you worthy of His calling, and that by His power He may fulfill every good purpose of yours and every act promoted by your faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.

**2 Thessalonians 2:16-17**

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope,encourage your hearts and strengthen you in every good deed and word.

**2 Thessalonians 3:1-2**

Finally, brothers, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you. And pray that we may be delivered from wicked and evil men, for not everyone has faith.

**2 Thessalonians 3:5**

May the Lord direct your hearts into God’s love and Christ’s perseverance.

**I Timothy 1:17**

Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

**I Timothy 2:1-7**

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. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time. And for this purpose I was appointed a herald and an apostle—I am telling the truth, I am not lying—and a true and faithful teacher of the Gentiles.

**Philemon 6**I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ.

## PRAYING FOR THE LOST

Praying for our unsaved friends is the best way to begin reaching them for Christ. The following verses give us a biblical outline for these prayers.

* I pray, Lord, that you draw \_\_\_\_\_\_\_\_\_\_ to yourself.
"No one can come to me unless the Father who sent me draws him . . . ". (John 6:44)
* I pray that \_\_\_\_\_\_\_\_\_\_\_\_\_\_ will hear and believe the Word of God.
*" . . . faith comes from hearing the message, and the message is heard through the word of Christ".
(Romans 10:17)*
* I ask you to prevent Satan from blinding \_\_\_\_\_\_\_\_\_\_\_\_ to the truth.
*"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God”. (2 Corinthians 4:4)*
* Holy Spirit, I ask you to convict \_\_\_\_\_\_\_\_\_ of his/her sin and his/her need for Christ’s redemption
*"When he [the Holy Spirit] comes he will convict the world of guilt in regard to sin and righteousness . . . But when he, the Spirit of truth, comes, he will guide you into all truth".(John 16:8,13)*
* I ask you to send someone who will share the Gospel with \_\_\_\_\_\_\_\_\_ (Matthew 9:37-38).
*Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” (Matthew 9:37-38)*
* I also ask that you give me and other believers opportunity, the courage and the right words to share with \_\_\_\_\_\_.
*Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should. (Ephesians 6:19-20)*
* Lord, I pray that \_\_\_\_\_\_\_\_\_\_ will turn from his/her sin.
*In the past God overlooked such ignorance, but now he commands all people everywhere to repent.
(Acts 17:30-31)*
* Lord, I pray that \_\_\_\_\_\_\_\_\_\_\_ would place his/her trust in Christ and receive Your free gift of eternal life.
*Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— (John 1:12)*
* Lord, I pray that \_\_\_\_\_\_\_\_\_\_\_ will confess Christ as Lord of his/her life, that his/her faith would take root and grow, and that he/she would bear much fruit for your glory
*"That if you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved". (Romans 10:9-10)*

*But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect … (1 Peter 3:15)*

## PRAYING FOR YOUR NEIGHBORS

***Be a Light for Christ***

For the Lord has commanded us, "I have placed you as a Light for the Gentiles, that you may bring salvation to the ends of the earth." - Acts 13:47

***Pray-Care-Share***

Blesseveryhome.com gives you the tools to become a Light for Christ in your neighborhood. Join an ever-growing community of Christ followers who are devoted to being a Light in their neighborhoods through praying for, caring for, sharing the gospel with, and discipling their neighbors.

We provide all the tools to get to know your neighbors by name so that you can begin to build relationships with them. Use your dashboard to track your individual progress with each neighbor. You will even receive optional daily reminder emails with a prayer prompt and 5 neighbors to pray for that day.

***Features***

* A free personalized and customizable list of your own neighbors so that you can begin to know your neighbors like never before.
* Color-coded tracking tools to record your Pray, Care, Share journey with each neighbor home.
* Daily reminder emails featuring a prayer prompt and the next 5 neighbors to pray for that day.
* A private prayer journal to keep track of prayer requests or notable life events for each neighbor.
* Access to our collection of resources to help you grow in your ability to bring others to Christ.

By transforming your home into a mission outpost and joining the Pray-Care-Share movement, you can be a part of reaching every man, woman, and child for Jesus Christ in America by the end of year 2020!

***Resources***

*Be Jesus In Your Neighborhood: Developing a Prayer, Care, Share Lifestyle in 30 Days* by Alvin VanderGriend

[www.blesseveryhome.com](http://www.blesseveryhome.com)

## PRAYING FOR REVIVAL AND SPIRITUAL AWAKENING

**Ask God to bring deep conviction of sin, spiritual brokenness, a holy fear of God and genuine repentance among His people.** There will be no revival without these elements and only God can produce them in His people. After all we cannot program or work up genuine brokenness and repentance.
(2 Corinthians 7:10)

**Pray for deep cleansing, genuine repentance, and spiritual power to engulf pastors and Christian leaders.** Revival and spiritual awakening are extremely unlikely without a mighty move of God in pastors and Christian leaders. Renewed pastors are absolutely crucial to a move of God in our day!
(Ephesians 6:14-20)

**Pray for God to bestow spiritual hunger in His people and draw them to fervent intercession.** God has to grant people the genuine faith and the fervent desire for prayer. With all our promotion and programming, we cannot “produce a genuine prayer movement. (Philippians 2:13)

**Pray that God will bring loving unity in our churches and a deep harmony between our churches.** Many churches need healing among members and many churches need to stop competing jealously with other churches. (John 13:35)

**Pray for God to fill His people with a passion to see people saved.** (Only God can give a genuine burden for souls.) Until God’s people intensely pray for the lost and do aggressive soul winning revival will tarry. Be sure you are constantly praying for many lost people by name. (Romans 9:1-3)

**Pray for God to give His people a passion for missions and starting churches.** Great revivals produce an explosion of mission projects, new ministries and new church starts. Only God can grant a genuine passion for missions. (Matthew 28:19)

**Pray that God will call thousands into ministry, missions and Christian service.** Many churches are dying for lack of soul winners, teachers and church workers. Furthermore, we can start only as many churches as we have church planters to start them. (Matthew 9:37)

**Pray that God will pour out His Spirit like a mighty purifying flood.** Ask God to purify our “motives as we pray for revival. After all it is possible to pray for revival for selfish or ambitious reasons. Our motives must be solely for: (a) the glory of God, and (b) the increase of the kingdom of God. We must not pray for revival just to solve our own problems or make our church successful in the eyes of men. (James 4:2)

**Pray for a mighty move of conviction and salvation upon communities of cultural influence.** Some key examples are Hollywood actors and producers, government officials, educators, teachers, and college professors, news and media people, talk shows hosts, comedians, homosexual activists groups, and the music industry. (1 Timothy 2:1-2)

**Specifically pray for God to pour out His Spirit in a fashion even greater than He did in America in 1858 and Wales in 1904.** (Ten percent of Wales’ population was saved in five months!) Ask God for a modern day of Pentecost in our nation. (Mark 11:22-24; John 14:13-14.)

## FASTING AND PRAYER

How often do you think fasting is mentioned in the Bible? By my count, there are some seventy-seven biblical references to fasting. Does that surprise you? Despite so many references, fasting is not a frequent subject in pulpits, publications, and Christian conversation.

In part, this may be due to the fact that, while fasting may be done cooperatively with fellow believers (as in [Acts 13:2](http://biblia.com/bible/esv/Acts%2013.2)), typically it is private in nature and shouldn’t be evident to others ([Matt. 6:16–18](http://biblia.com/bible/esv/Matt.%206.16%E2%80%9318)). So it’s possible that Christians around us fast more than we realize or hear mentioned. But could the main reason that fasting is seldom taught be that fasting is seldom practiced?

Should Christians Fast Today?

As a result of the famine of teaching on the subject, there are a number of common misunderstandings among believers about the discipline of fasting. One is the idea that it is a practice relegated only to biblical times or to religious eccentrics. But Jesus, when asked why His disciples never fasted, replied, “The days will come when the bridegroom is taken away from them, and then they will fast” ([Matt. 9:15](http://biblia.com/bible/esv/Matt.%209.15)). Until the ascended Bridegroom returns for His bride, fasting is a spiritual discipline His disciples will occasionally practice. This was the understanding of Christians in the book of Acts, who are reported fasting in 13:2 and 14:23. And church history reports that since the days of the New Testament, the followers of Jesus have likewise engaged in fasting.

Fasting and the Gospel

Another misconception about fasting occurs when people fail to associate it with the gospel. The most egregious version of this is the belief that fasting can impress God enough that He will open the door of heaven for those who deny themselves in this way. That, of course, implies that the life and death of Jesus are unnecessary (“Why repent and trust in Jesus? Just fast a little and heaven is yours.”), which is the greatest possible insult to the Father. Neither fasting nor anything else we could do — no matter how painful, self-sacrificial, or unselfish — can atone for our sins and reconcile us to God. Only Jesus, who offered Himself as a sinless sacrifice to bring others to God, can do that.

But it is also possible for genuine Christians to fast but fail to associate their fast with the gospel. They may fast simply in an effort to get things from God. In the New Testament, however, fasting is related to the spread of the gospel or the fruit of the gospel. Similarly, New Testament believers today should fast in a way connected with the spread of the message of Jesus or fast as those who are the servants of Jesus.

So a Christian might fast, for example, and connect it with prayer for missionary labors, for the Sunday morning sermon, or for his witness to a friend. He might fast with prayer primarily for a personal concern, but rest his confidence that God will answer, not on the basis of his abstention from food, but on the fact that he fasted and prayed in the name of Jesus. So the error on one side is failing to fast at all, and on the other, fasting with confidence in the work of fasting rather than in the work of Christ.

Fasting for a Biblical Purpose

From the pragmatic perspective, the most common oversight is to fast without a clear biblical purpose. When you become aware of your hunger while fasting, you often remember, “Oh yeah, I’m hungry because I’m fasting.” Your next thought should be something like this: “And I’m fasting for this purpose.” There are at least ten purposes in Scripture for fasting, and most relate to prayer. So your hunger actually serves you during a fast in that it is a constant reminder about your biblical purpose, in this case to pray.

Ten reasons to engage in Christian fasting:

1.    To strengthen prayer.

2.    To seek God’s guidance.

3.    To express grief.

4.    To seek deliverance or protection.

5.    To express repentance and the return to God.

6.    To humble oneself before God.

7.    To express concern for the work of God.

8.    To minister to the needs of others.

9.    To overcome temptation and dedicate yourself to God.

10.  To express love and worship to God.

Fasting has to be a discipline, otherwise it is a blessing we’ll never experience. When should you fast? Times of special need, when important decisions must be made, or occasions when spiritual longings are especially intense, are often promptings to enter into a fast. But Christians are free to experience the blessings of fasting as often as they desire. Fasting expresses in a God-ordained way our belief that we have tasted and seen that the Lord is good ([Ps. 34:8](http://biblia.com/bible/esv/Ps.%2034.8)) — so good that there are times we’re satisfied to feast on Him instead of the food that the Lord made for us to live on. Fasting is a temporary physical demonstration that we believe the truth declared by the gospel, namely that, “Man shall not live by bread alone, but by every word that comes from the mouth of God” ([Matt. 4:4](http://biblia.com/bible/esv/Matt.%204.4)).

(The Discipline of Fastingby [Donald Whitney](http://www.ligonier.org/learn/teachers/donald-whitney/), *Spiritual Disciplines for the Christian Life*, NavPress)

## FAMILY PRAYER IDEAS

* **Silent Prayers:** The easiest way to start family prayer is praying silently together. Agree on a prayer list, join hands and then pray quietly.
* **Sentence Prayers:** Take turns allowing each person who is comfortable doing so to pray a very short, one sentence prayer.
* **Fill in the Blank Prayers:** Use pre-written language to guide and focus family prayer times.
* **Pray through a Psalm:** Read a Psalm together and then praise God for how He is revealed in the Psalm, confess any sins that may be described, ask for God’s help for yourself and others as illustrated in the Psalm.
* **Prayer Board:** Buy a dry erase board to be kept near the dinner table or on the refrigerator to track family prayer requests.
* **Recipe Prayer Cards:** Keep a recipe book and cards on the table so that when concerns are discussed they can be written on the cards. Add a section for answered prayers to thank God for His goodness and faithfulness.
* **Thanksgiving Jar:** Keep a large mason jar with a stack of paper nearby to record answers to prayer throughout the year. At Thanksgiving (or even once a month), share God’s blessing by reading through the answers to prayer.
* **Family Prayer Journal:** Keep a journal somewhere in the house where any family member can record written prayers. Other family members pick up the journal during their prayer times and pray for the needs that have been written.
* **Promise Jar:** Write down promises from God’s Word on slips of paper and place them in a jar on your table. Have a few family members read a promise and pray in faith that God will bring each promise to pass in the lives of the members of the family.
* **Meal time:** Briefly give thanks for the meal and then wait until everyone has eaten to have an extended family prayer time.
* **Bedtime:** The first person in the family to go to bed alerts everyone that it is time to close out the day in prayer as a family.
* **Wakeup:** Before the first person heads out the door, pray together about the day’s upcoming activities.
* **Drive time:** As you start the engine pause for a brief moment to ask God to protect you as you go and invite each person to pray a sentence prayer for any concern.
* **Walks:** Taking a walk together is a wonderful time to pray.
* **Mirror prayers:** Using a dry-erase marker, write a list of prayer concerns on the child’s bathroom mirror so they remember to pause and pray after brushing their teeth.