

How to Pray?

Lifestyle of Prayer

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed. **Mark 1:35**

- **A Certain Time**

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make an appointment with God and keep it.

- **A Certain Place**

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- **A Certain Plan**

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer.

The Lord's Prayer

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." **(Luke 11:1)**

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" **(Matthew 6:9-13)**

1. Connect with God Relationally

"Our Father in heaven..."

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" **(Romans 8:15 NLT)**

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

2. Worship His Name

"...Hallowed be Your Name..."

God's name is a place of protection—the righteous can run there and be safe **(Proverbs 18:10 MSG)**

What are His Names?

Righteousness – He makes me clean.

Sanctifier – He has called me and set me apart.

Healer – He heals all my diseases.

Banner of Victory – He has defeated my enemy.

Shepherd – He speaks to me and leads me.

Peace – He is my peace in every storm.

Provider – He supplies all of my needs.

3. Pray His Agenda First

“...Your Kingdom come, Your will be done on earth as it is in heaven...”

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (**Luke 12:31 TLB**)

God’s priorities: Saving the Lost / Guiding those in authority – parental, spiritual, governmental, workplace / His will in us.

4. Depend on Him for Everything

“...Give us this day our daily bread...”

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (**Psalms 121:1-2 NLT**)

Ask God for what you want and need and then trust Him for the answer.

5. Get Your Heart Right with God and People

“...Forgive us our wrongs as we forgive those who do wrong to us...”

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (**1 John 1:9**)

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

6. Engage in Spiritual Warfare

“...And do not lead us into temptation but deliver us from the evil one...”

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms **(Ephesians 6:12)**

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

7. Express Faith in Gods Ability

"...For yours is the Kingdom and the Power and the Glory forever."

"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you"

(Jeremiah 32:17)

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

"Yours is the Kingdom" – all rule belongs to You "Yours is the Power" – all mightiness flows from You "Yours is the Glory" – Your victory shall be complete.

Protection Prayer

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2)

"Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, colleagues and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.”

Confession Prayer

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

Forgiveness Prayer

(based on Matthew 6:14,15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”