

Highly Effective Prayer!

Minister Donna King

The **effectual** fervent **prayer** of a righteous man availeth much.
James 5:16

- *Get Started Now!* Mark 1:35

- *Keep it Going* 1 Thes. 5:17

- *How do I pray:* Luke 11:1

- *Recipes for Good Prayer*
ACTS
LOTS

- *Fasting – Dan 9:3*



Therefore I say unto you, what things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24

Webster's Revised Unabridged Dictionary

PRAYER= To make request with earnestness or zeal, as for something desired; to make entreaty or supplication; to offer prayer to a deity or divine being as a religious act; specifically, to address the Supreme Being with adoration, confession, supplication, and thanksgiving.

BELIEVE; BELIEVE; BELIEVE; BELIEVE; BELIEVE

Get Started Now

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed” Mark 1:35

- **Begin setting time aside for prayer, even if it just a few minutes a day.**
 - **Make prayer a priority until it becomes a way of life**
 - **Begin and end your days with prayer**
 - **When you wake in the middle of the night begin to pray**
 - **Consciously choose to pray**
 - **Don't let anything get in your way**
 - “The enemy will try and derail you. He comes to STEAL your prayer life, Kill your hope in Christ and DESTROY your will to pray and seek Christ
 - **Don't be discouraged-** You may not get an immediate answer to your prayer. There are only 3 answers. YES, NO or WAIT.

It is okay to pray about the same thing until you get the nudging that you don't have to pray for that again.

This is called Prevailing Prayer or Warfare Praying- This is when you get the unction that one time of praying just won't cut it.

Examples of Prevailing Prayer – Wayward Child prayers, Fix my marriage Prayers, Change my heart prayers, Heal my body prayers.

You just have to have this thing happen that you come to the Father again, and again. These prayers, if God is willing, can move HIM to act on your behalf. Still as a good Father, who knows what is best for you. He may still say “NO”.

Just like with our children, we have to say No sometimes.

- REMEMBER- God doesn't forget and He knows what you need.
- Pray for the courage to accept what God's answer is to you.
- Have I looked for God's answer to the issue?
- Be careful what you ask for, you just might get it- Ex. I want a man or relationship.

Keep It Going

1Thes 5:17 **Pray without ceasing.**

The only way to build a good Prayer life is to do it OFTEN

- The more you do it the better and more comfortable you will be with it.
 - Just like a strength builder the more you exercise the stronger you are the same thing goes for talking to God. The more you talk and listen the stronger your prayers and prayer life will be.
 - There is power in the tongue – Since we know this is true, then the words you are speaking can make, build or tear down
 - Use the words you have to build up your relationship with Christ
 - Use your words to make your mouth and mind come into agreement
 - We have been called to Pray for and with each other
 - Prayer is preparation for war. Would you go into war without the proper armor? Prayer is to a warrior like armor is to a soldier
- Don't be afraid
 - A small step forward is better than sitting there wishing you had.
 - God doesn't judge us by the size of our words but the sincerity of our heart
 - If you don't pray about something and it goes wrong or you go the wrong way, what can you say? IF you seek God's direction you will be led the way He would have you go **IF** you follow Him

If we want to be obedient, we must pray

Many of God's obedient and sometimes not so obedient servants prayed.

- Abraham- prayed for Abimelech after he was found to be a liar about Sarah being his sister- Gen 20: 17 – 18
- Isaac prayed to the Lord about Rebekah's barrenness- Gen 25:21
- Moses prayed for Pharaoh Ex. 8:28
- David prayed – Psalm 86
- Daniel prayed all the time – Dan 6:10
- Peter prayed Act 10:9
- Paul prayed Rom 1:9, Eph 1:16, 2 Tim 1:3

In Paul's letter to the Thessalonians, Paul leaves a short but blunt message; PRAY WITHOUT CEASING.

This command is clear. Pray. We must pray. Occasional prayer is not enough. Prayer during times of crisis is insufficient. We must pray without ceasing. We must be constant and fervent in our prayer. The God of the universe wants you talk to him – regularly.

Jesus also issues a directive to pray. He prefaces one of his parables by saying, "And he told them a parable to the effect that they ought always to pray and not lose heart." (Luke 18:1, ESV) The parable he goes on to share helps people understand that they need to pray and pray a lot. He proceeds to tell the parable of the persistent widow.

How do I pray? Luke 11:1“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples”

The best example of how we should pray is again best seen when looking at Jesus.

The Lord’s Prayer was the result of a disciple’s question about how to pray. The question was asked because Jesus had warned them to not pray as their religious leaders did. If you were a disciple who had been taught how to pray by the scribes, Pharisees, and/or Sadducees and then Jesus warned you to not pray like them, you might also ask Jesus how to pray!

Earlier in Matthew 6:5-7 Jesus had warned them to not stand on the street corners seeking attention as the religious did, and He had encouraged them to pray without seeking approval as a holy person. He warned them against giving money, praying, and fasting in public. So, the disciples wanted to know more.

It is important to notice that Jesus did not give them any instruction about standing, sitting, lying down, walking, running, or driving an automobile while one prays. Jesus did not talk about head coverings, kneeling, the position of one’s hands, opened or closed eyes. Why? God wants us to pray at all times (1 Thessalonians 5:17) and in every place, under any condition, and in various situations (1 Timothy 2:8).

Isn’t it interesting that out of all the disciples only one of them asked Jesus to teach them to pray? It sometimes seems the church is in a similar situation today regarding prayer. We talk about prayer, we study prayer, we say our prayers, but how many of us actually seek earnestly for God to teach us to pray.

The Importance of Prayer

If it was important to Christ and He was God in the flesh, shouldn’t it be important to us? You might ask, why would Jesus have to pray? Afterall he is the incarnation of God on earth.

- Jesus prayed as an example to his followers.
- The Incarnation consists of both divine and human natures. From His human nature, it was perfectly natural for a Jewish believer such as Christ to pray.
- The nature of the Trinity allows for communication between its members. As God the Son, Jesus could pray to God the Father.

What do I/should I say to God? Remember God loves to hear from us!

Prayer is a conversation- act like you are talking to a friend; HE IS!

Conversation builds relationships. How do you get to know about HIM if you aren’t reading and communicating with HIM? There are no right or wrong ways to pray Matt 6:7

- You don’t need eloquent words
- You have the power 1John 4:4; The HOLY SPIRIT will guide us through prayer
- Nothing is too BIG or small for God
- If God Wants to Hear from You then He will also Answer you. Look/Listen for His answers.

Recipes for Prayer

A.C.T.S & L.O.T.S

Acknowledge - Our Father who art in heaven, hallowed be thy name

- In all things acknowledge Him
- Let Him know you appreciate Him Rom 8:26
- Give reverence to the Great, Almighty God

Confession- Forgive us our trespasses as we forgive those who trespass against us.

- Tell Him about your sins known and unknown
- Ask for His forgiveness *Psalm 66:18*
- Give Forgiveness
- Repent

Thanksgiving- For the kingdom, the power and Glory are yours

- Where would you be without Him
- Glad to be under your covering
- Thanks for provision
- Tell Him how great He has been, and He is

Supplication -Give us this day our daily bread, thy will be done..., Forgive us, lead us

What you are praying for

- World leaders
- Family
- Humility, Attitude, Modesty, attitude

LISTEN -OBEY- TRUST and SURRENDER

Seek ye first the Kingdom of Heaven *Matt 6:33*

Steps to Praying in the Spirit- Setting the atmosphere

- Always ask for Forgiveness before you go into your prayers
- Allow the Holy Spirit to lead you through your prayer
- You have to earnestly seek until you feel the Spirit rising in you and go with Him- Don't quench the spirit
- Be sincere
- Don't get distracted
- Faith invokes the Spirit to work on your behalf
 - **Believe**
 - **Believe**
 - **believe**

Fasting

I know we aren't talking about Fasting, but it goes hand-in-hand with prayer.

Ezra 8:21, 23; Isa 58:5; Joel 2:12; Dan 9:3; Est 4:3

Fasting is a temporary renouncing or denying oneself of something that is in itself good, like food, in order to intensify our expression of need for something greater — namely, God and his work in our lives.

Effective prayer will take fasting especially, if you are dealing with strongholds, addictions etc...

Mat 6:16 – 18 When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

- **Daniel 9:3 NIV**

*So I turned to the Lord God and pleaded with him in prayer and petition, in **fasting**, and in sackcloth and ashes.*

We know the story of Daniel and the Lion's Den. Daniel was in a situation that only God could save him from. Daniel was a praying, fasting man and he knew that no weapon formed against him would prosper, if God didn't give it a place, it couldn't even touch him. He knew that His God was able to do all things Exceedingly, Abundantly Above all that he could fathom. He knew that even if Darius' lions slay him, he is still in a WIN, WIN situation because he would wake up with God. He understood the principle that there is Power in Prayer and fasting. He fasted

Daniel Prayed and fasted.

CLOSE: Effective, Powerful Prayer life can be achieved. These guidelines will assist you with yours. It is not all inclusive and much could be added to this as prayer is a liquid as instructions in prayer.

We must keep striving and pressing forward. WE must STAND during the trials no matter what.

Make an effort to pray more when it is going well so that it will be automatic that you pray.

To accomplish all that it takes to make it through this and all times; Good or Bad, we must PRAY.