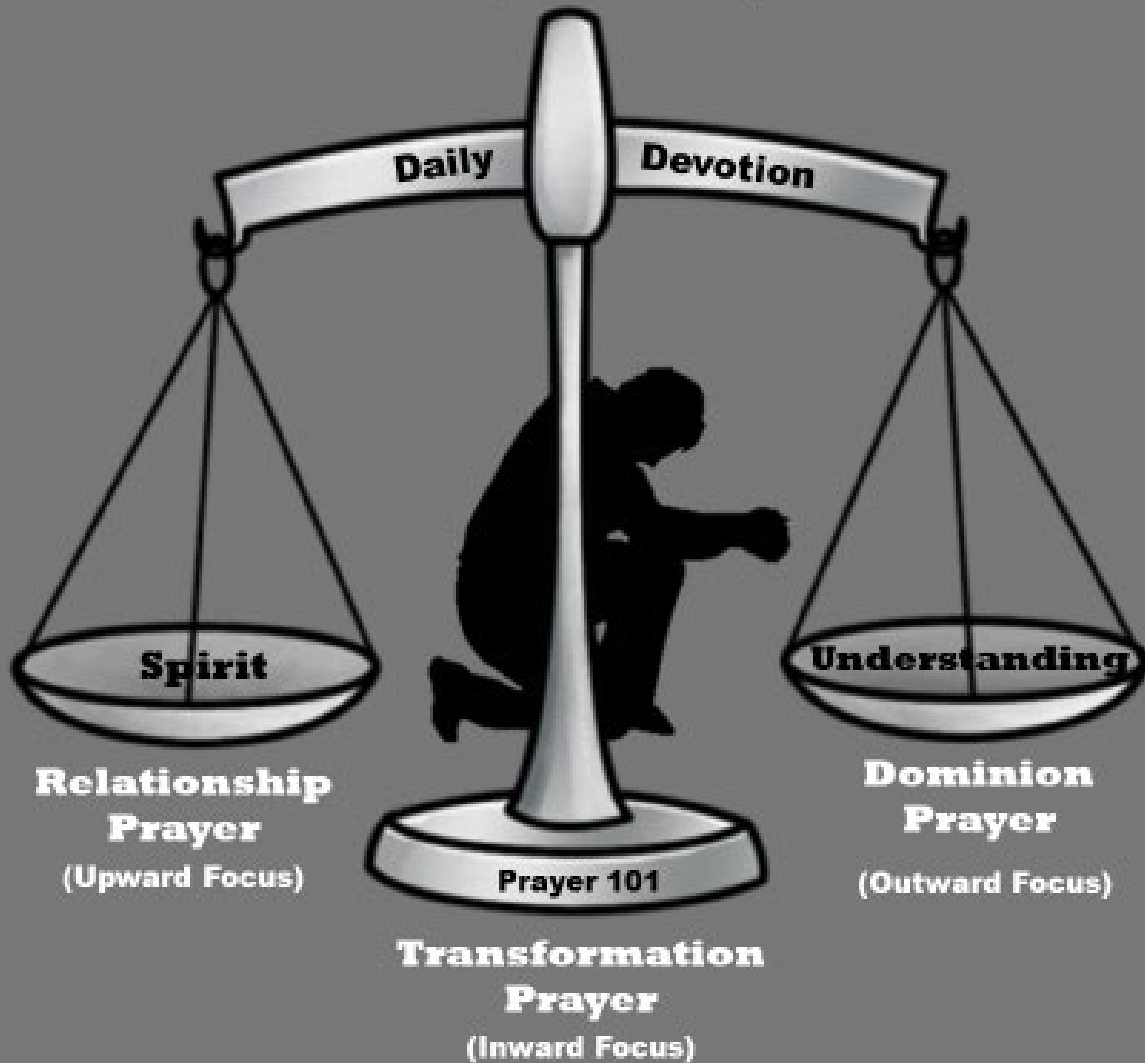


A Balanced & Effective Prayer Life



Church Name

Contents

1. Pastor's Prayer Letter	5
2. Prayer Ministry Mission and Vision	7
3. Three Major Categories of Prayer	8
3.1 Relationship Prayer	11
3.2 Transformation Prayer	15
3.3 Dominion Prayer	18
4. Focused Prayer for Our Children (our most valuable treasure).....	22
4.1 Youth in the Critical Decade (ages 16 - 26),...	23
4.2 Children in their Adolescent Years (ages 11 - 15).....	25
4.3 Children in their Formative Years (ages 1 - 10).....	26
4.4 Saints With Unsaved Spouses and Grown Children.....	29
5. Prayer Agendas for Focused Prayer.....	30
5.1 Pastor's Prayer Request.....	30
5.2 Church Service Prayer Agenda	31
6. Prayer Scriptures	32
7. Fasting Enhances the Power of Prayer	38
7.1. Fasting for Your Spiritual & Physical Health	38
7.2 Nutrition Summary	39
7.3 Fasting Scriptures.....	40
8. Appendices	
8.1 Anonymous and Confidential Prayer Survey	41
8.2 Faith Promise Prayer Pledge and Offering Cards.....	42

Date:

From: Pastor xxxxx

To: Church name

Subject: Prayer Revival (Conference, Seminar?)

Date: ??/??/?? **Time:** ??:??

We are planning a special conference to focus on prayer because prayer is the breath of the Christian life; and almost nothing decays so fast in the Christian's life as a consistent and effective **prayer life**. In other words, nothing is more vital than prayer in our Christian existence, and few things are more vulnerable to its neglect.

Satan will let you do anything but pray. He will let you go to church; he will let you study the Bible. He will let you pay your tithes and be faithful in other ways. But he will challenge you every day at your prayer closet door, because he knows that is the key to a deeper relationship and power with God. Martin Luther said: "If I fail to spend time in prayer each morning, the devil gets the victory through the day. I have so much business I cannot get on without spending time daily in prayer."

The highest calling is that of prayer. Regardless of your assignment in the Kingdom of God, it will be most effective through effectual, fervent prayer. Answering the call to prayer is the best thing you can do for yourself, your family, your church, and your relationship with God.

So we must come back to it again and again and stoke the fire of prayer. And I pray that the Lord will use the teaching and preaching in this prayer emphasis weekend to stir you up, to devote yourselves to more effective and consistent prayer:

- Prayer with your family at meals and in devotions,
- Prayer with husbands and wives,
- Prayer in your **daily private devotion** with God each day,
- Prayer in small groups,
- Prayer in the stated times here at the church,
- Prayer that ascends during your daily routine.

In 1 Chronicles 4:9-10, in the middle of all those genealogies, Scripture pauses for two verses to mention a godly man named Jabez. It is the first and last time we ever hear of him. He is a virtual nobody in biblical history. But if you were going to get only a two sentence biography for your life's story, what would you want written of you? May it be like Jabez -- a life of prayer.

And Jabez was more honorable than his brethren: and his mother called his name Jabez, saying, because I bare him with sorrow. And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

That's all that is said about Jabez. He appears. He prays a fervent, effectual prayer. God grants his prayer. And that's all. And may we, like Jabez, be remembered for our fervent prayers that God answers because of our close and growing relationship with Him.

The New Testament Apostolic Church, born on the Day of Pentecost, in a fervent and fiery prayer meeting still challenges us today. With the fire, the heat and the purity of its birth there came an energy that has been unequalled in almost 20 centuries. We see in the Book of Acts the intensity of prayer and the resulting miracles and evangelism that shook cities and nations. One example of one of these prayer meetings is described in *Acts 4:31*: “*And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.*”

The outpouring of the Holy Ghost in Topeka, Kansas, on January 1, 1901, was born in much prayer. This ignited the outpouring of the Holy Ghost and the birth of apostolic churches around the world. The Azusa Street revival a few years later was preceded by several months of prayer. Historians say that the Azusa Street revival played a major role in the development of a movement that changed the religious landscape and became the most vibrant force for world evangelization in the 20th century. Azusa Street became the most significant revival of the century in terms of global perspective, as people from all over the world came there to experience their personal Pentecost. And may we follow the example of these early church leaders and saints that shook the world with the power that only comes when we connect with God on our knees.

Your Prayer Life?

What are you praying over and over in the name of Jesus that He will make of your life? What are you asking God to make of you and your time on this earth? What part of God's purpose has captured your attention and become a passion for you so that you take hold of God day after day in prayer and ask Him to use you in it?

What prayer have you prayed most often over the last few years? What things do you want God to do so much that it is in your **prayers every day**? I suppose for many of us the answer to that would be: prayers that our children will be saved and walk in truth, that we would be protected from harm and danger and the needs of our family would be met.

There is nothing wrong with praying those kinds of prayers. They are needed and are good, but what about the bigger picture? God is the God of the whole earth and all of the nations and all of the cities are filled with people that do not know Him. Each of us was created to have a significant place in God's purpose and plan to seek and save the lost. What do you pray for day in and day out about how you fit into that?

I want to stir you up to pray that your life, your family and your church would accomplish something great for the Kingdom of Jesus Christ. I hope you will read about prayer. I hope you will think about prayer. I hope you will pray about prayer. And I hope you will make plans for a more consistent prayer life.

So many of the best things in life are squeezed out, by many other good things, because we don't plan a time and a way to include them in our **daily life**. So read and think about prayer. Plan your day and pick a time to talk to your heavenly Father. Pick a private place and make it as sacredly consistent as your favorite meal: *But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly (Matt. 6:6).*

Please be a part of the two core ministries at Greater Life Church in reaching the lost of our city for Jesus Christ.

- **Prayer Ministry (our power arm)**
- **Compassion and Care Ministry (our actions arm)**

I appreciate each of you and pray that the Lord will bless and prosper you as you pursue Him through prayer and the Word this year.

Mission (Purpose) *Seldom change*

Prayer must be a powerful driving force in our church that propels and enables us to fulfill the mission of the church. Prayer brings anointing (divine ability vs. human ability). All of our soul saving and discipleship processes and efforts must be anointed of God to be effective.

Vision (Desired Result) *How would we like the process to be?*

Install Prayer as the Highest Priority in Our Church

1. Elevate and present the Prayer Ministry as:
 - The highest priority and most important ministry of the church.
 - The enabling power and balance for every other ministry and department in the church to be effective.
 - The ministry that everyone (children to adults) are compelled to become a part.
2. When people think of our church they think of prayer. Every church service has pre-service prayer to prepare our hearts to receive the word and post-service prayer to allow everyone (saint and sinner) to respond to the word. There is expectation in every service that there will be sinners and backsliders that will find their way to God in our altars.
3. 100% of saints are involved in revival prayer, the step beyond survival prayer (prayers for self).
4. The first priority of all ministries of the church is active involvement in revival prayer.
5. Our church restored to the Book of Acts ministry (*the Lord working with us and confirming the word with signs following. Mark 16:29*). Our city and surrounding areas will feel the impact of our church and know where we are.

Every living thing is defined and sustained by three functions: **input, process and output**. Likewise, the spiritual growth and maturity of a Christian revolves around these three processes or themes redefined as: **Relationship, Transformation and Dominion**.

Relationship involves God and man sharing a mutual interaction of love, communication and trust.

Transformation involves continuous change. It involves emptying of self to be filled with more of God: less of my will and more of God's will, less of my mind and more of God's mind, less of my limited human love and more of God's perfect agape love. *"He must increase and I must decrease."*

Dominion involves God sharing His authority and power with man, as a son of God, to fulfill His will and work on earth as he is **directed and driven by God's perfect love**. This involves engagement in the harvest field and battlefield with dominion and authority over Satan and sickness.

Every concept in the Bible that pertains to Christian living and service relates to one or more of these three key subjects or themes. These three biblical concepts should be repeated in a continuous cycle in your life as we mature and become more like our heavenly Father. These three inter-related concepts work together in the born-again Christian to bring spiritual maturity and fulfillment of God's purpose and will for their life.

Three Major Divisions or Focuses of Prayer (Upward, Inward and Outward)

A balanced and effective prayer life will include:

- **Relationship Prayer** (upward focus).
- **Transformation Prayer** (inward focus).
- **Dominion Prayer** (outward focus).

Although there are other types of prayer, however, they will fit into one of these three categories. Refer to the PowerPoint Charts (P-1, P-2, P-3, P-4) on the following pages.

Isaiah's Life-changing Vision and Prayer

Isaiah felt extremely secure under the leadership, friendship and protection of King Uzziah. But Isaiah's relationship with Jehovah God was not complete; because he was trusting too much in a powerful earthly king and not enough in the heavenly King. After King Uzziah's death, Isaiah stopped by the house of God. Isaiah's vision and rededication recorded in Isaiah, Chapter 6 describes his life-changing vision and encounter with God and illustrates these three key elements and positions in prayer.

Upward vision: Isaiah saw the Lord in His power, glory and holiness. He saw his need to renew his **relationship** with God. It was a vision of height -- the Lord high and lifted up: *"I saw the Lord sitting upon a throne, high and lifted up, and his train filled the temple."* It was a vision of God's holiness: *"The seraphims crying to one another: Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory."*

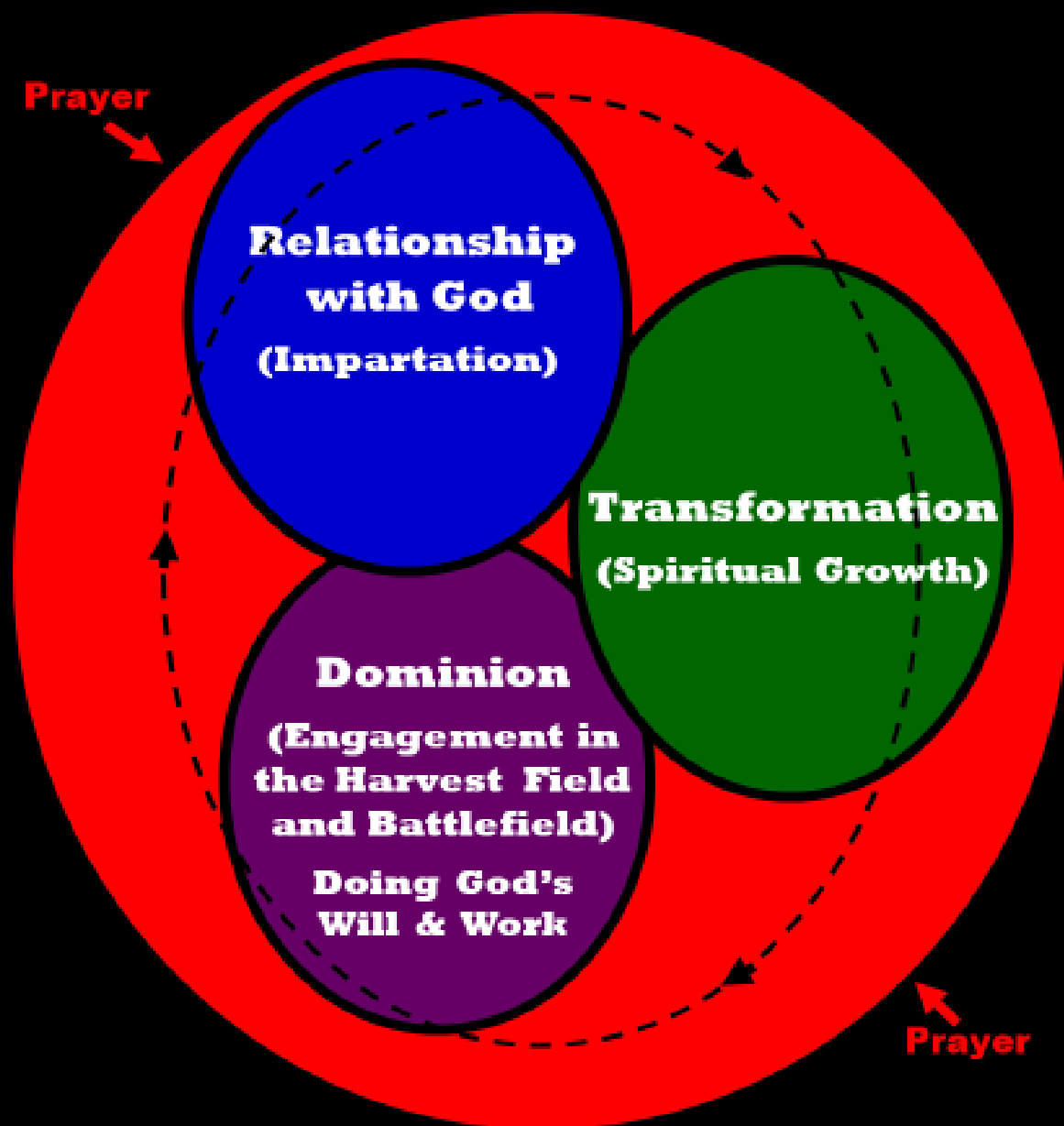
Inward vision: He saw himself and his need for repentance, and **transformation**. It was a vision of depth. He saw the recesses of his own heart that needed to be cleansed and changed. It was a vision of helplessness (my needs): *“Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips.”*

Any time we draw near to God and feel His awesome presence and holiness, we feel the need to fall at His feet in confession and repentance. And God’s response will always be, like that to Isaiah: *“Thine iniquity is taken away, and thy sin purged.”*

Outward vision: He saw the world and the needs of others. He heard the call to step into the **dominion** role to do God’s will and work. It was a vision of breadth that revealed a world with needs that must be met. It was a vision that revealed the desire of God’s heart -- for someone to deliver His message to the world. *“Whom shall I send, and who will go for us?”* (God’s needs). And finally, it was Isaiah’s response that we all must make: *“Then said I, here am I; send me.”*

Isaiah's vision, recorded in Isaiah Chapter 6, illustrates the three significant elements included in a balanced and effective prayer life:

- (1) Relationship prayers: an **upward** vision of God (the need for a renewed and elevated relationship).
- (2) Transformation prayers: an **inward** vision of himself (the need for repentance and transformation).
- (3) Dominion prayers: an **outward** vision of the world (answering God's call to pray for and minister to the needs of the world).



1. Relationship Prayer

- Our focus is **upward**: adoration of our great God, making our petitions known and listening for His Voice.

Thanksgiving:

Thanking God for His love and blessings:

- **Spiritual Blessings** (salvation, knowledge of truth)
- **Relationship Blessings** (family and friends)
- **Physical Blessings** (Resources He has graciously given us to manage):
 - Time (years of life)
 - Health (strength to enjoy life and do His will)
 - Wealth (finances and possessions)
- **Protection from: harm, danger, sickness, and disease**

“Enter into his gates with thanksgiving, and into his courts with praise be thankful unto him, and bless his name.” (Psalms 100:4)

Praise & Worship:

Acknowledging God’s Goodness & Greatness:

- **His goodness:** loving, forgiving, merciful, gracious, kind, faithful, long suffering, generous, burden bearer . . .
- **His greatness:** supernatural, omnipotent, omniscient, omnipresent, eternal, healer, ruler of the universe . . .

Petitions:

Request for my needs to be supplied: health, family, finances, careers, decisions, relationships, protection . . .

Relationship Prayers

Thanksgiving, Praise, Worship and Petitions for Needs

Ps. 100:4-5

*4 Enter into his **gates with thanksgiving**, and into his **courts with praise**: be thankful unto him, and bless his name.*

5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

This Scripture as much as any other illustrates what God would have us do as we begin our daily prayer:

- Thankfulness for His blessings and goodness.
- Praise for His greatness.
- Worship that acknowledges His importance and preeminence in our life.

(1) Thanksgiving (for God's love and blessings)

Thanksgiving is an attitude of the heart. It requires a recollection or recalling of what God has done for us – His bountiful blessings.

(a) Thanking God for **spiritual blessings**:

- Dying in our place
- Bringing us to the knowledge of the truth
- The salvation experience
- The church and the five-fold ministry
- For directing our steps
-

(b) Thanking God for **relationship blessings**: our spouse, children, grandchildren, extended family and the family of God.

(c) Thanking God for **physical blessings** – the resources He has graciously given us to manage (investing first in God's Kingdom and then our kingdom):

- Time (the years of our life)
- Health (strength to pursue life and God's will)
- Wealth (finances to meet our needs (food, clothing and shelter), possessions to enjoy)

(d) Blessings of **protection** from harm and danger, sickness and disease, the evils and temptations of this world.

(e)

- **Thanksgiving and Praise is a cure for discouragement.**

(2) Praise (Acknowledges God's Greatness and Power)

We praise God verbally and with our actions (singing, clapping our hands, lifting our hands, dancing with our feet).

In praising God we affirm and confess His greatness and use every wonderful attribute we can think of to describe Him:

- The prophet Isaiah states that: *“He is wonderful, counsellor, the mighty God, the everlasting Father and the Prince of Peace.”*
- He is holy, kind, forgiving, gracious, merciful, loving, faithful, generous, long suffering, awesome, peaceful, supernatural . . .
- He is my refuge and fortress, my healer, my burden bearer and the lifter of my head.
- He is omnipotent – all powerful. He is omniscient (all knowing). He is omnipresent (everywhere).

God's response to thanksgiving and praise:

*“As the trumpeters and singers were as one, to make one sound to be heard in **praising and thanking** the LORD; and when they lifted up their voice with the trumpets and cymbals and instruments of musick, and praised the LORD, saying, For he is good; for his mercy endureth for ever: that then the house was filled with a cloud, even the house of the LORD; So that the priests could not stand to minister by reason of the cloud: for **the glory of the LORD had filled the house of God**” (2 Chron. 5:13).*

(3) Worship

The dictionary defines worship as: (1) Reverence offered a divine being or supernatural power (2) Extravagant respect or admiration for or devotion to an object of esteem (*worship of God or an idol*).

I don't think it is necessary to be precise in defining the difference between worship and praise. Worship as a step beyond the gates of thanksgiving and the courts of praise where we enter the throne room and connect with God at a deeper level in His presence. You may be able to praise from a distance, but to worship you must be in their presence.

More important that our words of worship are our actions of worship – placing God first in our life. If anything has a higher priority, it is an idol and becomes the object of our worship.

Two elements involved in being a true worshipper are Spirit and truth: *“But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth” (John 4:23, 24).*

Mankind was created to worship the Lord: *“Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created” (Revelation 4:11).*

Jesus warned of the consequences of withholding worship: *“And he answered and said unto them, I tell you that, if these should hold their peace, the stones would immediately cry out” (Luke 19:40).*

- **Thanksgiving, praise and worship are keys to a right relationship with God. Without these it is impossible to have His favor.**

(4) Petitions (Request for our own needs)

Prayer and supplication to God for our own personal needs of health, family, relationships, finances, careers, decisions in life, protection from harm and danger, sickness and disease and the evils and temptations of Satan, etc.

- **When we have taken our relationship prayer as far as we can with our human mind and understanding, we can then begin praying in the Spirit and allow the Spirit to make intercession for us.**

2. Transformation Prayer

- Our focus is **inward**: the need to be transformed -- continuously changed.

“Be ye transformed by the renewing of your mind, that you may prove what is the good and acceptable will of God.” (Rom. 12:2)

“There are given unto us exceeding great and precious promises: that by these ye might be partakers of His divine nature.”
(2 Peter 1:4)

Confession & Repentance:

- A plea for cleansing and forgiveness (Psalms 51)
- Repentance for any pride or self-righteousness
- Asking God to correct me with His written Word, preached Word, man of God, His still small Voice . . .

Transformation: (Change me prayers)

- Less of my will and more of His
- Less of my mind and ways and more of His
- Less of my limited love and more of His agape love
- Asking God to help me to identify and remove any hindrances to the flow of His love and power through my life
- Renewal of the Holy Ghost: “Building up yourselves on your most holy faith, praying in the Holy Ghost.” (Jude 20)

He must increase and I must decrease !

Transformation Prayers

The focus of need is for me to be changed -- to experience a break-through change.

(1) “Search me and change me” Prayers

Asking God to search me and identify any hindrances to the flow of His love and power through my life. *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting” (Ps. 139:23-24).* We should ask God to search our hearts and in areas where we do not have His favor, ask Him to correct us with His: written Word, the preached Word, a man of God, a vision or dream, His still small Voice, and even a trial.

(2) “Repentance of sin” Prayers

King David’s sincere prayer of repentance is recorded in Psalms chapter 51. Notice that he says when he is forgiven and his relationship with God is restored, he will once again fulfill his dominion role of ministering to the needs of others -- teaching and converting sinners. *“Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee” (Ps. 51: 1, 2, 7, 9-13).*

(3) “Repentance of Self” Prayers

Repenting of the deadly sins of self (my will, mind and emotions). Emptying of self to be filled with more of God’s Spirit – to be more effective working in His Kingdom.

- **Selfishness, self-righteousness and other self-centered traits are the greatest sins of the soul.**

-- **From Webster’s New World College Dictionary**

Selfish: Obsessed with self, too much concerned with one’s own welfare or interest vs. having concern for others.

Self-righteous (pride): Filled with or showing a conviction of being morally superior, or more righteous than others; smugly virtuous. Being critical of others.

The Spirit of God residing in our spirit affords us communion, comfort and peace. But the purpose of God’s Spirit is to accomplish a much deeper work in our life. And that is for the transforming power of the Holy Ghost to change our will, mind and emotions to be like those of Christ.

Our prayer should be that we would be changed by God’s transforming power:

- **Less of my will and more of His. - Less of my mind and ways and more of His.**
- **Less of my human love and emotions and more of His love and compassion – to love our enemies and our lost world.**
- **Remove ever trace of pride and self-righteousness and replacing it with true humility.**

There must be a rending of the veil of self, which limits God’s access to our lives. This involves a lifetime process of transformation: **“Rend your heart, and not your garments, and turn unto the Lord your God: Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Let the priests, the ministers of the Lord, weep between the porch and the altar, (Joel 2:13, 15, 17).** Then the Lord will answer . . . send provision , . . restore the years, . . pour out His Spirit on all flesh.

The purpose of the Holy Ghost is to give us divine power to be transformed and take on His divine nature. Our prayer should be that the attributes of His divine nature would be added to our lives: **“According as his *divine power* hath given unto us all things that pertain unto life and godliness. . . Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the *divine nature*. . . And beside this, giving all diligence, add to your *faith*. . . *virtue* . . . *knowledge* . . . *temperance* . . . *patience* . . . *godliness* . . . *brotherly kindness* . . . *charity*. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. Give diligence to make your calling and election sure: **for if ye do these things, ye shall never fall** (2 Peter 1:3-8, 10).**

(4) Praying the Scriptures that speak of being continuously changed and transformed.

	Dear God help me to:
<i>Rom. 12:2</i>	<i>Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.</i>
<i>Heb. 6:1</i>	<i>Go on to perfection.</i>
<i>Phil. 1:9</i>	<i>Abound more and more in knowledge and discernment.</i>
<i>Phil. 3:14</i>	<i>Press toward the mark for the prize of the high calling in Christ Jesus.</i>
<i>1 Cor. 9:25</i>	<i>Strive for the mastery, temperate in all things.)</i>
<i>2 Peter 3:18</i>	<i>Grow in the grace and knowledge of your Lord and Savior Jesus Christ.</i>
<i>2 Cor. 4:16</i>	<i>Experience a renewing of the inward man day by day.</i>
<i>2 Cor. 3:18</i>	<i>Be transformed into His likeness in an ever greater degree of glory. GNT</i>
<i>Rom. 8:2</i>	<i>Be conformed to the image of Christ.</i>

- **When we have taken our transformation prayer as far as we can with our human mind and understanding, we can then begin praying in the Spirit and allow the Spirit to make intercession for us.**

3. Dominion Prayer

- **Our focus is outward:** the needs of people for healing and salvation.

Intercessory Prayer (friendly forces):

Standing between God and man, weeping and interceding for our lost neighbors, city, and world.

Spiritual Warfare (unfriendly forces):

Standing between Satan and man and binding the powers of evil that have bound and blinded them from coming to the light of the Gospel and the knowledge of Jesus Christ.

God's Direction and Wisdom:

Praying for God's wisdom and direction to know how to most effectively reach our lost world.

Praying Prophecies into Fulfillment:

Praying into fulfillment the promises and prophecies in God's Word regarding the complete restoration of the church with apostolic power and dominion over Satan and sickness.

“He called His twelve disciples together, and gave them power and authority over all devils and diseases.” *(five-fold ministry)*

“The Lord appointed seventy also . . . heal the sick . . . I give you power over all the power of the enemy.” *(the laity)*

Dominion Prayers

The focus of need is for others (people in need of deliverance, healing and salvation).

Dominion means to dominate with authority and power, to rule in a territory or domain. This involves God sharing His authority and power with man in a partnership as a son of God to fulfill His purpose, doing His will and work on earth.

Dominion Prayers include:

(1) Intercessory Prayer

Standing between God and man, weeping and interceding for our lost neighbors, city and world.

The Lord said to him "Walk through the streets of Jerusalem and put a mark on the foreheads of all who weep and sigh because of the detestable sins being committed in their city. Slaughter old men, young men and maidens, women and children, but do not touch anyone who has the mark. Begin at my sanctuary." So they began with the elders who were in front of the temple" (Ezek. 9:4, 6) NLT.

Weeping like Jesus over our city. "And when he was come near, he beheld the city, and wept over it (Luke 19:41)." *Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears . . . And being made perfect, he became the author of eternal salvation" (Heb. 5:7, 9.*

Gal. 4:19

My little children, of whom I travail in birth again until Christ be formed in you,

Ps. 126:5-6

5 They that sow in tears shall reap in joy. 6 He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.

- **Who is weeping over your city?**

(2) Spiritual Warfare (unfriendly forces):

Spiritual Warfare involves standing between Satan and man and binding the powers of Satan that have bound and blinded him from coming to the knowledge of Jesus Christ and the light of the gospel.

Eph. 6:12, 13, 18

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

Acts 26:16,18

16 I have appeared unto thee for this purpose, to make thee a minister and a witness . . .

18 To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me.

2 Cor. 4:3-4

3 But even if our Gospel be hidden (obscured and covered up with a veil that hinders the knowledge of God), it is hidden [only] to those who are perishing and obscured [only] to those who are lost. 4 For the god of this world has blinded the unbelievers' minds [that they should not discern the truth], preventing them from seeing the illuminating light of the Gospel of the glory of Christ. AMP

(3) Travailing Prayer

Travailing prayer is an intense form of intercessory prayer. It is a crying in the Spirit which can take on several different manifestations. It applies to desperate prayer that cries out to God concerning our desperate needs. But most often, travailing prayer is a manifestation of God's burden -- the grief of God's heart. The Holy Spirit living in us has chosen to use our mouths to speak for Him, witnessing and spreading the gospel. He also uses our hearts and emotions to express His grief and burden.

“God's heart is burdened for people, and He is looking for hearts that He can cry and weep through, hearts that are concerned for a lost and dying world. So, in essence, travailing prayer is when we weep and cry over something the Holy Spirit is grieved about. This neglected principle and key is of vital importance in order to see things born in the Spirit. When we weep and cry over others as we petition God on their behalf, it breaks something in the Spirit so that the answer for their lives can come forth. If they need salvation, healing, a miracle or deliverance, travailing in the Spirit releases the power of God for the answer to their need.”
(author unknown)

(4) Praying Prophecies into Fulfillment

Praying into fulfillment the promises and prophecies in God's word regarding restoration of apostolic power, dominion and authority, and the unrestrained outpouring of God's spirit with miracles of deliverance and healing.

(5) Claiming our harvest field (our circle of influence and the reach of our church).

Prayer drives in the streets of our city within the reach of our church are sometimes used to pray prayers:

- Against the powers of Satan that have bound and blinded the people.
- Against businesses that promote evil.
- For the deliverance and salvation of the lost.

Gen. 13:14, 15, 17

14 And the Lord said unto Abram, after that Lot was separated from him, Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward: 15 For all the land which thou seest, to thee will I give it, and to thy seed forever. 17 Arise, walk through the land in the length of it and in the breadth of it; for I will give it unto thee.

(6) Praying for God's Direction, Wisdom and Anointing.

Praying to know how to operate in the power, dominion and authority over Satan and sickness that we have been given as a believer and a son of God:

<i>Mark 16:17-18</i>	<i>And these signs shall follow them that believe; In my name shall they cast out devils; they shall lay hands on the sick, and they shall recover.</i>
<i>Luke 9:1</i>	<i>The 12 disciples represent the five-fold ministry: Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. Luke 9:1</i>
<i>Luke 10: 1, 9, 19</i>	<i>The 70 given the same power, represent the laity: The Lord appointed other seventy also, and sent them two and two before his face into every city. . . Heal the sick that are therein . . . I give you power over all the power of the enemy and nothing shall by any means hurt you.</i>

(7) Praying in the Spirit

We benefit greatly when we pray in the Spirit. It helps us at times when we don't know how to pray or for what we should say:

Rom. 8:26-27

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

- **Building up the spiritual man by praying in the Spirit:**

Jude 20

But you, beloved, build yourselves up on your most holy faith [make progress, rise like an edifice higher and higher], praying in the Holy Spirit. AMP

- **When we have taken our dominion prayer as far as we can with our human mind and understanding, we can then begin praying in the Spirit and allow the Spirit to make intercession for us.**

The Power of Unified Focused Prayer

Special purpose prayer teams are groups of people that rally around a common need or challenge in their lives. Two of these are listed below: parents of children at various stages in their lives and those with unsaved loved ones. These teams do not need to meet regularly as a group, but are connected through a common burden. They may meet together as a group once or twice a year, but will come together and stay connected on an ongoing basis in some way through the telephone and computer (social media).

Jesus Christ declares that He will meet with His children when they come together in unity and harmony. Unified agreement in the body of Christ brings His very presence into our midst with answers to our prayers and fulfillment of our needs:

Matt. 18:19-20

*19 Again I tell you, if **two of you on earth agree (harmonize together)** about whatever [anything and everything] they may ask, it will come to pass and be done for them by My Father in heaven.*

*20 For wherever **two or three are gathered** (drawn together as My followers) in My name, there I am in the midst of them. AMP*

Parents Praying for Their Children

This is an important prayer and support team for the parents of children in the three different stages of life. Each of these age groups present different opportunities and challenges to nurture and support our most precious gift – our children:

- The critical decade (ages 16 – 26)
- Adolescence (ages 11 - 15)
- Young children in their formative years (ages 1-10)

Proverbs 22:6 States: “*Train up a child in the way he should go; and when he is old, he will not depart from it.*” **Teach a child to pray when he is young, and when he is old, he will still be praying.** Parents and Sunday school teachers alike must continuously modify their teaching methods and content regarding prayer as the children under their care grow and mature in their understanding.

- **“Kids today don’t have a prayer . . . without parents who pray.”**

Parent’s Statement

Our children are our most important treasure. Working for God and helping others will mean nothing if one of our children are lost. We declare war on Satan and his evil forces in the world. We will fight on our knees for the eternal salvation of our children.

We pledge to fast and pray for the critical issues and decisions our children will be facing as they grow from infants to adults. We will continue to carry a burden and do everything we can to council and influence our children for the good as they begin to make their own life and

decisions. We will find ways to better support those children without one or both of their parents.

If any of us suddenly pass from this life without the chance to say good-bye, there is one message we leave our children. And that is: **Be There!** Make that the number one goal in your life to be there. Be there, because we will be looking for you on that resurrection morning. Don't let anything deter you from keeping that appointment. We will be looking for you just inside the Eastern Gate. Seeing you there is the number one priority in our life.

- **There is no greater gift that we can impart to our children, to insure their success in this life and inheritance of eternal life, than our modeling and teaching the values and principles of balanced and effective prayer.**

4.1 Youth in the Critical Decade (ages 16 – 26)

Some of the most dramatic and permanent changes in life will occur during the years of youth between 16 and 26. During this period a person is transformed from a youth still living at home, and depending on their parents for help and guidance in spiritual, natural and financial issues, to a full grown adult earning a living and taking full charge of their own life. Most of the decisions that are made in this critical decade will shape the rest of their life. Some of the important decisions include:

- What am I to do with my life?
- Will I pursue higher education (what and where)?
- Who will I marry that will be my lifelong companion and friend?
- What occupation and career should I select and pursue?
- What values and principles will be established to govern my life?
- Will I hold to the doctrines and standards passed to me from my parents, pastors, and Teachers? Etc.

All of these decisions and choices are extremely difficult. Early mistakes and errors in judgment can undermine all that will follow. There will be pressures and temptations in college and the work place that our generation did not have to face. This is possibly the last generation, the last passing of the torch to the generation that will anchor the last lap of the Christian race before the return of Jesus Christ. We must do everything possible, including interceding for our children in prayer, to make sure the church of tomorrow is left in dedicated godly hands.

4.1.1 Parents Prayer Agenda for Children in the Critical Decade (ages 16 – 26)

We pray that our children will:	
1	Develop a godly character and pursue God’s will for their lives.
2	Remember and honor the heritage of truth and faith handed down to them by previous generations and then be diligent in teaching it to their children. Come to realize early in life that Jesus Christ is the only source and true meaning of life.
3	Learn to trust God and depend on Him in times of difficulty and trial.
4	Choose the right lifelong companion that will partner with them in pursuing God’s will for their lives.
5	Choose the right career and find a job that will allow them to make a good living but not interfere with being faithful to God’s house and work.
6	We will plead the name and blood of Jesus every day for their protection from: (1) evils and temptations of this world, (2) sickness and disease, (3) harm and danger.
7	We will pray that whatever they do, they will put God first in their lives and do His will.
8	Other specific needs for each individual child.

Parents Praying for one another: In addition to praying for our children, another focus of this prayer group will be parents praying for one another.

Parents will pray for one another that we will:	
1	Have godly wisdom to help lead and guide our children in the fear and admonition of God through this critical era of their lives.
2	Know how much to hold on and how much to let go, as our children move out of the arena of adolescence and into the world of adult responsibilities.
3	React to our children’s problems through earnest prayer. But more important be proactive and pray for future decisions and issues before they become problems and pitfalls.
4	Successfully pass on the torch of truth to our children.
5	Be a support group to one another and bear one another’s burden for our children.
6	Other.

Note: Recommended book and DVD series: “Life on the Edge”, Dr. James Dobson
 This book deals with children in the critical decade (ages 16-26).

4.1.2 Prayer Agenda and Teaching for Ages 16-26

This age group can grasp prayer concepts at the adult level. Parents and teachers can use the principles laid out in Chapter 3, “**Three Major Categories of Prayer**”: Relationship prayers, Transformation prayers and Dominion prayers to assist them in developing their own personal prayer agenda and balanced prayer life.

4.2 Children in Their Adolescent Years (ages 11 – 15)

Adolescence is a period of transition when the individual changes physically and psychologically from a child to an adult. During no other period does the individual undergo such a sudden and drastic change in such a short time period and at no other age is he less prepared to cope with the problems that this change brings.

It is a period when rapid physiological and psychological changes demand for new social roles to take place. The adolescents, due to these changes often face a number of crises and dilemmas. It is the period that demands significant adjustment to the physical and social changes.

Adolescence represents one of the greatest of these periods of crisis. In fact it is the stage of stress, strain and peer pressure. It brings many ambiguities in life. During this phase one really does not know where he or she stands. It is believed that this uncertainty about one’s role causes many conflicts. It is a well-known fact that delinquency rates soar during the period of adolescence, that suicides become increasingly prevalent, that drug and alcohol addiction may have their beginning.

4.2.1 Parents Prayer Agenda for Children Ages 11-15

Considering the above and other unique challenges of this age group, the prayer agenda (4.1.1) for the ages 16-26 described above as an example, develop a prayer agenda that relates to children in their adolescent years.

4.2.2 Prayer Agenda and Teaching for Ages 11-15

The principles laid out in Chapter 3, “**Three Major Categories of Prayer**”: can be modified by parents and teachers and used to assist the adolescent child in developing their own personal prayer agenda and balanced prayer life:

- Relationship prayer (Acknowledging God’s greatness, thanking God for blessings, asking God to supply our needs and help us in solving our problems)
- Transformation Prayers (Asking God for forgiveness and to be changed to be like Him)
- Dominion Prayers (praying for the needs of others)

4.3 Children in Their Formative Years (ages 1 – 10)

Shocking evidence points to how the foundations of social, emotional, intellectual and moral values are wired extremely early into a child's brain. In the first ten years of life basic moral and spiritual values have already been set almost as immovable as concrete in the little child's mind. What parents and teachers of young children do with a young child affects his entire life far more than most vaguely realize. The spiritual potential of a young child is significant and is often overlooked by parents and teachers alike.

Children learn quickly and the normal child learns very easily! One word, positive or negative, can plant an idea into a tender, young, mind that will never be erased! This is why Christian parents and Christian teachers of small children must desperately seek the face of God for the youngsters entrusted by the Lord to their care. **There is a subtle, limited window of time** when we have the grand opportunity to plant seeds of righteousness and godliness into the heart of small children.

An amazing study in Medical Science research has found a newborn infant's brain contains a language room. The little window of entrance to the infant's language room is wide open at birth. The newborn is universal. He may learn Russian, Spanish, English, Japanese, or any other language fluently, even at an incredibly young age! His learned language will inevitably depend upon what he hears and is taught by example! He learns what he is exposed to. **Will your child learn the language of prayer and the Word of God?**

The language room window in the baby's brain, this study revealed, is almost completely closed by the time the child reached puberty or adolescence, age twelve to fourteen. After this age, it has been proven, it becomes much more difficult for the human being to learn a language. Before a child reaches adolescence they are totally open to God and it is much easier to teach a child to verbalize their own prayer. After that the factors of self-consciousness and self-will become barriers to overcome.

4.3.1 Parents Prayer Agenda for Children Ages 1-10

Considering the above and other unique challenges of this age group, the prayer agenda (4.1.1) for the ages 16-26 described, above must be significantly modified and to be used by parents for children in their formative years.

4.3.2 Prayer Agenda and Teaching for Ages 1-10

The principles laid out in Chapter 3, "**Three Major Categories of Prayer**": can be used by parents and teachers to assist a child in developing their own personal prayer agenda and balanced prayer life. The parent or teacher will need to bring this content down to the child's level to match their age and level of understanding. This will need to be changed to fit the child as he grows and matures.

To bring prayer down to the small child's level we must understand that for the most part, their prayer must be expressed with few words, in short and essential phrases. For example:

Relationship prayers:

“Thank you Jesus for giving us food.”

“Thank you Jesus for my mom and dad.”

“Jesus, please protect and keep us safe.”

Transformation prayers:

“Jesus, please forgive me for being mean to brother.”

“Jesus, please help me to be good.”

Dominion prayers:

“Jesus, please save my friend Joey.”

“Dear Jesus, please help me to do your will.”

Before the child can talk, they are listening and absorbing everything they hear. During this time the parent should verbalize these simple prayers while holding them or kneeling with them.

A chart like the one on the following page is very useful in helping children visualize Jesus and learn how to talk to Him. Sticky notes can be used for each of the three prayers to write in their words specifically what they are praying about.

- **There is no greater gift that we can impart to our children, to insure their success in this life and inheritance of eternal life, than our modeling and teaching the values and principles of balanced and effective prayer.**

Note: The Parents Prayer Agenda for children in the critical decade (ages 16-26) should be changed as appropriate to fit the specific needs of children in their adolescent years (ages 11-15) and those in their formative years (ages 1-10).

Teaching Children to Pray

I am so big and strong that I can do anything!

I am so close that you can touch Me in prayer!

A

B

C



- **Thanking and praising Jesus for His blessings.**
- **Asking Jesus for the things I need.**

Thank You

Relationship Prayer

- **Asking Jesus to forgive me.**
- **Asking Jesus to help me be more like Him.**

Change Me

Transformation Prayer

- **Praying for others in need.**
- **Praying for children in other countries.**

Help Others

Dominion Prayer

4.4 Those with Unsaved Children, Spouses and Parents

Having an unsaved child, spouse, parent or another relative is a burden that stabs like a dagger every day at the heart of a loved one – the pain never goes away. No one should have to carry this burden alone. Apostle Paul writes in Galatians 6:2 “*Bear ye one another's burdens, and so fulfil the law of Christ*”. A special purpose prayer team should be considered for those with unsaved loved ones to provide support and the power of agreement in prayer.

5.1 Pastor's Prayer Agenda

Request for the saints to pray their private devotion for revival and evangelism in the church:

- 1 Pray for a renewal of revival prayer, fasting and service, that will bring restoration to the church: *"The Lord working with them, and confirming the word with signs following."*
- 2 Pray that we would understand the **urgency of the hour**, and that God would give us an understanding of the times in which we live. We are in the last days -- the last harvest. **Jesus is coming soon!** How much time do we have left, and what does He want us to do with that time?
- 3 Pray that laborers would be sent into the harvest. Jesus' only prayer request was that **we would pray for more laborers** to be sent into the harvest field.
- 4 Pray that our church's outreach efforts will be greatly increased:
 - ✓ Revival of the love of God (love for each other and lost souls).
 - ✓ Go beyond being the friendliest church to being the most loving church (friendly is easy, love is sacrifice).
 - ✓ Involvement by every saint -- **"Becoming a disciple and making disciples."**
 - ✓ Visitors ministered to one-on-one – finding out their needs (assuring them of our prayers).
 - ✓ For many souls to be delivered, saved and healed.
 - ✓ Assure that new converts are accepted into our fellowship, mentored by mature saints, disciplined, and established as workers in the church.
- 5 Pray for a "Revival of Obedience" in our life:
 - ✓ To avoid sins of the flesh and sins of the Spirit.
 - ✓ To do His perfect will:
"Lord what wilt thou have me to do?" (Acts 9:6)
- 6 Pray **spiritual warfare** and **intercessory prayer** to destroy spiritual blindness and the strongholds of Satan that keep the lost from coming to God and being saved.
- 7 Pray for our pastor and church leaders.
 - ✓ Pray for wisdom, knowledge, direction and anointing to lead us.
 - ✓ Pray that God would raise up more spiritual leaders to assist our pastor.
- 8 Pray for the unity and peace of our church so that problems will not divert us from pursuing the mission of the church: "Seeking and Saving the Lost."
 - ✓ In unity with the Holy Spirit
 - ✓ In unity with our leaders
 - ✓ In unity with one another
- 9 Pray for the anointing of God on all our efforts.
(Anointing is **divine ability** vs. human ability.)
- 10 Pray that we would always put God first in our life and our faithfulness to His house would exceed that to our employer and other commitments.

5.2 Church Service Prayer Agenda

This involves praying focused prayers for (if possible before) church services.

We pray that our church service would have:	
1	An atmosphere of thanksgiving, praise, and worship.
2	Conviction of the sinner.
3	Anointing of the minister and saints (divine ability). Anointing of our ears to hear what the Spirit is saying to the church and to us as individuals.
4	Unity – One Mind – One Accord: <ul style="list-style-type: none"> ✓ In unity with the Holy Spirit. ✓ In unity with our leaders. ✓ In unity with one another.
5	God’s Spirit present to provide every physical and spiritual need.
6	The Gifts of the Spirit operating in our service.
7	The Spirit of love, humility and unity flowing in the body of Christ.

II. Binding and Loosing:

Use the authority of JESUS name and plead HIS blood to bind evil spirits and release the Holy Spirit.

Bind the Spirit of:	Loose the Spirit of:
× FEAR (doubt, anxiety, stress)	✓ LOVE, POWER, SOUND MIND (2 Tim. 1:7)
× DISUNITY AND DIVISION	✓ LOVE, HUMILITY & UNITY (Eph. 4:2-3) Unity with the Holy Spirit, our leaders and one another
× JEALOUSY (hate, anger, strife)	✓ LOVE & HUMILITY (Eph. 5:2)
× HEAVINESS (sorrow, depression, hurts, despair)	✓ COMFORT & PRAISE (John15:26)
× ERROR & DECEPTION (blindness to the truth)	✓ SPIRIT OF TRUTH (John 16:13)
× ANTI-CHRIST (Anything that exalts itself above Jesus Christ)	✓ SPIRIT OF JESUS CHRIST (1 John 4:6)
× BONDAGE (fears, addictions, sin)	✓ LIBERTY & FREEDOM (Rom.8:15)
× PRIDE (rebellion, arrogance)	✓ HUMBLE & CONTRITE SPIRIT (Prov.16:19)
× INFIRMITY (oppression, sickness)	✓ HEALING & MIRACLES (Rom.8:1-2)

1. Examples of Prayer That Jesus Set For Us

Although we should have an attitude of prayer as we go about our daily activities (traveling in our car, etc.), is it necessary to have a private place and time of prayer? We see this exemplified in the prayer life of Jesus and His instruction to His disciples: “*When thou prayest, enter into your prayer closet and shut the door*” (Matt. 6:6).

Matt. 14:23

*And when he had sent the multitudes away, he went up into a **mountain apart to pray**: and when the evening was come, he was there alone.*

Matt. 26:39

*And he **went a little further, and fell on his face, and prayed**, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.*

Mark 1:35

*And in the **morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.***

Mark 6:46

*And when he had sent them away, he **departed into a mountain to pray.***

Luke 5:16

*And he **withdrew himself into the wilderness, and prayed.***

*Luke 6:12-13 **BEFORE MAKING AN IMPORTANT DECISION JESUS PRAYED ALL NIGHT***

*12 And it came to pass in those days, that he **went out into a mountain to pray, and continued all night in prayer to God.***

13 And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles;

Luke 9: 28-29

*28 And it came to pass about an eight days after these sayings, he took Peter and John and James, and went up into a **mountain to pray.***

29 And as he prayed, the fashion of his countenance was altered, and his raiment was white and glistering.

Luke 5:16

*And he **withdrew himself into the wilderness, and prayed.***

John 6:15

When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone.

2. Teaching People to Pray

The disciples of Jesus asked Him to teach them to pray and He responded to their request. There is value in training people, that are struggling with their prayer life, to pray, particularly children and new converts.

Luke 11:1 (The Disciples Ask Jesus to Teach Them to Pray)

*And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, **Lord, teach us to pray, as John also taught his disciples.***

Matt. 6:6-7, 9-11, 13-15 (Jesus Teaching His Disciples to Prayer)

*6 But thou, when thou prayest, **enter into thy closet**, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.*

7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. 8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

10 Thy kingdom come. Thy will be done in earth, as it is in heaven.

11 Give us this day our daily bread.

12 And forgive us our debts, as we forgive our debtors.

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.

*14 **For if ye forgive men their trespasses, your heavenly Father will also forgive you:***

*15 **But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.***

3. Disciples Praying In the Book of Acts Church

Acts 3:1 (The first Recorded Miracle in Acts performed on the way to a prayer meeting)

*1 Now Peter and John went up together into the temple at the **hour of prayer**, being the ninth hour (3:00 PM).*

2 And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple;

6 Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk.

7 And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength.

8 And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.

Acts 10:2-4, 9 (The Gentiles were included in the plan of salvation because of prayer)

*2 A devout man, and one that feared God with all his house, which gave much alms to the people, and **prayed** to God always.*

*3 He saw in a vision evidently about the **ninth hour of the day** an angel of God coming in to him, and saying unto him, Cornelius.*

4 And when he looked on him, he was afraid, and said, What is it, Lord? And he said unto him, Thy prayers and thine alms are come up for a memorial before God.

*9 On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to **pray** about the sixth hour (noon):*

Acts 4:31

And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.

Acts 6:4 (Emphasis on Prayer by the Ministry of the New Testament Church)

But we will give ourselves continually to prayer, and to the ministry of the word. (KJV)

Acts 6:6, 15

6 Whom they set before the apostles: and when they had prayed, they laid their hands on them.

15 Who, when they were come down, prayed for them, that they might receive the Holy Ghost:

Acts 9:40

But Peter put them all forth, and kneeled down, and prayed; and turning him to the body said, Tabitha, arise. And she opened her eyes: and when she saw Peter, she sat up.

Acts 12:5, 12

5 Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him.

12 And when he had considered the thing, he came to the house of Mary the mother of John, whose surname was Mark; where many were gathered together praying.

Acts 13:3

And when they had fasted and prayed, and laid their hands on them, they sent them away.

Acts 16:25

And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

Acts 22:17-18 (God Warns Paul, while in prayer, to Leave Jerusalem)

And it came to pass, that, when I was come again to Jerusalem, even while I prayed in the temple, I was in a trance; And saw him saying unto me, Make haste, and get thee quickly out of Jerusalem: for they will not receive thy testimony concerning me.

Acts 28:8

And it came to pass, that the father of Publius lay sick of a fever and of a bloody flux: to whom Paul entered in, and prayed, and laid his hands on him, and healed him.

4. Scriptures Instructing Us to Pray

Luke 18:1

And he spake a parable unto them to this end, that men ought always to pray, and not to faint;

Luke 21:36

Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Rom. 12:12

Rejoicing in hope; patient in tribulation; continuing instant in prayer;

Eph. 6:17-18

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

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

Phil. 4:6

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Col. 4:2

Continue in prayer, and watch in the same with thanksgiving;

Heb. 4:16

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

1 Thess. 5:17

Pray without ceasing.

James 5:16-17

*16 Confess your faults one to another, and pray one for another, that ye may be healed. **The effectual fervent prayer [powerful and effective] of a righteous man availeth much.***

17 Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months.

5. Praying in the Spirit

We benefit greatly when we pray in the Spirit. The Spirit helps us at times in prayer when we don't know how to pray or what to say. Also this praying in the Spirit builds our faith.

Jude 20

*But ye, beloved, **building up yourselves on your most holy faith**, praying in the Holy Ghost,*

Rom. 8:26-27

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

6. Old Testament Examples of Prayer

2 Chron. 7:12, 14-15

12 And the Lord appeared to Solomon by night, and said unto him, I have heard thy prayer, and have chosen this place to myself for an house of sacrifice.

14 **If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.**

15 Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place.

1 Kings 18:24

And call ye on the name of your gods, and I will call on the name of the LORD: and the God that answereth by fire, let him be God. And all the people answered and said, It is well spoken.

Psalms 55:17

Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

Psalms 143:8

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

Daniel 6:10

Now when Daniel knew that the writing was signed, he went into his house; and his Windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

7.1 Fasting for Your Spiritual and Physical Health

A properly conducted fast will:

1. Make you spiritually stronger and produces a more healthy spiritual man.

There is nothing like fasting, with prayer, that will remove barriers and distractions from our spirits and produce a cleansing of the inner man. We can then hear with more clarity what the Spirit is saying to the church. We can then more clearly hear what God is speaking to us as individuals. We can then receive more revelation about His ways, His word and His will for our lives.

2. Make you physically stronger and produces a more healthy natural man.

There is nothing like fasting to allow the body to rid itself of toxins, cleanse the liver, kidneys, and colon and purify the blood. Fasting allows the organs to rest, facilitates healing, reverses the aging process and promotes a longer and healthier life. Refer to the "Nutrition Summary on the following page.

3. Weaken the carnal man and strengthen the spiritual man.

An extended fast is much easier when you become hungrier for God and His perfect will for your life than you are for food. Fasting is taking food from the carnal man and giving it to the spiritual man. The one you feed the most (carnal or spiritual man) will be the dominate one that will control your life.

Types of Fasts:

1. **No Food:** Never without water (possibly juice, e.g. grape juice). Usually 1 - 3 days.

2. **Juice Fast:** No solid food, no milk. Fresh fruit and vegetable juices, vegetable broth (vegetables boiled and drink the water). You will need a quality juicer to get the nutritional benefits. Search the internet for "Bill Bright 40 day juice fast" or "40 day juice fast" for recommendations. (From a few days to 40 days).

3. **Daniel's Fast:** Two types (7-21 days)

There are two references to fasting in the book of Daniel from which the "Daniel Fast" is drawn. Daniel Chapter 1, describes how Daniel and his three friends ate only vegetables and drank only water. At the end of a 10-day trial period, Daniel and his friends appeared healthier than their peers who ate the rich foods from the royal table. In Daniel Chapter 10, Daniel fasts for 21 days, abstaining from pleasant food (e.g. desserts), meat and wine.

a. No meats, no sweets, no strong drinks (e.g. caffeine).

b. More restrictive, eating only raw fruits, vegetables, nuts, seeds, etc.

For more information search the internet for "Daniel's fast." Examples of combining a juice fast with a Daniel's fast:

(1) 3-7 day Daniel's fast, 3-7 day juice fast, 3-7 day Daniel's fast.

(2) 7-10 day Daniel's fast, 3-7 day liquids only fast, 7-10 day Daniel's fast.

7.2 Nutrition Summary (consider for Daniel and juice fasts)

4 Times
 4-8 hrs
 Digestion
 20 min
 10 min

The only food that significantly maintains and restores health is **live food** that is grown from the ground – fruits, and vegetables.

Dead food produces weak replacement cells, while live food produces healthy, strong cells. Disease (cancer, heart, etc) starts with a group of unhealthy cells.

- God built the body with an immune system and a cell replacement system to heal its self with good nutrition and adequate rest. Each year every cell is replaced by a new cell in the body. Good nutrition builds strong replacement cells, poor nutrition builds weak replacement cells (resulting in health problems).

Whatever your food choices – first make sure you are getting plenty of good nutrition !

4. EATING DEAD FOOD

Any food that is not a fruit, vegetable or nut:
 Meat, dairy, eggs and processed foods can be linked directly or indirectly to approx. 90% of all physical problems and disease related deaths in our country.

3. EATING COOKED FRUITS AND VEGETABLES

Many of the vitamins and enzymes are destroyed when the fruits and vegetables are heated to 114 degrees.

2. EATING RAW FRESH FRUITS AND VEGETABLES

a. **Eating raw fruit** requires little digestion energy and a high percent of the nutrition is assimilated by the body. Another benefit is the colon cleansing power of the fiber.

b. In eating raw vegetables only 35% of the nutrients are retained in healthy individuals, down to 1% in the less healthy. That is why some vegetable juicing is recommended.

1. DRINKING FRESH EXTRACTED VEGETABLE JUICE

Freshly extracted juices of vegetables is the fastest and most efficient way to obtain the nutrients necessary to maintain and restore the human body to health.

The digestion process is bypassed (requiring 66 % of the body's energy) and 92 % of the nutrients are available at the cell level in **10 minutes**. All foods must become liquid before they can be assimilated by the body. Canned and bottled juices have been pasteurized (heated) to give a long shelf life and have little real nutrition. Rule of thumb juice vegetables and eat raw fruit (high sugar content), digest in **20 minutes** and great fiber.

There are acceptable substitutes (super foods) where the juice is turned to a powder without heating or freezing, thus retaining a high % of nutrition. Some of these include: Barley Green, IVL's Energy Greens, Ruby Red, etc.

Nutritio for Wellness & Healing

9.3 Fasting Scriptures

Isaiah describes God's requirements for a fast that He will recognize and bless: First turning from sin, doing good deeds, then He will provide bountiful blessings. The truth taught here is, that no mere outward expressions of penitence (such as fasting) will be acceptable to God, without first an inward cleansing of the heart. (Isa. 58:1-13)

1) Repentance required before sacrifice in fasting is accepted (v. 1-5):

The Lord says, Shout as loud as you can! Tell my people Israel about their sins! They worship me every day, claiming that they are eager to know my ways and obey my laws. . . The people ask, "Why should we fast if the Lord never notices? Why should we go without food if he pays no attention?" The Lord says to them, "The truth is that at the same time you fast, you pursue your own interests. When you fast, you make yourselves suffer; you bow your heads low like a blade of grass and spread out sackcloth and ashes to lie on. Is that what you call fasting? Do you think I will be pleased with that?" GNT

(2) God's requirements (v. 6-7):

The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear, and do not refuse to help your own relatives.

(3) God's promise of blessings (v. 8-9):

Then my favor will shine on you like the morning sun, and your wounds will be quickly healed. I will always be with you to save you; my presence will protect you on every side. When you pray, I will answer you. When you call to me, I will respond.

(4) God's requirements (v. 9-10):

If you put an end to oppression, to every gesture of contempt, and to every evil word; if you give food to the hungry and satisfy those who are in need . . .

(5) God's promise of blessings (v. 10-12):

Then the darkness around you will turn to the brightness of noon. And I will always guide you and satisfy you with good things. I will keep you strong and well. You will be like a garden that has plenty of water, like a spring of water that never goes dry. Your people will rebuild what has long been in ruins, building again on the old foundations. You will be known as the people who rebuilt the walls, who restored the ruined houses.

(6) God's requirements (v. 13):

The Lord says, If you treat the Sabbath as sacred and do not pursue your own interests on that day; if you value my holy day and honor it by not traveling, working, or talking idly . . .

(7) God's promise of blessings (v. 13):

Then you will find the joy that comes from serving me. I will make you honored all over the world, and you will enjoy the land I gave to your ancestor, Jacob. I, the Lord, have spoken.

Fasting Brings Miracles of Protection, Healing, Restoration and Salvation	
Esther 4:3, 17	Queen Esther and the Jews fasting and praying for the survival of their nation from the plot of their enemies to kill them. They were miraculously saved by God and their enemies destroyed.
Dan. 9:3	Daniel fasting, repenting for the sins of Israel and praying into fruition the prophecy for their restoration from captivity in Babylon. This started the wheels rolling for the fulfillment of the prophecy for their return to their homeland.
Jonah 3:5	The people of Nineveh praying and fasting for mercy from God to spare them from the prophesied destruction of their city. God responded in mercy and spared their lives.
Joel 2:15-17 2:23-25 28-29	<p><i>Blow the trumpet in Zion, sanctify a fast, call a solemn assembly. Gather the people, sanctify the congregation, assemble the elders, gather the children. . . . Let the priests, the ministers of the Lord, weep between the porch and the altar</i></p> <p>Then promises of restoration: <i>He will cause to come down for you the rain, the former rain, and the latter rain in the first month. And the floors shall be full of wheat, and the fats shall overflow with wine and oil. And I will restore to you the years that the locust hath eaten.</i></p> <p>God's Spirit poured out – a promise for us today. Apostle Peter declares on the day of Pentecost -- This is that spoken by the prophet Joel: <i>“And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit.”</i></p>
Matt. 6:16-18	Jesus tells us that if we fast the right way he will reward us: <i>Unto thy Father which is in secret, thy Father, which seeth in secret, shall reward thee openly.”</i>
Matt. 17:21	When the disciples could not bring deliverance and healing to a boy possessed of an evil spirit, Jesus told them: <i>“Howbeit this kind goeth not out but by prayer and fasting.”</i>
Acts 10: 1-48	The prayer and fasting of Cornelius came up to God as a memorial. God sent an angel which sent him to Apostle Peter, who brought the plan of salvation to Him and his family. This opened the door of salvation to the Gentiles that we enjoy today: <i>And Cornelius said, Four days ago I was fasting; and I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God. Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side.</i>

8.1 Anonymous and Confidential Prayer Survey

This is an optional survey that may be used to gain a better understanding of the amount of praying in the church and where we should focus our teaching on prayer.

Anonymous and Confidential Prayer Survey Do not put your name on this survey

The purpose of this simple survey is to measure how much total prayer is being offered up each week by the Church and to identify any problems or issues that should be addressed to help us pray more effective prayers.

This will serve as the base line to measure how much increase and improvement is made in the total prayer efforts of the whole church over the next few months.

1. _____ Hours of prayer prayed each week (not including regular church services).
_____ Percent of time praying for you and your family's needs
_____ Percent of time praying for others (including lost souls).
2. With your busy schedule do you often find you do not have time to pray?
No: ___ Yes: ___
3. Do you find it difficult to pray in the Spirit (praying in tongues) on a regular basis?
No ___ Yes ___
4. Do you have difficulty praying for 30 - 60 minutes because you run out of things to say or do not know how to pray?
No: ___ Yes: ___
5. Do you think teaching on different types of prayer (praying focused prayers) would help you to be more effective in prayer?
No: ___ Yes: ___
6. Do you think participating in a small group prayer meeting with a prayer leader leading in focused prayer would help you to be more effective in prayer? (The disciples ask Jesus to teach them to pray and He answered their request.)
No: ___ Yes: ___

Comments or Suggestions:

8.2 Faith Promise Prayer Pledge and Offering Cards

These prayer pledge and offering cards may be optionally used in the prayer ministry of the church to bring greater emphasis to prayer and the need to increase the amount of prayer going on in the church. We often do this to solicit finances for various church project.

Below is a sample **Faith Promise Prayer Pledge Card** and a **Faith Promise Prayer Offering Card**, both of which would be submitted anomalously, without the individual's name. The pledge card would be used to make the prayer commitment for a period of time 3, 6 or 12 months. The prayer offering card would be used each week or month to indicate the amount of time spent in prayer.

Faith Promise Prayer Pledge:

Today's Date: _____

By faith I pledge a sacrifice offering of prayer:

Hours of Prayer Each Week: _____

For the next: ___ 6 months ___ 12 months or ___ months

"The effectual fervent prayer of a righteous man availeth much"

"This kind can come forth by nothing, but by prayer and fasting"

Faith Promise Prayer Offering:

Today's Date: _____

Check One: For the Week ___ or, for the Month ___

My sacrifice offering of Prayer: _____ (Hours)

"The effectual fervent prayer of a righteous man availeth much"

"This kind can come forth by nothing, but by prayer and fasting"
