



A Life in *Prayer*

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A LIFE IN PRAYER

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Seasoning of the Saints
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A Study Guide of the Seasoning of the Saints Series

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FOREWORD

Everyone needs prayer and prayer support. Many church groups today have traditional prayers used during the services. Some include special prayers for individuals and specific issues within the community. Most churches teach the Lord's prayer and repeat that during the service or teach that prayer for all situations.

Depending on the denomination and the tradition, the individual's prayer life may be encouraged or may not be spoken about at all. Some prayers are written and given to read or speak for specific situations. Prayers are published for spiritual counseling, absolutions, the bereaved, and time of personal issues. These prayers can be very helpful for individuals who may not understand "what prayer is" and "how the Holy Spirit" works in us through prayer.

Prayer is one of the most needed in our lives and for the intervention of God in all our life situations. Including personal, family, work, political and environmental concerns. Prayer is also the primary communication between God and Man or humankind. We as humans are the only part of creation that has the ability to verbally communicate with God, the Creator of the Universe, His Son Jesus, and His Holy Spirit.

This book and study guide is intended to help understand a Life in Prayer and how to remain in communication with God and be guided by His Holy Spirit in all things.

INTRODUCTION

A Life in Prayer is a way of life. This book and study guide was written to help the believer understand the prayer life we should have and the importance of prayer.

As you read and consider what the scripture says about prayer and the life in Christ we share, we become one with Jesus and live in Him, through Him, and He works in us. He also works through us.

When I was young in the LORD, I would pray for my selfish needs and desires. As I grew in faith and understanding, I found that prayer was not what God wanted for me but what I needed. I began to walk in this Prayer Life through study, practice, and observation of the results of what was answered and what was not responded to the way I desired it to be answered.

I wrote this book and study guide to help other believers come to a clearer understanding of what I have learned and where I learned it from. I did not attend a theological seminary to know these truths. I did learn them from practical experience and trial and error. What I have found over the years is this truth. The more I learn about God and our relationship, the less I know. This is because we have a finite mind and understanding, whereas God has an infinite mind, knowledge, and limitless power and strength. We cannot understand everything in these frail bodies and our limited minds, souls, or selves.

Take to heart that a relationship with the creator of the Universe, the God of Abraham, Isaac, and Jacob, is the eternal and ever-living God of creation. And you are a precious part of His creation, created to have a relationship with Him now and throughout eternity.

There are two types of prayer support needed.

Corporate Prayer

The first is the congregation's prayer chain or team. This may be set up in small groups and structured under the Pastor's oversight. If the community does not already have a prayer chain or persons called to intercessory prayer, then whoever the Pastor designates should be contacted to set one up.

Personal Prayer

The second type of prayer support is for personal needs. When we pray, there is always opposition to our prayers. As individuals, we need others interceding on our behalf.

Every household should have prayer time for personal reflection, family members, friends, neighbors, and families.

SECTION I

PURPOSE OF A LIFE IN PRAYER

The Purpose of A Life in Prayer is to help the Christian believer build a relationship with the Father, Son, and Holy Spirit.

Section I Covers organizing in groups and accountability.

Section II is a Bible study intended for group discussions and is designed to teach you the following:

1. What is Prayer?
2. Why is prayer important?
3. What are the conditions of prayer?
4. What are the other parts of prayer?
5. What should we pray for?

A study in prayer should be done with your group or fellowships as you begin your prayer groups and journals. It will help even the most experienced person of prayer to keep on track in their prayer life.

PRAYER GROUPS

Prayer Groups are small groups called to be prayer interceding for others and one another. A group meets each week for the study and practice of prayer.

Discussion on prayer from last week

1. How did you do each day on time?
2. How comfortable or uncomfortable are you?
3. Were there any concerns you felt you should pray for that you can share?
4. Are there any prayers that you feel we should add to our general prayers?
5. Are there any prayers that you feel we should not pray for in our prayers?

PRAYER TEAMS

TEAM PREPARATION

In anticipation of building prayer teams, it should be remembered

"The effective, fervent prayer of a righteous man avails much." James 5:16b NKJV

All Prayer is by faith and not knowledge; consideration is to understand the Holy Spirit intercedes for us and leads us. "However, when He, the Spirit of truth, has come, He will guide you into all truth;" John 16:13
Keeping a record of prayers requested and answers can be a great faith builder. Establishing a discipline of recording will enable you and your prayer teammates to see how God answers the prayers. A recording is done with prayer journals.

It is recommended that those called to pray to learn the Four Keys to Hearing God's Voice.

<https://www.cwgministries.org/Four-Keys-to-Hearing-Gods-Voice>

Individual Prayer – Throughout the day, an individual may have random thoughts about someone or something; the person called to pray is an intercessor. God calls them to intercede on behalf of others.

Prayer Teams – Teams are formed in small groups and pray together. Every small group should have prayer time and can pray as a team. See Life in Prayer study

Prayer teams; can be any number of people: 2, 3, 4, etc.

Teams should pray each day for their teammates. But also have time when they can gather or connect to pray together.

PRAYER JOURNALS

There are two types of journals to be kept.

Obtain a list of prayer requests from the prayer coordinator, Pastor, or office each week through your leaders.

1. Small-Group Journal

List the prayers which are provided to the group. All members of the chain or group lift these to the Lord.
When you gather and share the results

2. Members' Personal Prayer Journal

List the prayers which are personally essential to you.

The Journals are divide them into three prayer categories. General, Team, and Personal

- 1.) List general prayers from the group or congregation.
- 2.) List prayer, which you and your teammate feel are essential.
- 3.) List prayers that you feel are important.

As you pray each day, names of people or concerns will come to you in your mind; pray for whatever you are led to pray. If you find that you are praying spontaneously for concerns or people coming to mind more than once or twice, write it in your personal journal and bring it to the group.

Two-way Journaling is a conversation with God. 1. Your request 2. His response.

PRAYER CHAINS

Prayer Chains – Chains are individuals who receive a prayer request or requests from the person on the chain. A prayer chain is a list of prayer partners called to intercede for others and their needs. One person should be responsible for calling up to three chain members.

Sample Prayer: Lord, I give you honor and praise for answering my prayers. I plead the Blood of your Son Jesus over myself and those I pray for; I ask that you also answer the prayers of my partners _____, _____, _____. Please bless them as you are blessing me. I ask this in Jesus' name. Amen.

CHAIN OR GROUPS STRUCTURE

Prayer Coordinator - Coordinates prayers from the general source, usually from the congregation or the larger community distributes the prayer requests to the prayer teams or prayer chain.

Prayer Teams are two or more people who pray together. One person is designated the facilitator.

PRAYER FACILITATOR

Name _____

Members of teams

Team One

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Team Two

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Team Three

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Prayer team members and coordinators are essential in spreading the prayer requests most efficiently and effectively, without burdening any individual.

Caution: Detailed Prayer requests are very personal and should always be kept in confidence.

If email or text is used to distribute the request, no description of the need should be included, only the name or reference to identify the prayer team member's focus of who they are praying.

PRAYER TEAM OPERATION

Positions on a prayer team or chain

Prayer Coordinator

Team or Chain leader – is responsible for contacting and passing the prayer request on to a maximum of 5 people in their chain or team.

The Chain manager maintains the list and distributes the request to the chain. Each member calls the next person on the list.

A combination can be used Prayer teams for weekly requests and chains for urgent or emergency prayer requests.

Prayer Partner - as many as would like to be included.

The Prayer Coordinator is responsible for receiving and logging prayer requests. The requests are communicated to the Pastor before worship (allowing enough time to review and assimilate). The Pastor or leader may include them in prayer time. The coordinator also calls the team or chain leaders to pass the prayer request.

The prayer team or chain should have a calling plan, a sequence of who should call whom, and an alternative plan if the chain is broken. The most important thing is to get the prayer request out.

The coordinator and Team or Chain leaders should gather monthly to discuss any problems or concerns. The Pastor or leader should be advised of any issues, concerns, or plans.

Plans might include prayer vigils, prayer classes, and prayer support for specific events.

Each team or chain should come together for fellowship at least every three months as a group.

HOW TO GET A PRAYER REQUEST TO THE PRAYER TEAM OR CHAIN?

1. Through Sunday communication, prayer request slips.
2. Call the church office.
3. Give the request to a prayer partner, team leader, or coordinator.
4. Pastor
5. Ask a friend to request prayer for you
6. Send by email or text to the prayer leadership

ALL PRAYER REQUESTS ARE CONFIDENTIAL AND ARE COMMUNICATED TO THE LEADER OR PASTOR UNLESS REQUESTED NOT TO.

Prayer requests received through the communication slips should be placed on the prayer team or chain. Each team member should encourage others to pray and be part of a prayer team or chain.

SHARE THE BLESSINGS OF PRAYING FOR YOUR CHURCH FAMILY

PRAYER IN SMALL GROUPS

Small group prayer is a time of building relationships with one another and God. As you pray together, a bond that becomes strong and not quickly broken is developed.

The following are the results you can expect to be developing over time when you participate in small group prayer.

The result of the Small Group Prayer

Builds Faith – As you pray for the needs of others and journal the results, you are beginning to see how God answers the prayers, which builds your faith.

Meets the group's needs – Every member in the group has internal prayer needs and the need to have close personal relationships; prayer meets that need and much more.

Enables the group to minister beyond themselves – Prayer for others brings a sense of mission: you are reaching outside of the group and serving others.

Strengthening relationships within the group – sharing always builds relationships and trust.

Worship – Worship is praising God who answers the prayers; when we see the results of the prayer request, it is hard not to glorify God.

Magnifies the importance of prayer in the members' personal growth – The more you pray, the more vital it becomes because you are building a personal relationship with God.

Teaches members to pray – Prayer is always a growing experience, and there is always something new to learn.

Teach members how to pray – Learning and practicing the methods and styles of prayer are just as dynamic as

Pulls down strongholds in the spiritual realm – There are strongholds in the world; in individuals, these are broken when God is asked to intervene.

Prayer allows God to glorify Himself. (If you don't ask, you cannot get a reply)

Some Guidelines

Periods of Prayer

A. Prayer should not be limited to a particular period.

B. The group may need to pray one or more times at a meeting.

(Need should determine the amount of time.)

Plan for Prayer

- A. The teams may pray together or in smaller groups, depending upon the objective.
- B. Bible reading or Bible study preceding the prayer time helps set the spiritual atmosphere.
- C. The leader should take the lead in directing the prayer time.

The Methods of Prayer

1. Succession Prayer

- a. Someone begins, and each person prays in sequence, with the last person ending the prayer time.
- b. One person starts, and each one prays as they feel led to the last one adding the Amen.
- c. Each one prays once a complete prayer.
- d. The prayer time may be preceded by a brief period where members make their requests or name them as they pray.

2. Conversational Prayer.

- a. Conversational prayer has been defined as a dialogue engaged in by people who are moving in love toward one another.
- b. It takes the form of a conversation between the members of the group and God.
- c. One speaks, then another, then another.
- d. Each one becomes aware of the other person; what he says, what he means, and how he feels.
- e. A group prays about the same subject by taking turns listening, speaking, agreeing, and giving thanks.
- f. Everyone tries to keep in tune but not prematurely introduce a new subject.
- g. Each maintains interest through participation in the current subject.
- h. The spirit of genuine oneness prevails.
- i. The group will know when it is permissible to introduce another object of prayer.
- j. Conversational prayer allows everyone to quickly become personally and intimately involved in each topic of concern.
- k. Each member may pray several times before a new subject is introduced.

3. Directed Prayer.

- a. The group leader may name a person, several people, or a subject for which the group needs to pray.
- b. Following a brief moment of silence, someone or several may pray specifically for some individual or something, calling it a name.
- c. Another name or particular area of concern for which the group needs to pray is identified.
- d. Directed Prayer encourages participation, adds vitality to the prayer time, and increases concentration.
- e. Directed Prayer keeps the members from floundering and praying while failing to ask something specific.

SECTION II

LIFE IN PRAYER

BIBLE STUDY GUIDE

As you read the scripture, ask the Holy Spirit to lead you and write down your understanding.

WHAT IS PRAYER?

The question is always relevant. Because many people first do not believe God cares about them, their problems are their problems, or it's too small of a need to bother a great God. It is like saying they are my friend but too busy, and I don't want to bother them.

What is Prayer? It is a conversation with the creator who created you and me and is always concerned about you and your circumstance.

Genesis 4:25, 26

²⁵And Adam knew his wife again, and she bore a son and named him Seth, "For God has appointed another seed for me instead of Abel, whom Cain killed." ²⁶And as for Seth, to him also a son was born; and he named him Enosh. Then *men* began to call on the name of the LORD.

What would be a good reason for men to call upon the Lord at this time?

Genesis 18:22-32.

²²Then the men turned away from there and went toward Sodom, but Abraham still stood before the LORD. ²³And Abraham came near and said, "Would You also destroy the righteous with the wicked? ²⁴Suppose there were fifty righteous within the city; would You also destroy the place and not spare *it* for the fifty righteous that were in it? ²⁵Far be it from You to do such a thing as this, to slay the righteous with the wicked, so that the righteous should be as the wicked; far be it from You! Shall not the Judge of all the earth do right?"

²⁶So the LORD said, "If I find in Sodom fifty righteous within the city, then I will spare all the place for their sakes."

²⁷Then Abraham answered and said, "Indeed now, I who *am but* dust and ashes have taken it upon myself to speak to the Lord: ²⁸Suppose there were five less than the fifty righteous; would You destroy all of the city for *lack of* five?"

So He said, "If I find there forty-five, I will not destroy *it*."

²⁹And he spoke to Him yet again and said, "Suppose there should be forty found there?"

So He said, "I will not do *it* for the sake of forty."

³⁰Then he said, "Let not the Lord be angry, and I will speak: Suppose thirty should be found there?"

So He said, "I will not do *it* if I find thirty there."

³¹And he said, "Indeed now, I have taken it upon myself to speak to the Lord: Suppose twenty should be found there?"

So He said, "I will not destroy *it* for the sake of twenty."

³²Then he said, "Let not the Lord be angry, and I will speak but once more: Suppose ten should be found there?"

And He said, "I will not destroy *it* for the sake of ten." ³³So the LORD went His way as soon as He had finished speaking with Abraham; and Abraham returned to his place.

What did Abraham do?

What was Abraham's attitude?

What is Abraham asking for?

Genesis 32:24-30

²⁴Then Jacob was left alone; and a Man wrestled with him until the breaking of day. ²⁵Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob's hip was out of joint as He wrestled with him. ²⁶And He said, "Let Me go, for the day breaks."

But he said, "I will not let You go unless You bless me!"

²⁷So He said to him, "What *is* your name?"

He said, "Jacob."

²⁸And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed."

²⁹Then Jacob asked, saying, "Tell *me* Your name, I pray."

And He said, "Why *is* it *that* you ask about My name?" And He blessed him there.

³⁰So Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved."

³¹Just as he crossed over Peniel the sun rose on him, and he limped on his hip. ³²Therefore to this day the children of Israel do not eat the muscle that shrank, which *is* on the hip socket, because He touched the socket of Jacob's hip in the muscle that shrank.

What are the similarities between Abraham and Jacob?

Let's look at what the parts of prayer are; as found in Luke 11:1-4

¹Now it came to pass, as He was praying in a certain place, when He ceased, *that* one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

²So He said to them, "**When you pray, say:**

**Our Father in heaven,
Hallowed be Your name.**

Your kingdom come.

Your will be done

On earth as *it is* in heaven.

³ **Give us day by day our daily bread.**

⁴ **And forgive us our sins,**

For we also forgive everyone who is indebted to us.

And do not lead us into temptation,

But deliver us from the evil one."

What are the parts of prayer?

A- Adoration – recognition of who it is we are praying to or a salutation

C- Contrition – an act of confession or recognition of our sin

T- Thanksgiving – appreciation for the answer

S- Supplication – what is our request?

When a request is presented to you, how do you respond?

Luke 4:1-13

¹Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, ²being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

³And the devil said to Him, "If You are the Son of God, command this stone to become bread."

⁴But Jesus answered him, saying, "**It is written, '*Man shall not live by bread alone, but by every word of God.*'**"

⁵Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. ⁶And the devil said to Him, "All this authority I will give You, and their glory; for *this* has been delivered to me, and I give it to whomever I wish. ⁷Therefore, if You will worship before me, all will be Yours."

⁸And Jesus answered and said to him, "**Get behind Me, Satan! For it is written, '*You shall worship the LORD your God, and Him only you shall serve.*'**"

⁹Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. ¹⁰For it is written:

'He shall give His angels charge over you, to keep you,'

¹¹and,
'In their hands they shall bear you up,
Lest you dash your foot against a stone.'"

¹²And Jesus answered and said to him, "It has been said, 'You shall not tempt the LORD your God.'"

¹³Now when the devil had ended every temptation, he departed from Him until an opportune time.

¹⁴Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region. ¹⁵And He taught in their synagogues, being glorified by all.

How does the enemy respond to prayer?

How do we overcome temptation?

Luke 18:1-8

¹Then He spoke a parable to them, that men always ought to pray and not lose heart, ²saying: "There was in a certain city a judge who did not fear God nor regard man. ³Now there was a widow in that city; and she came to him, saying, 'Get justice for me from my adversary.' ⁴And he would not for a while; but afterward he said within himself, 'Though I do not fear God nor regard man, ⁵yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.'"

⁶Then the Lord said, "Hear what the unjust judge said. ⁷And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them? ⁸I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?"

What does this parable teach?

WHY IS PRAYER IMPORTANT?

Acts 4:23-31

²³And being let go, they went to their own *companions* and reported all that the chief priests and elders had said to them. ²⁴So when they heard that, they raised their voice to God with one accord and said: "Lord, You *are* God, who made heaven and earth and the sea, and all that is in them, ²⁵who by the mouth of Your servant David have said:

'Why did the nations rage,

And the people plot vain things?

²⁶ *The kings of the earth took their stand,*

And the rulers were gathered together

Against the LORD and against His Christ.'

²⁷ "For truly against Your holy Servant Jesus, whom You anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together ²⁸to do whatever Your hand and Your purpose determined before to be done. ²⁹Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, ³⁰by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus."

³¹And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

What did they pray for?

What did they receive?

Matthew 26:40-41

⁴⁰Then He came to the disciples and found them sleeping, and said to Peter, "**What! Could you not watch with Me one hour?** ⁴¹**Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.**"

What reason does Jesus give to pray?

John 16:24

²⁴Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full. What does Jesus say to ask for?

How does Jesus say to ask for it?

Colossians 4:2

²Continue earnestly in prayer, being vigilant in it with thanksgiving; ³meanwhile praying also for us, that God would open to us a door for the word, to speak the mystery of Christ, for which I am also in chains, ⁴that I may make it manifest, as I ought to speak.

What two parts of the prayer are we to consider?

Why?

Ephesians 6:18-20

¹⁸praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—¹⁹and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, ²⁰for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

How often and for how much should we pray?

Hebrews 7:25

²⁵Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.

Who is interceding for who?

CONDITIONS OF PRAYER

2 Chronicles 7:14

¹⁴if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

What does it mean to humble yourself?

Jeremiah 29:12-13

¹²Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³And you will seek Me and find Me, when you search for Me with all your heart.

What does it mean, "with all your heart?"

John 9:31

³¹Now we know that God does not hear sinners; but if anyone is a worshiper of God and does His will, He hears him.

Who does God listen to?

James 5:13-16

¹³Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. ¹⁴Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ¹⁵And the Prayer of Faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. ¹⁶Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

Why is confession necessary?

How is this included in our worship?

1 Peter 4:7

⁷But the end of all things is at hand; therefore be serious and watchful in your prayers.

What does this mean to you?

OTHER PARTS OF PRAYER

Matthew 7:7-11

⁷ "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. ⁹Or what man is there among you who, if his son asks for bread, will give him a stone? ¹⁰Or if he asks for a fish, will he give him a serpent? ¹¹If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

What are the promises?

What kind of gifts?

Matthew 18:18-20

¹⁸ "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

¹⁹ "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. ²⁰For where two or three are gathered together in My name, I am there in the midst of them."

What does it mean to agree?

John 14:13-14

¹³ "And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. ¹⁴If you ask anything in My name, I will do *it*."

What are the conditions?

John 15:7-8

⁷ "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. ⁸By this My Father is glorified, that you bear much fruit; so you will be My disciples.

What are we to do?

Romans 8:26-27

²⁶Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. ²⁷Now He who searches the hearts knows what the mind of the Spirit *is*, because He makes intercession for the saints according to *the will of God*.

How can the Spirit intercede for us?

What must we do for this to happen?

James 1:5-7

⁵If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. ⁶But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. ⁷For let not that man suppose that he will receive anything from the Lord; ⁸*he is* a double-minded man, unstable in all his ways.

What is the condition of God's giving? Verse 5, Verse 6

1 Peter 3:7

⁷Husbands, likewise, dwell with *them* with understanding, giving honor to the wife, as to the weaker vessel, and as *being* heirs together of the grace of life, that your prayers may not be hindered.

What relationship are we to have?

James 4:3

³You ask and do not receive, because you ask amiss, that you may spend *it* on your pleasures.

What is our motive for praying?

WHAT SHOULD WE PRAY FOR?

Matthew 9:36-38

³⁶But when He saw the multitudes, He was moved with compassion for them, because they were £weary and scattered, like sheep having no shepherd. ³⁷Then He said to His disciples, "The harvest truly *is* plentiful, but the laborers *are* few. ³⁸Therefore pray the Lord of the harvest to send out laborers into His harvest."

Who are the workers?

John 15:16

¹⁶You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and *that* your fruit should remain, that whatever you ask the Father in My name He may give you.

What are we to pray for?

Colossians 1:9-12

⁹For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; ¹⁰that you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God; ¹¹strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; ¹²giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.

What is prayed for, and how?

Colossians 4:2, 3

²Continue earnestly in prayer, being vigilant in it with thanksgiving; ³meanwhile praying also for us, that God would open to us a door for the word, to speak the mystery of Christ, for which I am also in chains, What should we always be praying for?

Ephesians 1:15-19

¹⁵See then that you walk circumspectly, not as fools but as wise, ¹⁶redeeming the time, because the days are evil.

¹⁷Therefore do not be unwise, but understand what the will of the Lord *is*. ¹⁸And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

How do we get to know the Lord?

Philippians 1:9-11

⁹And this I pray, that your love may abound still more and more in knowledge and all discernment, ¹⁰that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, ¹¹being filled with the fruits of righteousness which *are* by Jesus Christ, to the glory and praise of God.

What can the results be when we pray?

1 Timothy 2:1-3

¹Therefore I exhort first of all that supplications, prayers, intercessions, *and* giving of thanks be made for all men, ²for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. ³For this *is* good and acceptable in the sight of God our Savior,

Who do we pray for?

PRAYER STRATEGY

PURPOSE - To take back territory for God, by the power of the Holy Spirit, in the strength of Jesus Christ.

Beginning in the geographic area of _____
Areas of Spiritual battlegrounds

Spiritual Eph 6:12 Rulers	Geographic Principalities	Physical Powers	Public Media area of warfare
Satan	World	One World Government	Television , Finance Computer, Banking
Prince	Nations U.S.A.	Political Forces	Television, National Organizations, Radio, TV, Events
Prince	States Florida	Political Forces	Television, State Organizations, Radio, News, Events
Prince	County Brevard	Political Forces	Radio, News, Billboards, Posters, Events
Prince	City Melbourne	Political Forces	Radio, News, Events, Clubs, etc. Billboards, Posters
Strongman	Neighborhoods	Streets	Events, Groups Phones, Flyers, Mail
Strongman	Homes	Families Groups.	Phones/Mail
Demons	Soul	Body	One on One Ministry

All areas are covered with prayer.

Each area needs a strategy to accomplish the desired results.

FASTING

Isaiah 58

True Fasting is Feasting on the Lord

A. 1-3a

¹ "Cry aloud, spare not;
Lift up your voice like a trumpet;
Tell My people their transgression,
And the house of Jacob their sins.
² Yet they seek Me daily,
And delight to know My ways,
As a nation that did righteousness,
And did not forsake the ordinance of their God.
They ask of Me the ordinances of justice;
They take delight in approaching God.
³ 'Why have we fasted,' *they say*, 'and You have not seen?
Why have we afflicted our souls, and You take no notice?'

What is the indication of the attitude of the people?

B. 3b-5

"In fact, in the day of your fast you find pleasure,
And exploit all your laborers.
⁴ Indeed you fast for strife and debate,
And to strike with the fist of wickedness.
You will not fast as *you do* this day,
To make your voice heard on high.
⁵ Is it a fast that I have chosen,
A day for a man to afflict his soul?
Is it to bow down his head like a bulrush,
And to spread out sackcloth and ashes?
Would you call this a fast,
And an acceptable day to the LORD?

What kind of fast is implied?

What is God's response?

C. 6-9a

⁶ "Is this not the fast that I have chosen:

To loose the bonds of wickedness,

To undo the heavy burdens,

To let the oppressed go free,

And that you break every yoke?

⁷ *Is it* not to share your bread with the hungry,

And that you bring to your house the poor who are cast out;

When you see the naked, that you cover him,

And not hide yourself from your own flesh?

⁸ Then your light shall break forth like the morning,

Your healing shall spring forth speedily,

And your righteousness shall go before you;

The glory of the LORD shall be your rear guard.

⁹ Then you shall call, and the LORD will answer;

You shall cry, and He will say, 'Here I *am*.'

What does God expect?

D. 9b-12

"If you take away the yoke from your midst,

The pointing of the finger, and speaking wickedness,

¹⁰ *If* you extend your soul to the hungry

And satisfy the afflicted soul,

Then your light shall dawn in the darkness,

And your darkness shall *be* as the noonday.

¹¹ The LORD will guide you continually,

And satisfy your soul in drought,

And strengthen your bones;

You shall be like a watered garden,

And like a spring of water, whose waters do not fail.

¹² Those from among you

Shall build the old waste places;

You shall raise up the foundations of many generations;

And you shall be called the Repairer of the Breach,

The Restorer of Streets to Dwell In.

What is the promise?

E. 13-14

¹³ "If you turn away your foot from the Sabbath,

From doing your pleasure on My holy day,

And call the Sabbath a delight,

The holy *day* of the LORD honorable,

And shall honor Him, not doing your own ways,

Nor finding your own pleasure,

Nor speaking *your own* words,

¹⁴ Then you shall delight yourself in the LORD;

And I will cause you to ride on the high hills of the earth,

And feed you with the heritage of Jacob your father.

The mouth of the LORD has spoken."

What is the promise?

EXAMPLES OF FASTING

Examples of Fasting

¹And the LORD said to Moses, "Cut two tablets of stone like the first *ones*, and I will write on *these* tablets the words that were on the first tablets which you broke. ²So be ready in the morning, and come up in the morning to Mount Sinai, and present yourself to Me there on the top of the mountain. ³And no man shall come up with you, and let no man be seen throughout all the mountain; let neither flocks nor herds feed before that mountain."

⁴So he cut two tablets of stone like the first *ones*. Then Moses rose early in the morning and went up Mount Sinai, as the LORD had commanded him; and he took in his hand the two tablets of stone.

⁵Now the LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. ⁶And the LORD passed before him and proclaimed, "The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, ⁷keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing *the guilty*, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation."

⁸So Moses made haste and bowed his head toward the earth, and worshiped. ⁹Then he said, "If now I have found grace in Your sight, O Lord, let my Lord, I pray, go among us, even though we *are* a stiff-necked people; and pardon our iniquity and our sin, and take us as Your inheritance."

¹⁰And He said: "Behold, I make a covenant. Before all your people I will do marvels such as have not been done in all the earth, nor in any nation; and all the people among whom you *are* shall see the work of the LORD. For it *is* an awesome thing that I will do with you. ¹¹Observe what I command you this day. Behold, I am driving out from before you the Amorite and the Canaanite and the Hittite and the Perizzite and the Hivite and the Jebusite. ¹²Take heed to yourself, lest you make a covenant with the inhabitants of the land where you are going, lest it be a snare in your midst. ¹³But you shall destroy their altars, break their *sacred* pillars, and cut down their wooden images ¹⁴(for you shall worship no other god, for the LORD, whose name *is* Jealous, *is* a jealous God), ¹⁵lest you make a covenant with the inhabitants of the land, and they play the harlot with their gods and make sacrifice to their gods, and *one of them* invites you and you eat of his sacrifice, ¹⁶and you take of his daughters for your sons, and his daughters play the harlot with their gods and make your sons play the harlot with their gods.

¹⁷ "You shall make no molded gods for yourselves.

¹⁸ "The Feast of Unleavened Bread you shall keep. Seven days you shall eat unleavened bread, as I commanded you, in the appointed time of the month of Abib; for in the month of Abib you came out from Egypt.

¹⁹ "All that open the womb *are* Mine, and every male firstborn among your livestock, *whether* ox or sheep. ²⁰But the firstborn of a donkey you shall redeem with a lamb. And if you will not redeem *him*, then you shall break his neck. All the firstborn of your sons you shall redeem.

"And none shall appear before Me empty-handed.

²¹ "Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.

²² "And you shall observe the Feast of Weeks, of the firstfruits of wheat harvest, and the Feast of Ingathering at the year's end.

²³ "Three times in the year all your men shall appear before the Lord, the LORD God of Israel. ²⁴For I will cast out the nations before you and enlarge your borders; neither will any man covet your land when you go up to appear before the LORD your God three times in the year.

²⁵ "You shall not offer the blood of My sacrifice with leaven, nor shall the sacrifice of the Feast of the Passover be left until morning.

²⁶ "The first of the firstfruits of your land you shall bring to the house of the LORD your God. You shall not boil a young goat in its mother's milk."

²⁷ Then the LORD said to Moses, "Write these words, for according to the tenor of these words I have made a covenant with you and with Israel."

Exodus 34:1-27 What was the focus of this time?

Verse: 28

²⁸ So he was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.

What did Moses feel?

1Samuel 7:5-11

⁵ And Samuel said, "Gather all Israel to Mizpah, and I will pray to the LORD for you." ⁶ So they gathered together at Mizpah, drew water, and poured *it* out before the LORD. And they fasted that day, and said there, "We have sinned against the LORD." And Samuel judged the children of Israel at Mizpah.

⁷ Now when the Philistines heard that the children of Israel had gathered together at Mizpah, the lords of the Philistines went up against Israel. And when the children of Israel heard *of it*, they were afraid of the Philistines. ⁸ So the children of Israel said to Samuel, "Do not cease to cry out to the LORD our God for us, that He may save us from the hand of the Philistines."

⁹ And Samuel took a suckling lamb and offered *it as* a whole burnt offering to the LORD. Then Samuel cried out to the LORD for Israel, and the LORD answered him. ¹⁰ Now as Samuel was offering up the burnt offering, the Philistines drew near to battle against Israel. But the LORD thundered with a loud thunder upon the Philistines that day, and so confused them that they were overcome before Israel. ¹¹ And the men of Israel went out of Mizpah and pursued the Philistines, and drove them back as far as below Beth Car.

What is the significance of these acts?

1 Kings 19:1-9

¹And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. ²Then Jezebel sent a messenger to Elijah, saying, "So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time." ³And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there.

⁴But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I *am* no better than my fathers!"

⁵Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." ⁶Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. ⁷And the angel of the LORD came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you." ⁸So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

⁹And there he went into a cave, and spent the night in that place; and behold, the word of the LORD *came* to him, and He said to him, "What are you doing here, Elijah?"

What kind of fast is this?

Ezra 10:1-6

¹Now while Ezra was praying, and while he was confessing, weeping, and bowing down before the house of God, a very large assembly of men, women, and children gathered to him from Israel; for the people wept very bitterly. ²And Shechaniah the son of Jehiel, *one* of the sons of Elam, spoke up and said to Ezra, "We have trespassed against our God, and have taken pagan wives from the peoples of the land; yet now there is hope in Israel in spite of this. ³Now therefore, let us make a covenant with our God to put away all these wives and those who have been born to them, according to the advice of my master and of those who tremble at the commandment of our God; and let it be done according to the law. ⁴Arise, for *this* matter *is* your *responsibility*. We also *are* with you. Be of good courage, and do *it*."

⁵Then Ezra arose, and made the leaders of the priests, the Levites, and all Israel swear an oath that they would do according to this word. So they swore an oath. ⁶Then Ezra rose up from before the house of God, and went into the chamber of Jehohanan the son of Eliashib; and *when* he came there, he ate no bread and drank no water, for he mourned because of the guilt of those from the captivity.

Why did Ezra fast?

Luke 4:1-13

¹Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit ^Εinto the wilderness, ²being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

³And the devil said to Him, "If You are the Son of God, command this stone to become bread."

⁴But Jesus answered him, saying, "*It is written, 'Man shall not live by bread alone, but by every word of God.'*"

^{5Ε}Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. ⁶And the devil said to Him, "All this authority I will give You, and their glory; for *this* has been delivered to me, and I give it to whomever I wish. ⁷Therefore, if You will worship before me, all will be Yours."

⁸And Jesus answered and said to him, "*Get behind Me, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.'*"

⁹Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. ¹⁰For it is written:

*'He shall give His angels charge over you,
To keep you,'*

¹¹and,

*'In their hands they shall bear you up,
Lest you dash your foot against a stone.'*"

¹²And Jesus answered and said to him, "*It has been said, 'You shall not tempt the LORD your God.'*"

¹³Now when the devil had ended every temptation, he departed from Him until an opportune time.

What is the significance of Jesus' fast?

Acts 13:1-3

¹Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. ²As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." ³Then, having fasted and prayed, and laid hands on them, they sent *them* away.

What is the focus of this?

Acts 14:21-28

¹⁴But when the apostles Barnabas and Paul heard this, they tore their clothes and ran in among the multitude, crying out ¹⁵and saying, “Men, why are you doing these things? We also are men with the same nature as you, and preach to you that you should turn from these useless things to the living God, who made the heaven, the earth, the sea, and all things that are in them, ¹⁶who in bygone generations allowed all nations to walk in their own ways. ¹⁷Nevertheless He did not leave Himself without witness, in that He did good, gave us rain from heaven and fruitful seasons, filling our hearts with food and gladness.” ¹⁸And with these sayings they could scarcely restrain the multitudes from sacrificing to them.

¹⁹Then Jews from Antioch and Iconium came there; and having persuaded the multitudes, they stoned Paul *and* dragged *him* out of the city, supposing him to be dead. ²⁰However, when the disciples gathered around him, he rose up and went into the city. And the next day he departed with Barnabas to Derbe.

²¹And when they had preached the gospel to that city and made many disciples, they returned to Lystra, Iconium, and Antioch, ²²strengthening the souls of the disciples, exhorting *them* to continue in the faith, and *saying*, “We must through many tribulations enter the kingdom of God.” ²³So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed. ²⁴And after they had passed through Pisidia, they came to Pamphylia. ²⁵Now when they had preached the word in Perga, they went down to Attalia. ²⁶From there they sailed to Antioch, where they had been commended to the grace of God for the work which they had completed.

²⁷Now when they had come and gathered the church together, they reported all that God had done with them, and that He had opened the door of faith to the Gentiles. ²⁸So they stayed there a long time with the disciples.

How important is fasting?

CONCLUSION

A Life in Prayer constantly communicates with the Creator of The Universe, the God of Abraham, Isaac, and Jacob. God is concerned about you and desires to have a relationship with you constantly. You are His creation, no matter what circumstance you find yourself in. God is always with you.

We may not be the cause of our circumstances, but we are always 100% responsible for responding to our situation. Our response should always be thanks to our God and learning the lessons being taught to encourage and witness God’s great love and relationship.

I pray that you are always aware of His presence in your life, communicate with God your Creator, and know His love for you.

Paul Rosbury

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