

St. Matthew A.M.E. Church

Rev. Melvin E. Wilson, Pastor / Teacher
Rev. Teresa Lynn Rushdan, Minister of Prayer
Sis. Karen Deas, Prayer Ministry President

Teach Me How to Pray

Rev. Teresa Lynn Rushdan, Instructor
Saturday, January 23, 2021

Musical Interlude

Prayer

Sis. Karen Deas

Scripture

John 16:13-15

Evangelist Tracey McGill

This teaching today is to encourage you to pray....to invite you to get closer to God,,,to speak to the Lord not in form or fashion but to understand how very real God is....that God is listening. That God loves you. I'd like to share 5 minutes of a preached word to establish this Holy moment , to ground this moment...Allow God to speak to your Spirit my sisters and brothers. Afterwards it's you, me & God.

Video Presentation

Let us Begin to Seek Him in Prayer....Because this is a workshop Lets do something different. I told everyone that you will not be asked to pray, but I didn't say that we won't pray together.

So turn down your radios, televisions and devicesetc and unmute yourself and we are going to pray out loud together.

Let us begin.....

Father God, I come to you in the name of Jesus....today I seek your heart, I want to know you better, I want to tell you I love you for who you are and what you represent. Today I submit myself as an empty vessel...I am sitting at your feet as you feed me....Holy Ghost fill me with Your Spirit...give me wisdom and knowledge to know You better....Teach me how to pray....pray from my heart, teach me how to pray for myself and for others....Purify my heart and receive my honest intentions to grow...As we are taught, forgive me for any sin, any pretense...forgive me. I receive your teaching...Bless our Pastor Melvin E. Wilson, for allowing this teaching to go forward, Bless our First Lady Reverend Leslie Wilson, Bless Rev. Teresa Lynn Rushdan as she teaches your word, Bless our Prayer Ministry, Bless our Leadership and Bless our Church Family young and old as we grow together. In Jesus Name Amen...

Now come on and Give God a Great Big Praise...Shouts of Joy...Shouts of Praise...Shouts of Glory!!!! Clap your hands all ye gates! Do the St. Mathew Hands Up Praise!!!....Praise God in advance of the teaching...Let everything that has breath Praise the Lord!!!!

Definition:

Prayer is personal communication with God. Philippians 4:6 is a great verse to help you get started in your study of prayer: "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."

Prayer is not a ritual that depends on closing our eyes and putting on holy faces. We don't have to kneel or sit. We can pray while walking, driving, or working. God responds to a two-word cry for help in the middle of a busy afternoon, just like God responds to our 6:00 a.m. prayer, after our reading of scripture in the morning and God shows up Sunday morning worship or our prayer at night.

Praying is not as complicated as we often make him it out to be. Prayer is intimate, it's a time when we submit ourselves to the Lord as living sacrifices to God and God receives us upon his Holy Altar in heaven.

God delights in any simple pure sweet words we offer Him. Another words we have to offer God our purest, honest and sweetest self. Not perfect self...Because He alone is Holy and Jesus Himself is perfect. Give God your Honest self even if you are messed up.....

Prayer Helps Build a Relationship with God

Unless we talk to God and learn to recognize His voice, we can become impatient when things in life do not go as planned. As we build a relationship with God, we learn to live in a place of contentment where regardless of what is going on around us we can see beyond the natural sphere into the spiritual realm. God always has a bigger plan then we can see.

Three Reasons to pray:

Prayer expresses our dependence in God and is a means whereby our trust in him can increase.

Prayer brings us into deeper fellowship with God, and he loves us and delights in our fellowship with him.

Prayer allows us as creatures to be involved in activities that are eternally important.

Prayer Has No Boundaries

You can build your faith in God through prayer. That's why we can pray over the phone, on zoom, on Facebook because prayer is not limited by brick and mortar. Prayer can be said in a prison cell, on a mountain top, down in a valley, riding on the Turnpike, on the River Jordan...Prayer has no boundaries. No chains can stop you from praying, no chains can stop God from listening, no chains can stop God from answering and no chains can stop God from giving you the victory in your circumstance.

Then Why Don't We Pray?

Sin- Perhaps we are sinful and because God is holy, we may feel have no right on our own to enter into prayer. Confession Sins Because our obedience to God is never perfect in this life, we continually depend on his forgiveness for our sins.

Confession of sins is necessary in order for God to "forgive us" in the sense of restoring his day-by-day relationship with us. (Matt 6:12, 1 John 1:9, James 5:16)

Sometimes we don't remember all the sins we may have committed even this week...So with respect to those sins that we do not remember or are unaware of, it is appropriate to pray the general prayer of David, "Clear me from hidden faults" (Ps. 19:12)

We do not need to be freed from sin completely before God can be expected to answer our prayers. When we come before God through his grace, we come cleansed by the blood of Christ (Rom 3:25, Eph 2:13, Heb 9:14). Yet we must not neglect holiness.

Forgiving Others "For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses." (Matt 6:14-15)

Hindering Spirits- Spirit of Intimidation, Spirit of Judgement, Spirit of Confusion, Spirit of Fear

- The spirit of intimidation manifests much of the serpentine behavior of its ruler, Satan, in that it is a liar, a hypocrite, it is deceptive, cunning, subtle, slippery and always questioning in order to embarrass or ridicule others under the guise of care . In their numerous endeavors to trap biblical Christians, intimidators love to quote and misquote Scriptures out of their intended context.

The spirit of judgement-

When we exercise an authority over people that we do not possess.

- Christ set shepherds in the church to discern false prophets, false brethren, and open sin against God's Word (1 Cor. 5). We, as members of a congregation, are called to "submit to one another," not "judge one another."

- If we are not in that office, we don't have that authority. We do not possess the "gift of suspicion."

When we treat suspicions or rumors as facts.

- Judgmentalism puts opinions ahead of the facts. We must make a full, patient investigation of a matter to obtain clear proof.
- Even God "came down to see" the tower of Babel and the wickedness of Sodom and Gomorrah before He poured out His judgment.

When we presume to know the motives of people's actions.

- Anyone can judge actions. It is obvious. The problem comes when we decide we know the "Why?" to their actions.
- Only God knows a person's motives. He will judge everyone (including us) at the Judgment Seat of Christ to reveal our true motives.

When we are quick to detect minor faults in others while being blind to our own graver sins.

- Judgmentalism is two-faced. "Therefore, you have no excuse, O man, every one of you who judges. For in passing judgment on another you condemn yourself, because you, the judge, practice the very same things" (Rom. 2:1).

Judgmentalism puts opinion ahead of the facts.

When we judge about things that are not clearly spelled out in Scripture.

- God's Word is perfect and does not need you to add to it your own condemnation.

When we ignore everything favorable about a person and fixate only on the unfavorable.

- Judgment cannot become "personal." It has to be based on "principle" and not "prejudice." Any juror with a personal relationship to a defendant is disqualified.
- When it becomes "personal," our desire is to condemn a person rather than get rid of the evil in a person.

When we spread our wrong conclusions to others as a "talebearer."

- This is going crazy in social media right now! People are sounding off on social media with only a fraction of the facts. When they later hear the whole truth, they make no effort to go back and inform their "followers."

spirit of confusion- The Spirit of Confusion is a when a person does not know who they are or what they want out of life, while at the same time wanting someone else to fix their issues, their dilemmas, they're personal problems and more importantly they are more invested in "remaining stuck" than growth or progression.

A Hallmark sign of a confused person is their "lostness" and their commitment to the spirit of self-sabotage which is a powerful enabler.

Signs of confusion- No spiritual growth or maturation, they dump on others, they hear what they want to hear, they are jealous of your gifts both natural and spiritual, they want to be you, they are inconsistent, they change on a dime, they lack real power and hate yours.

spirit of fear This word means cowardice or timidity. A person with a spirit of fear or timidity may shy away from proclaiming the gospel or upholding the truth of God's word. This happens because of an impending sense of threat or danger whether it is real or imagined.

2 Timothy 1:7 "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

Perhaps Not Saved- Perhaps we never received Jesus as Lord & Messiah. Church we need a mediator to come between us and God and to bring us into God's presence. "For there is one God, and there is one mediator between God and men, the man Christ Jesus," (1 Tim 2:5)

What Is Praying "in Jesus' Name"?

"Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it." (John 14:13-14)

"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." (John 15:16) But what does this mean?

To come in the name of someone means that another person has authorized us to come on his authority, not on our own. (Acts 3:6, 4:7, 16:18)

The "name" of a person in the ancient world represented the person himself and therefore all of his character. This means that praying "in Jesus' name" is not only praying in his authority, but also praying in a way that is consistent with his character that truly represents him and reflects his manner of life and his own holy will.

In this sense, to pray in Jesus' name comes close to the idea of praying "according to his will". "And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him." (1 John 5:14-15)

My sheep hear my voice, and I know them, and they follow me: ²⁸And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. ²⁹My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. ³⁰I and my Father are one. John 10:27-30

The Role of the Holy Spirit in Our Praying “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

He who searches hearts knows what the mind of the Spirit is, because the Spirit intercedes for the saints according to the will of God.” (Rom 8:26–27) The Holy Spirit takes part with us and makes our weak prayers effective.

What does it mean to pray in the Spirit? To pray “in the Holy Spirit,” is to pray with the conscious awareness of God’s presence surrounding us and sanctifying both us and our prayers.

Prayer Needs to Be Combined with a Pure Heart

God is Holy and it is important to approach the Lord in prayer with a pure heart. God gave us the gift of prayer as a means to communicate with him and to receive His help and healing in the midst of our struggles. Going to God with a pure heart means your intentions are without bitterness.

The Bible says.... ^{Psalms 51 10} Create in me a pure heart, O God, and renew a steadfast spirit within me NIV.

Prayer Needs to be Combined with God’s Word....

The Word of God is God's truth! It is to be respected, and it is to be the basis of our prayers. God's Word is our Spiritual Manual that He has given us as a weapon against the kingdom of darkness. God has a purpose for everything He has written in His Word!

The Word helps us to become familiar with God’s ways so that we will not easily succumb to false teaching.

Praying According to God’s Will (1 John 5:14-15, Matt 6:10, 26:39)

We should have great confidence that God will answer our prayer when we ask him for something that accords with a specific promise or command of Scripture.

For this reason knowledge of scripture is a tremendous help in prayer, enabling us to follow the pattern of first Christians who quoted scripture when they prayed. (Acts 4:25-26)

What happens if scripture doesn’t speak about a certain desire, how should we pray?

In such cases, we should ask him for deeper understanding and then pray for what seems best to us, but add, “Nevertheless, if I am wrong in asking this, and if this is not pleasing to you, then do as seems best in your sight,” or, more simply, “If it is your will.” “

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.” (James 1:5–8)

Praying with Faith “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” (Mark 11:24)

Jesus is apparently saying that when we ask for something, the kind of faith that will bring results is a settled assurance that when we prayed for something (or perhaps after we had been praying over a period of time), God agreed to grant our specific request.

Continuing in Prayer Over Time with Persistence

When we are earnestly seeking God for an answer to a specific prayer, we may in fact repeat the same request several times. (1 Thess 5:17)

We see in Jesus’ life a pattern of much time given to prayer.

When great multitudes were following him, “he himself was often withdrawing into the wilderness regions and praying.” (Luke 5:16, 6:12) o Such continual devotion to prayer even while about daily duties should characterize the life of every believer. (2 Cor 12:8)

We should be persistent knowing that God wants to give us good gifts. (Luke 11:1-13)

Pray Earnestly

Jesus himself, who is our model for prayer, prayed earnestly. “In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard for his godly fear” (Heb. 5:7)

If we truly begin to see situations as God sees them, if we begin to see the needs of a hurting and dying world as they really are, then it will be natural to pray with intense emotional involvement and to expect God, as a merciful Father, to respond to heartfelt prayer. (Neh 1:4-11)

- Waiting on the Lord “I wait for the LORD, my soul waits, and in his word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.” (Psalm 130:5–6)

Waiting patiently for an answer shows my earnestness, my sense of expectancy, and my respect for God. (Ps 27:14, 28:15)

As earnest Christians we are to come before God, gain a sense of being in his presence, earnestly pour out our requests to him, and then wait quietly for some sense of assurance of God's answer.

Praying in Private “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others.

Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.” (Matt 6:5–6)

Should we only pray alone? Jesus is not saying that praying with others is wrong, but you need to be able to pray on your own (private prayer) as well as praying with others (public prayer). Christians can pray at any time and anywhere that gives them space on their own.

A lot of people find a quiet room in their home. Some people pray in their bedroom. Others might pray when they walk the dog, or when they are travelling to school or work! You don't have to pray out loud, you can pray in your mind, or just be quiet and listen.

There is wisdom in Jesus' encouragement to pray in secret, not only that we might avoid hypocrisy, but also that we might not be distracted by the presence of other people and therefore modify our prayers to suit what we think they will expect to hear.

Praying with Other Believers and by doing so find strength in praying together with others. In fact, Jesus teaches us, “Again, I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I in the midst of them”

What About Unanswered Prayer?

We must begin by recognizing that as long as God is God and we are his creatures, there must be some unanswered prayers. This is because God keeps hidden his own wise plans for the future, and even though people pray, many events will not come about until the time that God has decreed.

Prayer is also unanswered at times because we don't always pray as we ought, nor do we pray according to God's will, and we do not always ask in faith. Joseph no doubt prayed earnestly to be rescued from the pit and from being carried off into slavery in Egypt (Gen 37:23-36), but many years later he found how in all of these events ‘God meant it for good.’ (Gen 50:20)

When we face unanswered prayer, we join the company of Jesus, who prayed, “Father, if you are willing, remove this cup from me; nevertheless not my will, but yours, be done” (Luke 22:42). (Paul – 2 Cor 12:8-9, David – 2 Sam 12:20,23)

When prayer remains unanswered we must continue to trust God, who “causes all things to work together for good” (Rom. 8:28), and to cast our cares on him, knowing that he continually cares for us (1 Peter 5:7).

We must keep remembering that he will give strength sufficient for each day (Deut. 33:25) and that he has promised, “I will never fail you nor forsake you” (Heb. 13:5; cf. Rom. 8:35–39).

But sometimes prayers will remain unanswered in this life. At times God will answer those prayers after the believer dies. At other times he will not, but even then the faith expressed in those prayers and their heartfelt expressions of love for God and the people he has made will still ascend as a pleasing incense before God’s throne (Rev. 5:8; 8:3–4) and will result in “praise and glory and honor at the revelation of Jesus Christ” (1 Peter 1:7).

The disciples asked Jesus to teach them how to pray. Matthew 6:5-14 records what Jesus said. First, Jesus teaches what not to do: v5 “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 men. I tell you the truth, they have received their reward in full.”

v7 “And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Do not be like them, for your Father in heaven knows what you need before you ask him.”

What does Jesus say not to do when praying? Don’t put on a show or an act, don’t pretend.

So by asking God for things in prayer, it teaches us to respect God and to see Him as our Heavenly Father. Also God is a loving father who gives us what we need, not necessarily what we want.

Jesus teaches how to pray: v6 “But when you pray, go into your room, close the door and pray to your Father, who is unseen.”

The Lord's Prayer (King James Version) Mark 6:9b-13

(Our Model Prayer)

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.

Jesus gives the disciples an example of a prayer. The Lord's Prayer should be understood as an example, a pattern, of how to pray. It gives us the "ingredients" that should go into prayer.

The first parts of the prayer are concerning God and the glory of God and the next part deals with our needs. Only when God has been given his proper place will all other things fall into their proper places.

Our Father Use of the word "our" instead of "my" shows us that prayer should not be selfish. It also reminds us that we are part of God's family - others are our brothers and sisters because God is their father too.

We should treat each other like family members. The word 'Father' also teaches us that we should pray to God [the Father]; because He is a good Father.

Like a loving father, God listens to our prayers and always gives his best. Sometimes, this may not always be exactly what we want - sometimes a loving parent even has to use the word no!

Who art in heavenWe should not think of God being in a far away place because God is everywhere. Acts 17:27-28 reminds us " He is not far from any of us. 'For in him we live and move and have our being.'" This line of the prayer reminds us to acknowledge God's sovereignty over the universe.

Hallowed be thy name 'Hallowed' means 'Holy'. Keeping God's name holy means that he should be honored and respected and admired for who He is and for what He has done. "Hallowed be your name" is telling us to worship God and to praise Him for who He is.

This is one of the reasons we should begin our prayers with worship to God whether outwardly or inwardly because He is so worthy of it.

Thy kingdom come thy will be done on earth as it is in heaven. Believers God is King! So God has a kingdom. God is a fair, loving king. By saying 'thy kingdom come' we are saying 'Be my king', so we are asking for help to act, talk and think the way God wants us to. We are praying for the advancement of God's kingdom and remembering the part we have to play in that. Asking for God's kingdom and for God's will to be done is really surrendering to God, because his rule and his plans are the best things for our lives.

It is a reminder to us that we are to pray for God's plan in our lives and the world, not our own plan. We are to pray for God's will to be done, not for our own. In heaven everyone submits to God – that is why it is heaven – there is no selfishness, no cruelty, no lies – but plenty of love, peace and happiness.

Everyday we should strive while we live on earth to be like Him, to be like Jesus, to be kind, loving, generous, honest, sweet, sincere, and trustworthy.

Give us this day our daily bread 'Daily bread' symbolizes everything we need for our life, for that day. It is not demanding that God gives us food but reminds us not to take for granted everything we have but it is agreeing that God is the one who gives us life and sustains us each day –we depend on God for daily physical and spiritual food.

Forgive us our trespasses as we forgive those who trespass against us We need to ask God to forgive us our sins - that is all the wrong things we have done - this includes our actions, our thoughts and what we have said. We have to be sincere in saying sorry to God but we must forgive others too.

We should not keep something like being hurt by someone else a secret – instead we should tell God - and after we talk about it God will help us forgive those who hurt us. Jesus teaches that if we don't forgive others then God will not forgive us.

(v15) and lead us not into temptation but deliver us from evil This part of the prayer is asking about God for protection so that we will be able to stand against all the bad influences in the world, we will be able to achieve victory over sin. Feeling angry, afraid or lonely can make us want to break a rule, that is temptation.

We need to pray so God can help us with our feelings. Breaking a rule hurts God but he still loves us. We should pray that God helps us know the difference between right and wrong.

For thine is the kingdom, the power and the glory for ever and ever [This was not part of the Lord's Prayer as Jesus taught it. This part was added later.] God is the real King. If we want to be part of his Kingdom we must trust him to teach us to pray, to understand the bible and to help us love others. God is almighty and deserves glory.

Amen means:

- I don't know when or how, but I know Jesus will answer my prayer, so be it, I really mean it.

Other Types & Times of Prayer

Prayer & Fasting

- Prayer is often connected with fasting in Scripture (Daniel 9:3, Esth 4:3, Joel 2:12, Acts 13:2, 14:23).

Fasting increases our sense of humility and dependence on the Lord (for our hunger and physical weakness continually remind us how we are not really strong in ourselves but need the Lord)

Fasting allows us to give more attention to prayer (for we are not spending time on eating)

Fasting is a continual reminder that, just as we sacrifice some personal comfort to the Lord by not eating, so we must continually sacrifice all of ourselves to Him.

Fasting is a good exercise in self-discipline, for as we refrain from eating food, which we would ordinarily desire, it also strengthens our ability to refrain from sin, to which we might otherwise be tempted to yield.

Fasting also heightens spiritual and mental alertness and a sense of God's presence as we focus less on the material things of this world (such as food) and as the energies of our body are freed from digesting and processing food.

Fasting expresses earnestness and urgency in our prayers: if we continued to fast, eventually we would die. Therefore, in a symbolic way, fasting says to God that we are prepared to lay down our lives that the situation be changed rather than that it continue.

Fasting says we hunger for God's presence & help in our spiritual life more than we hunger for food that sustains physical life.

The disciples asked Jesus to teach them how to pray. Matthew 6:5-14 records what Jesus said. First, Jesus teaches what not to do: v5 "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 men. I tell you the truth, they have received their reward in full."

v7 "And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Do not be like them, for your Father in heaven knows what you need before you ask him."

What does Jesus say not to do when praying? Don't put on a show or an act, don't pretend.

So by asking God for things in prayer, it teaches us to respect God and to see Him as our Heavenly Father. Also God is a loving father who gives us what we need, not necessarily what we want.

Jesus teaches how to pray: v6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."

The Bible talks about different types of prayer. Knowing what type of prayer to pray and when to pray it is very important to our prayer life.

In practice, we all use different types of prayer during our prayer times, and there is no reason why we cannot apply any of these types of prayers to all the situations that face us. Ask God to fill you with more of His love and make your prayer life richer.

Prayer of Supplication

Luke 11:9-13; James 5:17-18; 1 Kings 8:37-40; 1 Kings 8:54-55

Supplication means to petition or entreat someone for something. A passionate zeal and hunger fuels the prayer of supplication. Prayers of supplication are prayers that all Christians should regularly engage in, as we earnestly desire to seek God's face and know His will for our life. Ask God to give you a hunger for Him.

Prayer of Intercession

Genesis 18:22-33 (Abraham); 1 Kings 18:41-46 (Elijah); 2 Kings 4:32-36 (Elisha); Acts 12:1-18 (The early church)

To intercede means to plead or mediate on behalf of another person. Intercessory prayer means praying earnestly for the needs of others, and seeking God's will for their life. We are called to intercede for others, just as Jesus is interceding for us (Hebrews 7: 25).

Six Essentials of Effective Intercessory Prayer

- **Be Sincere**

Prayer is a sacred responsibility, and we need to treat it as such. Samuel told the Israelites, "Far be it from me that I should sin against the Lord by failing to pray for you." (1 Samuel 12:23)

- **Be Discreet**

If you've ever had details of your personal life spread all over church, you know how devastating a little gossip can be. Here's a simple rule for any effective intercessor. Assume every prayer request offered by a friend is for your ears only, even if they don't specifically say so. If you belong to a prayer group, you might ask the person if they mind you sharing their request so others can pray, too. Even if they respond positively, refrain from telling the group any more than is necessary.

- **Be Sensitive**

Often, when people have just suffered a traumatic event, they're exhausted with having to retell their story to every person who asks. While we want to demonstrate concern for others, there's no reason to make them relive the ordeal by asking a lot of questions. All we really need to do is let them know we love them, and we're praying.

- **Be Encouraging**

An encouraging card or a sympathetic whisper promising to pray for someone in pain can brighten a dreary day and lift a weary heart. A simple expression of concern can be an incredible source of encouragement to anyone going through a physical, spiritual, or emotional struggle. And through

the week, when they become discouraged, they can remind themselves that “Someone is praying for me!”

- **Be Organized**

So often we glibly promise to pray for someone — and we really mean it — but somehow we simply fail to do so. When you make a commitment to pray for someone, make a note of it. Amid the pressures of daily life, prayer often gets pushed to the back burner. The whispers of our conscience can be drowned by the screams of a hungry baby or the demands of a cranky boss. But no matter what your work schedule is, you can find time to pray.

- **Be Committed**

If you consistently have trouble making time for prayer, find a partner and hold each other accountable. Even if you don't have the time to pray together, just remind each other regularly of your commitment to pray. In promising to pray for someone, you've made a sacred commitment. It's a solemn responsibility — with incredible rewards.

Prayer of Faith

- Mark 11:12-14; Mark 11:20-25; Luke 7:1-10; James 5:13-18; Matthew 9:18-26
- The prayer of faith is rooted in our confidence in God's Word. When you are sure that what you are praying for is God's will for you, the prayer of faith can be employed. The prayer of faith is knowing God's will, praying it and receiving it from Him. Not forgiving and doubting are the two greatest hindrances to prayers of faith.

Prayer of Agreement

- Genesis 11:1-9; Matthew 18:19-20; Exodus 17:8-13; Psalm 133:1-3; Acts 4:23; Hebrews 10:24-25; Matthew 28:16-20
- The prayer of agreement is when two or more people come together and agree with one another and with the Word of God that something specific will be done. When we stand together in unity — with one purpose, sharing a joint vision and trusting God's Word to be fulfilled — God can work miracles.

Prayer of Praise and Thanksgiving

- Psalm 100; Acts 16:16-34; Psalm 149:4-9; 1Thessalonians 5:15-19
- Praise and worship brings us into the presence of God. Praising God in both the good and bad times affirms our faith in Him. Praise and thanksgiving are powerful weapons. They disarm the two most deadly weapons to our Christian walk: unbelief and satanic attacks. These two things are manifested in many different ways, but praise and thanksgiving is the two-edged sword that helps us fight against evil.

Prayer of Contemplation

The following steps may help you build contemplation into your prayer life.

- **Establish a time and a place**

Establish a regular time and place to give God your undivided attention each day (not in the car or while doing the dishes!). Have everything you need: your Bible, a journal, a pen, etc., so you can move right into prayer.

- **Keep your purpose clear**

Come to this time for the sole purpose of seeking God's face. Keep this time for worship, meditation and listening for His voice. Intercession and supplication are for another time.

- **Be still and quiet**

This is a difficult discipline and takes much practice. After acknowledging God's presence, become still and quiet before Him. Relax your mind and breathe deeply, all the while thanking Him silently that He meets you in the stillness.

- **Meditate on Scripture**

Unlike Eastern meditation, our goal is not to empty our mind, but to fill it with the revelation of God's manifest presence. Read small portions of Scripture, asking God to reveal Himself to you. Wait on Him and listen for the Shepherd's voice.

- **Journal your prayers**

Write daily love letters to God that respond to the joy of being with Him. Chronicle what He seems to be saying to you in writing.

- **Prepare for wandering thoughts**

Don't worry if your mind wanders, especially at first. Jot down things you need to do later; then return your mind to seeking God's face again.

- **Don't fear drowsiness**

It is no sin to fall asleep in the arms of God. Of course, if this becomes the norm, you may need to change your sleeping habits!

- **Infuse intercession with contemplation**

Whenever the battle in prayer takes its toll, take a few minutes to contemplate the loveliness of Christ, rest in His arms and simply enjoy His presence. Then go back to the work of active prayer.

References

The Holy Bible King James, The New International Version & The King James Version

The Intercessor by Rees Howells

The Divine Revelation of Prayer- Mary Baxter with Bishop George Bloomer

Article on Various Prayers – Tricia McCary Rhodes



God
Bless



God is
Love



Amen



PRAYER FOR TODAY

Heavenly Father, I gladly receive Your word today. I choose to open my heart to You and invite You to fill me with Your joy and strength. Thank You for showing me Your goodness and empowering me with Your grace. I bless You today and always in Jesus' name. Amen.