

EFFECTIVE PRAYER
by
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What is Prayer?

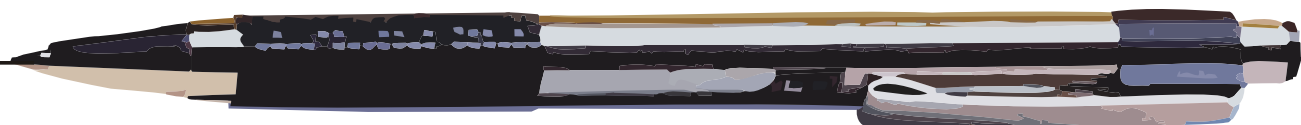
To have an effective prayer life, you must understand some basic principles of prayer. First, prayer is about developing a divine relationship with God. Through prayer you learn to cultivate a closer relationship. You talk to God and you listen for Him to respond. When you spend time with a person, you get to know that person and a level of trust develops. The more you spend time in God's presence you will develop that trust level. You will have more confidence in God's ability and not in your inability.

From reading the Bible and from personal relationship, we develop a point of reference from which to draw the conclusion that "God is God, all by himself." We are encouraged to pray and to seek the Lord, to inquire of Him, and to call upon Him. *Jeremiah 29:11 gives us the confidence to call upon Him, because it states: "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye **call upon me**, and ye shall go and **pray unto me**, and **I will hearken unto you**. And ye shall seek me, and find me, when ye shall search for me with all your heart."* The benefits of praying and seeking God is that you will find Him and when you call upon him, He will answer. Because He loves us, He wants only the best for us. Through prayer and guidance from the Lord, you can find what that "best" is and fellowship and commune with Him. Our desire always should be "to know Him."

Prayer is communion. According to Webster's Dictionary, communion is the act of sharing one's thoughts and emotions with another; intimate converse. It is an intimate relationship with deep understanding. It is a time of fellowship where you can "draw nigh to God, and he will draw nigh to you," (James 4:8). Because we trust God, we commune with Him. Psalms 73:28 declares, "*But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works.*" God wants us to know him. Otherwise, how can we declare his works?

As you draw near to God, you are more aware of his presence. You can enter that special place, in the holy of holies. For lack of a better phrase, we've coined it as "sweet hour of prayer." The time you set aside for prayer becomes tender and gentle moments shared between you and God. From the precious time spent in communion, your prayer time escalates into a time of worship and adoration. When you escalate into just adoring God and thanking Him for His goodness and mercy, the prayer time is focused on the Savior and not the saint. All the petty things and the petitions really don't matter when you tap into this time of sweet communion.

Prayer is communication. It is a simple dialogue between you and God. Simply stated, prayer is a conversation. During prayer, you talk to God and you listen to Him. So then prayer becomes two-way communication. You do not have to beg God for an answer. The moment you speak, He hears. Daniel 9:20-23 confirms this statement and it states: *20 And **whiles I was speaking**, and **praying**, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God; 21 Yea, **whiles I was speaking in prayer**, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation. 22 And he informed me, and talked*



with me, and said, O Daniel, I am now come forth to give thee skill and understanding. 23 **At the beginning of thy supplications the commandment came forth**, and I am come to show thee; for thou art greatly beloved: therefore understand the matter, and consider the vision. In the midst of praying, God dispatched an answer to Daniel. If you keep repeating the prayer, you are really saying "I don't think you heard me," or "I don't believe you will answer." The moment you pray "believe that you receive" and you will have whatsoever you desire (Mark 11:24). As you talk with God, ask Him **once** for your petition or supplication. Thereafter, continuously thank Him for hearing and answering you.

Prayer is Constant. We are instructed in I Thessalonians 5:17 to "pray without ceasing." Therefore, your lines of communication with God are always open. When you become aware of His constant presence in your life, praying without ceasing becomes as natural as breathing. Throughout the day you are discussing the activities of the day with Him. You don't make a decision without asking His opinion or divine will on the subject. You listen and act according to His instructions. If you follow this simple rule, you will avoid a lot of heartache and pain. "Ask God!" American Express has the slogan "Don't leave home without it." My slogan is, "Don't make a move (decision) without God." Always ask first!

Now when you pray, you may use different methods. You may kneel, stand, bow, pace, or sit quietly. You may engage in intercessory prayer, united prayer, agreement in prayer, or supplication in prayer. There is no formula to prayer. However, you must follow Jesus' directions in John 16:23-24: "*And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall **ask the Father in my name**, he will give it you. 24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.*" Do not pray to Jesus. Pray to the Father, in Jesus name.

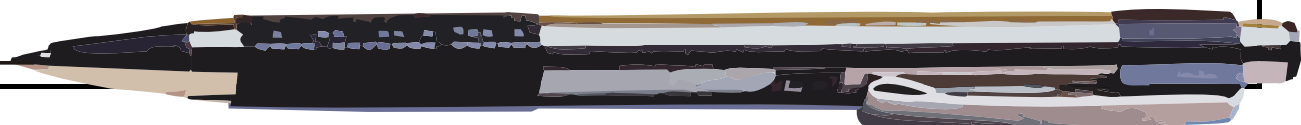
The Three C's of Effective Prayer

To be effective in prayer, follow these three "c's" -- cherish, consider and claim. For results in prayers, cherish the Father, consider Jesus, and claim the promises.

Cherish the Father--To cherish means to protect and care for lovingly. During your time of prayer, you must care for the one you are praying to--adore and love Father. You must reverence Him as holy and that He is God Almighty and not treat Him as a mere man. In Matthew 22:37, "*Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment.*" We are all instructed to love the Lord with everything that is in us--this is not an option for Christians. As you cherish Him and praise His holy name, you will begin to see heaven and earth move on your behalf.

Since God is Abba Father, you must show respect for God, that He is deity. Don't just rush into His presence with a list of petitions. "*Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.*" (Psalms 100:4-5) Take the time to set the atmosphere with thanksgiving, adoration, and praise.

Consider Jesus. Whenever you pray, set the basis of your prayer on sacrifice of our Savior, Jesus Christ and all that He has already accomplished for you. Remember not to focus on the circumstances more than Jesus, you will get in trouble. Circumstances and situations are designed



to distract you. However, if you consider everything that Jesus has done, you come to God in confidence. Then your prayer is based on the promise and not the problem. *Hebrews 12:2 states, "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. 4 Ye have not yet resisted unto blood, striving against sin."* Wouldn't it be great if every time we prayed, we stopped for a moment to reflect on what Jesus did before we began to give God our prayer list. The results would be phenomenal.

The simple fact that you must consider in praying is that you want results. To get results, we have to look at our situation through the sufferings of Christ and our debt that He paid. If we are going to endure these burdens and things today, why did Jesus bare them more than 2,000 years ago. If Jesus suffered so that you and I do not have to, then why are we suffering so? However, *Isaiah 53:4-5 states, "Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. 5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."*

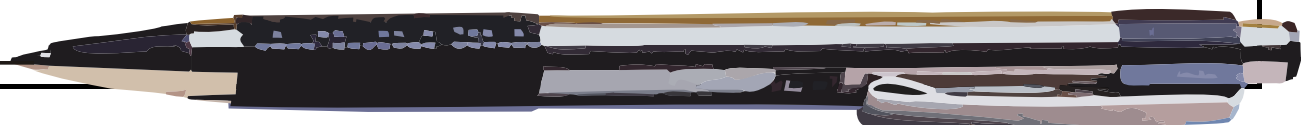
In prayer we must consider the fact that Jesus took care of every problem and situation, sickness and disease and every trauma we will ever face. Upon calvary, when Jesus stated, "It is finished," He meant just that. He provided for every need; he defeated the enemy; and He gave you the victory. What more could you ask for? Now, all that is left for us to do is to walk in the authority and the abundant life Jesus left you and maintain our position of peace in prayer.

Claim the promises. The reason our prayers are unanswered is that we are not appropriating what belongs to us. *2 Corinthians 1:20 states, "For all the promises of God in him are yea, and in him Amen, unto the glory of God by us."* If you take time to read the Bible, then you will discover all the precious promises that await you. He has already provided for your well being. It is up to you to know what God's promise is in a particular situation and claim that promise.

To claim the promise, you must first research the scriptures, know what promises are available to you and stand on the promise of God until your answer comes. If you find a scripture that pertains to that you are asking God for, you can pray the Word of God with assurance that it will be His will.

1 John 5:14-15 states, "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: 15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."

Sometimes we need help praying. Praise God we have the Comforter, the Holy Spirit to help us. He is ever present and ready to intercede on our behalf. *Romans 8:26-27 states, "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."* The Holy Spirit prays the divine will of God for you; He retrieves an answer for you and lets you know the results.



Keys to Effective Prayer

Always ask God about everything. Philippians 4:6

Don't beg God. He is not deaf. Pray once. Daniel 9 -10, Psalms 91:15

Pray the Word to get results. Joshua 1:8, Proverbs 4:20-23

Pray to the Father "in Jesus name". John 16:23-24

Believe to receive. Mark 11:22-24

Give thanks for the answer before you see the results. Hebrews 11:1, 1 Thessalonians 5:18

Pray without ceasing. 1 Thessalonians 5:17

Pray and not faint. Luke 18:1

Pray in the spirit. Ephesians 6:18, Romans 8:26

Pray and know that you get results. I John 5:15

Prayer is built upon relationship; it is your foundation. Prayer comes from your heart and not your head.

GOD ANSWERS PRAYER!

For More Teachings or Information on prayer, get Forty Days of Prayer, available from the website below.

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