



Connection Church of Rome Prayer Notebook

By Pastor Bill Murchison

(Isaiah 56:7) "Even those I will bring to My holy mountain, And make them joyful in My house of prayer. Their burnt offerings and their sacrifices will be acceptable on My altar; For My house will be called a house of prayer for all the peoples.""

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MY OWN PRAYER JOURNEY

Shortly after becoming a Christian, a brother shared with me how I needed to begin to read the Bible every day. I began to do this and fell in love with the Word. However, it was seven years later that I began to learn about prayer. Bob Schindler, a professional golfer at the time (now Director of CedeSports), began discipling Karen and I. He shared with us about prayer.

Shortly thereafter, Jim Elliff, the pastor at the church we were attending did a message on the Lord's Prayer. He shared how the Lord's Prayer was an outline and it was to help us pray for the different areas of our life. Up till then, I had viewed the prayer as something you memorized and recited in religious ceremonies.

Then, David Loveless, former pastor at Discovery Church, did a series of messages on the Lord's Prayer. He went into depth sharing on the names of God and he role modeled prayer for the church. We began a prayer chain and people would sign up for a certain time to come to the prayer room at church and pray for an hour. These times of prayer, teachings and the role modeling shaped my understanding of prayer.

Larry Lea's book, *Could You Not Tarry One Hour* has also had an impact on my prayer life. He communicates a better understanding of how we are to pray. The prayer notebooks that I have kept over the years have been influenced by his teachings. I recommend his book to everyone who wants to learn more about prayer.

The Lord encouraged me to make my own prayer notebook many years ago. The first year that I kept the notebook, I had about 60 specific answers to prayer. The Lord was encouraging me in my prayer life. We do not always have fast answers, but for that season of my life, God wanted to encourage me. Here are some of those answers to prayer along with some others to encourage you.

- I prayed for an oak tree. One day I came home from work and there were two oak trees planted in my front yard. Orange County had come out and planted these two trees for me. None of my neighbors received oak trees, just me. They left care instructions on my front door. God had heard my specific prayers and answered them. I had not told other people; I just prayed for the trees. I was so excited. I ran and showed my neighbors my prayer notebook and told them how God answered my prayers.
- When Karen became pregnant with our 4th child, we knew that we needed a bigger vehicle. Our 5 passenger car was not going to hold everyone. We took it to the Lord in prayer. Just before the baby came, we received a phone call from a man in Pennsylvania that we had never met or spoken to. He said that the Lord had impressed him to give us \$2,000. He sent it to us and that was the exact remaining amount we needed to buy the station wagon we were looking at. God, in His unfathomable ways, had answered yet another specific prayer.
- I prayed for a cocktail tree. A cocktail tree is a fruit tree with several different types of fruit grafted into it. I prayed for an orange, grapefruit and lemon tree. On the birth of our 6th child, I received call from Fred Dunn, owner of Dunn's Nursery in Apopka, Florida. He said that he wanted to give us a cocktail tree as a baby shower. God had answered another specific prayer request.

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- When our 7th child was on the way, we knew we needed an even larger vehicle. We prayed for a 15 passenger van. The Barnes, some friends of ours, had a tan van and they needed another bench in it for their growing family. We prayed that our van would have an extra bench in the back which we could give to the Barnes. Finally, when it came time to buy our van, the Lord directed us to a Burgundy 15 passenger van. All the benches were burgundy, except the last bench; it was tan. The dealership had lost the bench that came with it and had put this bench there as a replacement. It matched the Barnes tan van and God had incredibly answered another specific prayer request.
- Karen and I wanted to be debt free on our house. We prayed about this regularly. One day, the Lord spoke clearly that we were to pray specifically that we would be debt free in three years. We did that as well as give above and beyond to the maximum ability that we had. At the end of three years, we were still in debt. However, Karen got a call from her grandfather who wanted to know how much our mortgage was. He wanted to pay it off for us. He sent us the check and we were debt free on the house, almost exactly three years from the time we began praying specifically. God hears, delights and answers our prayers.

We have had so many prayers answered that we could fill a notebook with testimonies. God is a great God; nothing, absolutely nothing, is too difficult for Him. Nothing is too small for Him to bother with. He delights in us coming to Him to meet all our needs. He desires to receive glory and honor through everything in our lives.

Why this prayer notebook? After we came home from the Nike Tour in 1994, I took a spiritual survey that I had found in a discipleship manual. It revealed a weakness in the area of prayer. I had let some things slide and was not being faithful and consistent in my prayer life. I needed a tool to help me.

I also administered the survey to my family. Prayer was a major weakness in their lives as well. They needed help. I began to do some teaching on prayer. We began to pray together as a family. The role modeling was important.

Then, while praying, the Lord laid this prayer notebook on my heart. The various sections and formats came on different days while praying. I would write down the impressions that the Lord would give and go work on them later during the day.

The prayer notebook is working for my family and I. It has helped me stay on track. It has helped me be focused in my prayers. It has helped me be faithful to pray for people and needs. I am more effective because of it. I trust that you will use it and it will help you become more effective in your prayer life. May the Lord bless you as you seek Him.

HOW TO USE THIS PRAYER NOTEBOOK

1. Familiarize yourself with it. Read through the prayer notebook and grasp an overall understanding of its contents. If there is anything that you do not understand, call and ask for help. Ask a pastor or a friend who is mature in the Lord to help you with your prayer life. Take time first of all, to get familiar with it.

2. Personalize it. This prayer notebook is a tool. If it is going to be useful, you must make it personal. You need to fill in the names and prayer requests that are on your heart. As you write down the concerns and burdens on your heart, you will be more motivated to use the book. It will become your prayer notebook, not just a document.

3. Use the notebook. as a tool to keep you on track. It is not a prayer to pray, but a guideline to keep you focused. It is intended to equip and assist you in your prayer life. Use it, but be fresh and creative in your prayers.

Every item in the notebook is not intended to be prayed every day. Unless you have several hours to pray, you will have to budget your time allocation for the different sections.

I find that praying through one column or page of the names and character qualities of God is about right for me. Some days I will do much more, but for the time I have committed to pray, one column of the names of God is the right amount. I use a different column of names and character qualities each day.

There are seven parts to the second section, Thy Kingdom Come, Thy Will Be Done. You may want to cover one part of that section each day. Write the day of the week at the top of that page to help you remember which part to pray for. Remember, the notebook is just a tool to meet your needs.

4. Prepare to pray. To be prepared to pray, gather together the following items before you begin. I like to set these items aside the night before. This way, when I get up, I can immediately find them and begin to pray.

A. Bible. You will need your Bible to read passages that the Holy Spirit brings to mind. It is good to read Psalms or another passage to get your mind set on the Lord and on things above. It is good to pray through passages of Scripture. Sometimes, the Holy Spirit will have you write a note to someone and you will want to include a Scripture in it.

B. Pen and Paper. You should write down insights, ideas, projects, activities, prayer requests and other information that you pick up during your prayer times. Many of my ministry projects have come out of my prayer time. The Holy Spirit has moved me to write notes, letters, manuals, songs and given me teachings during my prayer times. It is important to prepare in advance for these activities.

C. Prayer notebook. Keep your prayer notebook with your Bible. You should not have to look for it, but have it readily available.

5. Review and give thanks. Review your answers and give thanks for specific answers that God has

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given you. Use these answers as a springboard to start your prayer time. We are to pray with thanksgiving and this is a great way to do just that. Reviewing your answers to prayer will encourage, motivate and build your faith. It will also keep these answers fresh on your heart to share as testimonies to others.

THE MODEL PRAYER

I. HALLOWED BE THY NAME

A. Offer The Sacrifice of Thanksgiving

Psalms 100:4 Enter His gates with thanksgiving, and His courts with praise. Give thanks to Him; bless His name.

As people would enter the temple to worship, they had to pass through the gates. They were to give thanks to the Lord as they initially entered the temple. Thanksgiving was the first part of worshipping the Lord. As they proceeded into the temple and entered the courts (there was an outer and an inner court), they were to offer the sacrifice of praise.

Examples Of Things In Our Lives To Give Thanks To The Lord

Salvation	Food	Clothing	Eternal Life
Life Purpose	Wisdom	Knowledge	Sight
Hearing	Taste	Touch	Speech
Ability to Walk	Protection	Freedom	Spiritual Gifts
Forgiveness	His Love	His Kindness	His Caring
Church Family	Grandparents	Parents	Children
Grandchildren	Friends	His Word	His Spirit
Sleep	Peace	Encouragement	Counsel
Hope	Strength	Transportation	Answers to prayer
Water	Seasons	Light	Creativity
Mountains	Oceans	Trees	Fish
Animals	Angels	House	Health
Music	Jobs	Sound Minds	Justification
Laughter	Joy	Babies	Vitality
His Favor	Security	Variety In Creation	His presence
Spiritual oversight	His joy	Sanctification	Vision
Direction			

I. HALLOWED BE THY NAME

B. Offer The Sacrifices of Praise Bless The Various Names and Attributes of God. The verses where the names, attributes or character qualities are found are also listed.

Adonai-Jehovah (Sovereign Master) Gen 15:2,8
Advocate 1 Jn 15:2,8
All in all Col 3:11
Altogether Lovely Song of Sol 5:16
Almighty Rev 11:17
Alpha Rev 1:8
Ancient of Days Dan 7:13
Angel of His Presence Is 63:9
Anointed Lk 4:18
Anointer Lk 9:11
Appointer 2 Cor 1:21
Apostle and High Priest Heb 3:1
Arm of the Lord Is 51:9-10
Author of Eternal Salvation Heb 5:9
Author of Faith Heb 12:2
Awesome Ex 15:11, Dt 7:21
Balm of Gilead Jer 8:22
Banner of the nations Is 11:12
Baptizer of H.S. Mt 3:11
Beautiful Is 4:2, Is 27:4
Beginning Col 1:18, Rev 3:14
Beloved Matt 12:18
Bishop of our souls 1 Pet 2:25
Branch of Righteousness Jer 23:5
Branch out of His Roots Is 11:1
Branch of the Lord Is 4:2
Bread of God Jn 6:33
Bread of Life Jn 6:35
Bright Morning Star Rev 22:16
Brightness of His Glory Heb 1:3
Builder Heb 3:4
Bundle of Myrrh Song of Sol 1:13
Captain of our Salvation Heb 2:10
Captain of the Lord's Host Josh 5:14
Caring Zeph 2:7, Ezk 34:12
Chief Shepherd 1 Pet 5:4
Chief Cornerstone 1 Pet 2:6
Choice Stone 1 Pet 2:6
Chosen of God Lev 23:35
Christ (Anointed) Matt 16:16
Comforter Is 51:12, 2 Cor 1:3
Commander Is 55:4
Compassionate Dt 4:31
Confidence Pr 3:26
Consolation of Israel Lk 55:4
Consuming Fire Heb 12:29, Dt 4:24
Counselor Is 9:6
Creator Col 1:16
Crown of Glory Is 28:5
Day Star 2 Pet 1:19
Day Spring on High Lk 1:78
Defense Is 25:4
Deliverer Rom 11:26
Diadem of Beauty Is 28:5
Discerner Pro 2:3-8
Door of the Sheep Jn 10:7
Elect One Is 42:1
Elect Stone 1 Pet 2:6
Elohiym Gen 35:11
El Shadday (God Almighty) Gen 28:3
Encourager Rom 15:5
Eternal 1 Tim 6:16, 1 Tim 1:17
Eternal Father Isiah 9:6
Eternal Life 1 Jn 5:20, 1 Jn 1:2
Eternally Blessed God Rom 9:5
Everlasting Father Is 9:6
Everlasting Light Is 60:20
Example Jn 13:15, 1 Tim 1:16
Exceedingly Great Reward Gen 15:1
Faithful and True Rev 19:11
Faithful Witness Rev 1:5
Father Matt 5:16
Father of Mercies 2 Cor 1:3
Finisher of our Faith Heb 12:2
First and Last Rev 1:7
Firstborn among Brethren Rom 8:29
Firstborn from the dead Col 1:18
Firstborn over all creation Col 1:15
Firstfruits of those asleep 1 Cor 15:20
Fisher of Men Matt 4:19
Flame Is 10:17
Forerunner Heb 6:20
Forgiver Matt 9:2
Fortress Ps 12:2
Foundation Is 28:16
Fountain of Living Waters Jer 17:13
Friend Jn 15:13-15
Garden of Renown Ez 34:29
Gate Matt 7:13-14
Gentle Matt 11:29
Gift of God Jn 4:10
Glorious Lord Is 33:21

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Glory Ps 3:3
God full of compassion Ps 86:15
God Manifest in the flesh 1 Tim 3:16
God of my Savior Lk 1:47
God of all Comfort 2 Cor 1:3
God of all Grace 1 Pet 5:10
God of Glory Acts 7:2
God of Hope Rom 15:13
God of Love and Peace 2 Cor 13:11
God of my life Ps 42:8
God of Patience and Comfort Rom 15:5
God of Peace Rom 15:33
God of the Whole Earth Is 54:5
God of Truth Dt 32:4
God the Judge of All Heb 12:23
God of Jacob Ex 3:6
God with us Matt 1:23
God of blessing Ps 67:6-7
God of Isaac Gen 28:13
God of Abraham Gen 31:42
Good Ps 34:8
Good Shepherd Jn 10:11, Heb 13:20
Good Teacher Mk 10:17
Governor Matt 2:6
Grain Offering Lev 2:1-10
Great God Titus 2:13, Dt 7:21
Great High Priest Heb 4:14
Great King above all Gods Ps 95:3
Great Light Is 9:2
Great Prophet Lk 7:16
Habitation of Justice Jer 50:7
Head of every man 1 Cor 11:3
Head of the Body Col 1:18
Healer Jer 33:6
Heavenly Father Matt 5:48
Heir of all things Heb 1:2
Help Ps 115:11
Helper Heb 13:6
Help of my countenance Ps 42:11
Hidden Manna Rev 2:17
Hiding Place Is 32:2
Highest Lk 1:76
High Tower Ps 144:2
Holy Is 57:15
Holy and True Rev 6:10
Holy One Ac 2:27
Holy One of Israel Is 29:19
Holy Spirit Matt 1:20
Hope Ps 71:5, 1 Tim 1:1
Hope of Glory Col 1:27
Hope of Israel Jer 17:13

Horn of Salvation Lk 1:69
Humble Matt 11:29
I Am Jn 8:58
Image of God 2 Cor 4:4
Immanuel Matt 1:23
Instructor Ps 32:8
Jealous God Dt 4:24
Jehovah-Elohay (Lord My God) Zech 14:5
Jehovah-Eloheka (Lord Your God) Ex 20:2
Jehovah-Elohim (Eternal Creator) Gen 2:4
Jehovah-Elyon (Lord Most High) Ps 7:17
Jehovah-Hosenu (Lord Our Maker) Ps 95:6
Jehovah-Jireh (Lord Will Provide) Gen 22:8-14
Jehovah-M'kaddish (Lord Our Sanctifier) Lev 20:8
Jehovah-Nissi (Lord My Banner) Ex 17:5
Jehovah-Rohi (Lord My Shepherd) Ps 23:1
Jehovah-Rophe (Lord Your Healer) Ex 15:26
Jehovah-Sabaoth (Lord Of Hosts) Is 6:3
Jehovah-Shalom (Lord Our Peace) Jud 6:24
Jehovah-Shammah (Lord Is There) Ez 48:35
Jehovah-Tsidkenu (Lord Our Righteous.) Jer 23:6
Jesus (Savior) Lk 2:21
Jesus Christ (Anointed Savior) Mark 1:1
Judge and Lawgiver Is 33:22
Judge of the living and the dead Ac 10:42
Just Ac 3:14
Just One Ac 7:52
Keeper Ps 121:5
King Zech 14:16, Zech 9:9
King in His Beauty Is 32:17
King of Glory Ps 24:10
King of Israel Jn 1:49
King of Kings Rev 17:14
King of Peace Heb 7:2
King of Righteousness Heb 7:2
King of the Saints Rev 15:3
King Over all the earth Zech 14:9
King's Son Ps 72:1
Lamb of God Jn 1:29
Lamb without blemish 1 Pet 1:19
Lamp 2 Sam 22:29
Law giver Is 33:22
Leader Is 55:4
Life Jn 14:6
Life-giving Spirit 1 Cor 14:45
Light of Israel Is 10:17
Light of men Jn 1:4
Light of the city Rev 21:23
Light to the gentiles Is 42:6, Lk 2:32
Light of the morning 2 Sam 23:4
Lily of the valleys Song of Sol 2:1

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Lion of Judah Rev 5:5
Living Stone 1 Pe 2:4
Living Word 1 Pet 1:23
Lord (Ruler/Master) Rom 10:13
Lord and Savior Jesus Christ 2 Pe 3:18
Lord and my God Jn 20:28
Lord from Heaven 1 Cor 15:47
Lord God Almighty Rev 4:8
Lord God of Hosts Ps 59:5
Lord God of Truth Ps 31:5
Lord God Omnipotent Rev 19:6
Lord Mighty in battle Ps 24:8
Lord Most High Ps 47:2
Lord of all Ac 10:36
Lord of all the earth Ps 95:6
Lord of both the dead and the living Rom 14:9
Lord of Lords Dt 10:17
Lord our Maker Ps 95:6
Lord our Righteousness Jer 23:6
Lord over all Rom 10:12
Lord Strong and Mighty Ps 24:8
Lord Who Created the Heavens Is 45:18
Lord our Redeemer Is 43:14
Love 1 Jn 4:8
Majestic Ex 15:6
Maker Is 17:7, Is 54:5
Maker of all things Jer 51:19
Man attested by God Ac 2:22
Man of sorrows Is 53:3
Man of War Ex 15:3
Manna Ex 16:31
Master of the house Lk 13:25
Mediator Job 9:33, 1 Tim 2:5
Mediator of a better covenant He 12:24
Messenger of the Covenant Mal 3:16
Messiah Jn 4:25
Mighty God Is 9:6
Mighty One Ps 45:3
Mighty One of Israel Is 30:29
Mighty One of Jacob Is 60:16
Minister of the Sanctuary He 8:2
Morning Star Rev 2:28
Most High Ps 18:13
Most Holy Dan 9:24
Offering Eph 5:2
Ointment poured forth Song of Sol 1:3
Omega Rev 1:8
Omnipotent Dan 4:26
Omniscient Rom 11:33
One I love Song of Sol 3:2
One Shepherd Jn 10:16
One Who Shall Have Dominion Nu 24:19
Only Begotten of the Father Jn 1:14
Only Wise God 1 Tim 1:17
Overcoming One Rev 17:14
Passover 1 Cor 5:7
Peace Eph 2:14
Peace Offering Lev 3:1-5
Physician Lev 4:23
Planner Ps 33:11, Is 14:27
Polished Shaft Is 49:2
Portion Ps 73:26, Ps 119:57
Portion of Jacob Jer 10:16, Jer 51:19
Portion of my inheritance Ps 16:5
Potter Is 64:8
Power 2 Sam 22:33
Precious Stone 1 Pet 2:6
Priest Forever Heb 5:6
Prince and Savior Ac 5:30-31
Prince of Life Ac 3:15
Prince of Peace Is 9:6
Prince of Princes Dan 8:25
Prophet Matt 13:57
Propitiation for our sins 1 Jn 2:2
Protector Ps 41:2
Provider Gen 22:8
Rabbi (Teacher) Jn 1:49
Rain upon the mown grass Ps 72:6
Ransom Mk 10:45
Redeemer Is 59:20
Redemption 1 Cor 1:30
Refiner and Purifier Mal 3:3
Refuge Ps 11:1, Ps 18:2
Refuge from the storm Is 25:4
Renewer Ps 51:10
Restorer Ps 23:3
Resurrection Jn 11:25
Resurrection and the Life Jn 11:25
Revealer Rom 10:20, Matt 16:17
Rewarder Heb 11:6
Righteousness Is 45:24, 1 Cor 1:30
Righteous Judge 2 Tim 4:8
Righteous Servant Is 53:11
River Ps 46:4, Jn 7:38
Rock Ps 19:14
Rock of my salvation 2 Sam 22:47
Rock of offense 1 Pe 2:8, Is 8:14
Rock that is higher than I Ps 61:2
Rock of Refuge Ps 31:2
Rod of Your Strength Ps 110:2
Rod from the stem of Jesse Is 11:1
Root of David Rev 5:5

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Root of Jesse Is 11:10
Rose of Sharon Song of Sol 2:1
Ruler Micah 5:2
Ruler over the kings of the earth Rev 1:5
Salvation Ps 38:22
Sanctification 1 Cor 1:30
Sanctifier Lev 20:8
Sanctuary Is 8:14
Savior 2 Pet 2:20, 1 Jn 4:14
Savior of the world 1 Jn 4:14
Scepter Nu 24:17
Seed Gal 3:16, 19, 1 Pet 1:23
Shade Ps 121:5
Shade from the heat Is 25:4
Shadow of the Great Rock Is 32:2
Shelter for His people Joel 3:16
Shepherd Ps 23:1, Gen 49:24
Shepherd of Israel Ps 80:1
Shield 2 Sam 22:3, Gen 15:1
Shield of your help Dt 33:29
Shiloh (Peacemaker) Gen 49:10
Sign Lev 2:34
Son 1 Jn 4:14
Son of God Jn 1:34
Son of Mary Mk 6:3
Son of the Father 2 Jn 3
Son of the Highest Lev 1:32
Son of the Most High God Mk 5:7
Source Heb 5:9
Spirit of Justice Is 28:5-6
Spiritual Rock 1 Cor 10:4
Star our of Jacob Nu 24:17
Stay Ps 18:18
Stone Matt 21:42
Stone Cut Out without Hands Dan 2:34-35
Stone of Israel Gen 49:24
Stone of Stumbling 1 Pet 2:8
Strength 2 Sam 22:3
Strength and my song Is 12:2
Strength of my life Ps 27:1
Strength to the needy Is 25:4
Strength to the poor Is 25:4
Strong Lord Ps 89:8
Strong Tower Ps 61:3
Stronghold Nahum 1:7
Stump Is 6:13
Sun and shield Ps 84:11
Sun of Righteousness Mal 4:2
Supplier of all our needs Phil 4:19
Support 2 Sam 22:19, Ps 18:18
Sure Foundation Is 28:16
Surety He 7:22
Sustainer Ruth 4:15, Ps 54:4
Sword of Your Majesty Dt 33:29
Teacher Matt 23:8, Jn 13:13
Tender Grass 2 Sam 23:4
Testator Heb 9:16
Thoughtful Ps 40:5, Ps 92:5
Trap and Snare Is 8:14
Tried Stone Is 28:16
True Bread from heaven Jn 6:32
True God 1 Jn 5:20
True Light Jn 1:9
Truth Jn 14:6
Understanding Pr 8:14
Unfathomable Rom 11:33
Unsearchable Rom 11:33
Unspeaking Gift 2 Cor 9:15
Upholder of all things Heb 1:3
Vine Jn 15:5
Way Jn 14:6
Well Beloved Is 5:1
Well of water
Wisdom Pr 8:12
Wisdom of God 1 Cor 1:24
Wise Rom 16:27
Witness to the people Is 55:4
Wonderful Is 9:6
Word Jn 1:1
Word of God Rev 19:13
Word of Life 1 Jn 1:1
Worthy Rev 5:12
Zealous Joel 2:18, Is 9:7

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

A. Pray For The Kingdom To Be Established In Your own Life

1. Character

Examples Of Godly Character Qualities To Be Prayed For			
Attentiveness	Determination	Loyalty	Compassion
Obedience	Punctuality	Discernment	Alertness
Contentment	Thriftiness	Responsibility	Virtue
Neatness	Tolerance	Fairness	Joyfulness
Reverence	Wisdom	Self-Control	Discretion
Forgiveness	Diligence	Deference	Endurance
Gratefulness	Sincerity	Generosity	Humility
Faith	Enthusiasm	Initiative	Love
Truthfulness	Creativity	Decisiveness	Sensitivity
Security	Thoroughness	Resourcefulness	Flexibility
Meekness	Availability	Hospitality	Gentleness
Cautiousness	Courage	Patience	Dependability
Peace	Boldness	Prudence	Righteous Zeal
Selflessness	Gracious	Merciful	Understanding

The prayer that I named the Love Prayer comes out of 1 Corinthians 13. It is good to pray Scripture over your life. The Lord tells us that we should renew our mind that we might know what the will of God is, that which is good, acceptable and perfect. When we are praying for our own lives to be transformed into His image, praying Scripture is a great thing to do. This prayer came when I was doing a teaching series on love. I was meditating, studying and praying about love. It is a great prayer to pray over your life in this section of the Lord's prayer.

Love Prayer (1 Corinthians 13)

May all that I say be said in love and with love. May love be my chief possession, far exceeding all my spiritual gifts and abilities. May all my actions be motivated and carried out in love that it may profit and glorify our God, who is the God of all love.

Lord, may all the components of love be added to me. May they be the normal way I act and respond. Help me to show love through patience and kindness. Help me not to be jealous, to brag or be arrogant or act unbecomingly.

Help me not to be selfish and seek my own but to also look out for the interests of others. Help me to have the same attitude that Christ had. Do not let me be provoked, but rather be long suffering. Help me to be forbearing and forgiving instead of taking into account a wrong suffered.

Do not let me rejoice in unrighteousness or wrong things like impure thoughts, unwholesome words or conversations, bad movies, jokes or vile things. May I rejoice in truth and in Your word which is very pure.

Help me to bear all things, believe all things, hope all things and endure all things. Give me faith and patience to believe the best in people and to bear with them.

Help me to desire, pursue and grow in love yet desire spiritual gifts. Help me to fervently seek gifts of the Spirit, especially those that build up others, that they would be a demonstration of love to them. May all that I say and do be done in love. In Jesus name I pray. Amen

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2. Ministry Every member of the body of Christ is to serve in the body. You should pray for the ministry that the Lord has called you to serve in. If you are not presently involved in a ministry, pray that God would show you where you are to serve. See Romans 12:1-8, 1 Corinthians 12:1-31, Ephesians 4:12.

Meeting	Date	Results

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

B. Pray For All Who Are In Your Sphere Of Influence

1. Family Members

a) Immediate Family

b) Extended Family (Grandparents, Aunts & Uncles, Cousins),

2. Friends (People you are in close relationship with)

3. Acquaintances (People you see regularly but are not close friends)

a) Neighbors

b) Co-workers

c) Church Family (Local body of believers) You should also pray for the local body. Pray for the membership at large. Keep a membership directory in this section of your prayer notebook. Pray for the different families within the group. Pray for members with specific needs that you are aware of.

Mark 3:33-35 "And answering them, He said, `Who are My mother and My brothers?' And looking about on those who were sitting around Him, He said, `Behold, My mother and My brothers! For whoever does the will of God, he is My brother and sister and mother.'"

Here are some examples of general areas to pray about for the body:

- For a love for the Lord
- For intimacy with the Lord
- For a successful and loving family life
- For a love for one another
- For enthusiasm within the body for what the Lord is doing
- For wisdom, knowledge and revelation from the Lord
- For character growth
- To grasp the vision and mission of Mountain Of The Lord Church
- To find their place in the body and plug in
- Not to be internal but reach out to people on the outside
- To learn to pray extensively
- For oneness in spirit

We should also pray for the needs within Mountain Of The Lord Church. These needs may be areas that the Lord has shown you, or they may be needs that the leadership has clearly expressed to the body to pray about. Many times these needs are published in the weekly bulletin. You should write these needs down inside the table below and pray about them regularly. When the answer to the prayer comes, note when and how it was answered.

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

C. Pray For All Who Are In Authority

1 Timothy 2:1-2 First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, in order that we may lead a tranquil and quiet life in all godliness and dignity.

1. Parental Authority

a) Father

b) Mother

2. Spiritual Authority

a) Apostolically

b) Local Leadership

Here are some examples of things that we can and should pray about for the leadership:

- For vision for the body
- For wisdom, discernment and direction in leading the body
- For a hunger and thirst for God and His Word
- For revelation and knowledge
- For intimacy in their relationship with the Lord
- For them to be good managers in the home
- For protection for them and their families
- For a zeal for the Lord
- To guard their priorities
- To hear clearly from the Lord
- To be zealous for gifts of the Spirit, especially prophecy
- To be examples to the flock
- To be gentle and caring
- To be strong leaders
- To communicate carefully
- To be sensitive to the needs of the body
- To be good stewards of the Lord's money.
- To be encouraged by the Lord and us regularly
- To fervently love the body from the heart
- To be humble

You will also want to pray about their personal needs that they have expressed to you or the body.

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

c. Local Ministry

You will also want to pray about the vision and mission of our church. The vision is to be a body of believers who love God with all their heart, and who fervently love one another. Our mission is to reach out in love to those who do not know Christ, and to make disciples in all the earth, teaching them and baptizing them in the name of the Father, Son, and Holy Spirit.

You should also pray about the ministry needs that you are aware of. These could be for a Worship Leader, for Home Group Leaders, for Nursery Workers or Teachers. Any area of ministry that has a need within the body needs to be prayed over. Write these needs down and the answers as they come. Seeing how God answers your prayers will greatly encourage you. "The effective prayer of a righteous man (or woman) can accomplish much."

Ministry Needs			
Date:	Ministry Need:	Date Answered:	How Answered:

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

3. Governmental Authority (Proverbs 21:1 "The king's heart is like channels of water in the hand of the Lord, He turns it wherever He wishes.)

a. Nationally

<u>Executive Branch</u>	<u>Address</u>	<u>Phone Number</u>
President-- V.P. of U.S.		

<u>Judicial Branch</u>	<u>Address</u>	<u>Phone Number</u>
Supreme Court	U.S. Supreme Ct. Bldg., 1 First St.NE, Wash.DC 20543	

<u>Congress-House of Rep.</u>	<u>Address</u>	<u>Phone Number</u>
U.S. Congress--		

<u>Congress-Senate</u>	<u>Address</u>	<u>Phone Number</u>
U.S.Senate-- U.S.Senate--		

b. Statewide

Governor

c. Locally

City Mayor

d. Internationally

The Lord tells us in 1 Timothy 2:2 that we are to pray for kings and all who are in authority. These kings obviously include the leaders from other countries. We need to pray for them. You may find it easier to pray for the countries by continent. Make a list of them and put them in your prayer book. Or you may find it easier to put a small world map in your notebook so that you can pray for each country.

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

D. Pray For The Lost

Romans 10:1 Brethren, my heart's desire and my prayer to God for them is for their salvation.

1 Timothy 2:1 First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men,

PRAY FOR THE LOST			
Date	Lost Person	Date Saved	How Saved

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

PRAY FOR THE LOST			
Date	Lost Person	Date Saved	How Saved

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

E. Pray For The Sick

James 5:13-18 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praises. Is 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; and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much. Elijah was a man with a nature like ours, and he [prayed] earnestly that it might not rain; and it did not rain on the earth for three years and six months. And he prayed again, and the sky poured rain, and the earth produced its fruit.

Acts 28:8 And it came about that the father of Publius was lying in bed afflicted with recurrent fever and dysentery; and Paul went in to see him and after he had prayed, he laid his hands on him and healed him.

PRAY FOR THOSE WHO ARE SICK			
Date	Sick Person	Sickness	Date Healed

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

PRAY FOR THOSE WHO ARE SICK			
Date	Sick Person	Sickness	Date Healed

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

F. Pray And Petition For All Things

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

PRAYER AND PETITIONS FOR ALL THINGS			
Date	Petition/Request	How Answered	Date

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

PRAYER AND PETITIONS FOR ALL THINGS			
Date	Petition/Request	How Answered	Date

II. THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

G. Pray For Other Ministries

Philippians 2:3-4 Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own personal interests, but also for the interests of others.

According to this verse, we need to have the same concern for the interests of others as we have for our own. This certainly includes our prayers as well as our actions. We need to lift up the needs of other ministries as well as the local church that we are involved in. Other ministries would include missionaries, para-church organizations (FCA, Campus Crusade, Young Life, Billy Graham), and other churches.

PRAY FOR OTHER MINISTRIES			
Ministry	Prayer Request	How Answered	Date
	1.		
	2.		
	3.		
	1.		
	2.		
	3.		
	1.		
	2.		
	3.		
	1.		
	2.		
	3.		
	1.		
	2.		
	3.		
	1.		
	2.		
	3.		

H. Praying God's General Will for our lives

Some people call this God's Moral Will or God's Universal Will. God's General Will applies to all people, while God has a Specific Will that is different for every person. In God's Specific Will, He knows the days ordained for us before we were born (Psalm 139:16). He knows the calling He has for us before we were born (Jeremiah 1:5). Here are some examples of God's General Will.

God's Will For Everyone

1. God's will is for us to be conformed to His image. (Rom 8:26-30)
2. God's will is for us to have a godly sorrow that leads us to repentance. (2 Cor 7:9-11)
3. God's will is for us to submit to those in authority. (1 Pet 2:13-15, 2 Cor 8:1-5, Eph 6:5-8)
4. God's will is for us to be sanctified (made holy). (1 Thess 4:3-7)
5. God's will is for us to be in right relationship with one another. (1 Thess 5:11-18)
6. God's will is for us to rejoice always. (1 Thess 5:16)
7. God's will is for us to pray without ceasing. (1 Thess 5:17)
8. God's will is for us to give thanks in everything. (1 Thess 5:18)

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III. GIVE US THIS DAY OUR DAILY BREAD

Philippians 4:19 And my God shall supply all your needs according to His riches in glory in Christ Jesus.

Matthew 6:33 But seek first His kingdom and His righteousness; and all these things shall be added to you.

GIVE US THIS DAY OUR DAILY BREAD			
Date	Physical Need Requested	How Answered	Date

III. GIVE US THIS DAY OUR DAILY BREAD

GIVE US THIS DAY OUR DAILY BREAD			
Date	Physical Need Requested	How Answered	Date

IV. FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS

Luke 18:10-14 Two men went up into the temple to pray, one a Pharisee, and the other a tax-gatherer. The Pharisee stood and was praying thus to himself, "God, I thank Thee that I am not like other people: swindlers, unjust, adulterers, or even like this tax-gatherer. I fast twice a week; I pay tithes of all that I get." But the tax-gatherer, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, "God, be merciful to me, the sinner!" I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself shall be humbled, but he who humbles himself shall be exalted.

Matthew 6:14-15 For if you forgive men for their transgressions, your heavenly Father will also forgive you. But if you do not forgive men, then your Father will not forgive your transgressions.

Matthew 5:23-24 If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering.

Matthew 5:44 "But I say to you, love your enemies, and pray for those who persecute you."

Luke 6:28 Bless those who curse you, pray for those who mistreat you.

Areas Of Confession and Relationships That Need Restoration

A. I confess the following as sin:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

C. People I need to ask for forgiveness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

B. I forgive the following people:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

D. People I need to bless and pray for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

V. DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM EVIL

Matthew 26:41 "Keep watching and praying, that you may not enter into temptation; the spirit is willing, but the flesh is weak."

Luke 21:36 "But keep on the alert at all times, praying in order that you may have strength to escape all these things that are about to take place, and to stand before the Son of Man."

Ephesians 6:10-18 "Finally, be strong in the Lord, and in the strength of his might. Put on the full armor of God, that you may be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one. And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God. With all prayer and petition, pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,"

A. Professions

- I repent of all known sin and submit to the Lord Jesus Christ.
- I plea the blood of Jesus over me and my family and our possessions.
- I pray a hedge of protection around myself and my family.
- I pray for the protection of those who are in authority above me.
- I ask for alertness, a sober mind, discernment and wisdom.
- I place my trust in Jesus and the power of the Holy Spirit and not in my own strength.
- I put on the full Armor of God:

the breastplate of righteousness. Jesus is my righteousness.

the helmet of salvation. Jesus is my salvation.

the belt of truth. Jesus is the truth, the life and the way.

the preparation of the gospel on my feet.

the shield of faith. Jesus is the author and finisher of my faith. Put oil on my shield. Give me strength and faith to hold up that shield.

the sword of the Spirit. Jesus is the word which is sharper than any two edged sword. Hebrew 4:12

the zeal of the Lord as my cloak. Isaiah 59:17

V. DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM EVIL

B. Upcoming Events That I need To Pray and Have Accountability In Jesus told the disciples to pray that they would not enter into temptation. We need to pray for the things that are coming up in our lives: trips, meetings, decisions, etc. We want to live above reproach. Sometimes, it is best that we ask a friend to help keep us accountable and to pray with us as we go through them.

1 Peter 5:8 "Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour."

Proverbs 6:26, 7:25-26 "For on account of a harlot, one is reduced to a loaf of bread, and an adulteress hunts for the precious life." "Do not let your heart turn aside to her ways, do not stray into her paths. For many are the victims she has cast down, and numerous are all her slain."

Ecclesiastes 4:12 "And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart."

Mark 14:37-38 "And He came and found them sleeping, and said to Peter, `Simon, are you asleep? Could you not keep watch for one hour? Keep watching and praying, that you may not come into temptation; the spirit is willing, but the flesh is weak.'"

Jude 24-25 "Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen."

Areas of Accountability

Outcome of Event

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

VI. FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY, FOREVER, AMEN.

In this section, we are to declare and confess four things about the Lord and His Kingdom which we serve in. They are a way to bring us back where we started, in the realm of praise and adoration of the Lord.

A. Thine Is The Kingdom. We declare that He is the King of the Kingdom. It belongs to Him. We are part of that glorious Kingdom and we give our homage and allegiance to the Kingdom.

B. Thine Is The Power. We declare that He is omni-powerful. He is in control of all things. We acknowledge, confess and submit to His power. Our submission to His authority and power brings freedom from sin and freedom from the attacks of Satan. James 4:7 says "Submit therefore to God, resist the devil and he will flee from you." It is His power that makes all things possible. It is in His power that we are believing in faith for the things that we are praying for. What a mighty God we serve.

C. Thine Is The Glory. All the glory goes to the Lord. Romans 11:33-36 says, "Oh the depth of the riches of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways! For who has known the mind of the Lord, or who became His counselor? Or who has first given to Him that it might be paid back to Him again? For from Him and through Him and to Him are all things. To Him be the glory forever. Amen."

Everything that we have is from Him. Everything we do has been allowed and enabled by Him. All things will go to Him. He is omniscient (all knowing) and the only wise God. All things will go back to Him. To Him be the glory forever and ever.

A further aspect of giving glory to God is it keeps us humble before Him. It is the sin of pride that wants to take glory and honor for ourselves. As God moves through us and works mighty works, we must be careful not to rob the Lord from the glory that He is to receive. Look what He says in Deuteronomy 8:11-14.

"Beware lest you forget the Lord your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; lest, when you have eaten and are satisfied, and have built good houses and lived in them, and when your herds and your flocks multiply, and your silver and gold multiply, and all that you have multiplies, then your heart becomes proud, and you forget the Lord your God who brought you out from the land of Egypt, out of the house of slavery. He led you through the great and terrible wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water; He brought water for you out of the rock of flint. In the wilderness He fed you manna which your fathers did not know, that He might humble you and that He might test you, to do good for you in the end. Otherwise, you may say in your heart, 'My power and the strength of my hand made me this wealth.' But you shall remember the Lord your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day."

You see, we must not rob God of the glory for what He has done and is doing in our lives. It is not us but Christ living in us. We must stay humble before Him and a great way of doing that is by giving Him all glory.

D. His Kingdom Is Forever. Amen. We are declaring the eternal reign of God's Kingdom. The Amen at the end is a declaration that we support and agree with His Kingdom and that He is the eternal King.

I. To Whom Shall We Pray?

When Jesus taught on prayer, He very explicitly told us who to pray to. He tells us in Matthew 6:5-6 to pray to the Father. Again, in His instructions in Luke 11:2 He says we are to address our prayers to the Father when we go to pray.

Matthew 6:5-6 "And when you pray, you are not to be as the hypocrites; for they love to stand and pray in the synagogues and on the street corners, in order to be seen by men. Truly I say to you, they have their reward in full. But you, when you pray, go into your inner room, and when you have shut your door, pray to your Father who is in secret, and your Father who sees in secret will repay you."

Luke 11:2 "And He said to them, "When you pray, say: 'Father, hallowed be Thy name. Thy kingdom come.'"

Our prayers are not for others; they are not to others; but are for our Father alone. How do we access the Father? We have access through Jesus Christ our Lord. Acts 4:12 says, "And there is salvation in no one else; for there is no other name under heaven that has been given among men, by which we must be saved."

We were separated from God because of our sins. However, "He made Him who knew no sin (Jesus) to be sin on our behalf, that we might become the righteousness of God in Him." 2 Corinthians 5:21. Now, we are righteous and have access to the Father.

Jesus served as our mediator, restoring us into a right relationship with the Father. Look at what the Scriptures tell us in 1 Timothy 2:5 "For there is one God, and one mediator also between God and men, the man Christ Jesus."

When we pray, we pray to the Father. However, we have access to the Father through the blood of Jesus. It is through Jesus and in Jesus that we have our righteous standing before God.

What is the practical application of this principle? It means that prayers to Jesus's mother, Mary or to Saint Peter or Saint Paul are invalid. They are not the means to the Father. They are not our righteousness and access to the Father. They were believers, just like us. It has only been appointed for one person, the man Christ Jesus to mediate between the Father and us. Therefore, we do exactly what Jesus taught us. We pray to the Father and Him alone. And, we do this in the name of Jesus, who is our righteousness and our access to the Father.

II. Three Pre-requisites To Prayer

Mark 14:32-42

In Mark 14:32-42 we are given an account of Jesus praying just before He was arrested, tried and sentenced to death. Jesus is fully aware of everything that is about to happen. The disciples are with Him, but they are having a tough time staying awake to pray. Even though He has told them what to pray for, they are not fully aware of everything that is about to transpire. Jesus is not teaching specifically on prayer, but we can learn much about prayer from this excerpt.

1.) Prayer Out Of Need. Mark 14:33-35 "And He took with Him Peter and James and John, and began to be very distressed and troubled. And He said to them, 'My soul is deeply grieved to the point of death; remain here and keep watch.' And He went a little beyond them, and fell to the ground, and began to pray that if it were possible, the hour might pass Him by."

In verses 33-35, we find that Jesus is quite distressed. Instead of leaning on His own human strength, He goes to the Father in prayer. Our culture tells us to be tough and self-made. Jesus is tough, but His toughness, just like ours should be, is found in communion with the Father. He is our Strength, Refuge, Fortress and Help.

We find that Jesus had needs. The disciples had needs too, but they were not aware of their needs, just as we are not always aware of our spiritual needs. We know to pray. Jesus has told us in His Word what to pray for, but these are not felt needs that cause us to pray. Very often, this reveals a self-sufficiency, that we don't think we really need the Lord in our lives. Look at the needs that Jesus and the disciples had.

A.) Distressed. Jesus was distressed and troubled. Some antonyms of distressed are: agony, anguish, pain, misery, grieved, tormented and troubled. Jesus was obviously in great discomfort. He knows that the only way to be tough in these times is to depend on the Father for strength.

B.) Grieved to the point of death. He knew that this was going to be the end of His life. He knew how He was going to die and the suffering that He would go through before His final death on the cross, the cruelest form of death, usually reserved for criminal. It is this anguish that drives Him to prayer.

C.) Not to be tempted. The disciples did not realize this need, but they needed to be praying that they would not fall prey to temptation. Peter was going to be sifted like wheat. The other disciples would also face temptations. They needed to be in prayer about these upcoming situations. Jesus tells them what they should be praying for.

Mark 14:37-38. "And He came and found them sleeping, and said to Peter, 'Simon, are you asleep? Could you not keep watch for one hour? Keep watching and praying, that you may not come into temptation; the spirit is willing, but the flesh is weak.'"

2.) According To His Will. Jesus was fully human and fully God. As a man, he had desires and a will of His own. Nobody wants to go through pain, torture and death. Jesus tells the Father that He does not want to go through this. He is open and honest before God, the Father. He asks if there is another way to go about this. He is at the same time fully co-operative and obedient to the Father. In almost the same breath, He says, "yet not what I will, but what Thou wilt."

There are several principles that can be gleaned from this account on praying according to His will.

A.) Be honest and open. We cannot hide our thoughts and feelings from God. We might as well share with Him what He already knows.

B.) Share our fleshly will and feelings. We need to express our thoughts, ideas, feelings and will with the Father. We have a relationship with the Father. He cares about us. Just as a spouse desires their mate to share with them the concerns in their life, the Father wants us to share our inner most feelings and desires with Him. This is healthy and necessary in any relationship. Jesus shares His will in this account.

C.) Be submissive to God's Will. Just because we express our will to the Father does not mean that our will is going to be carried out. It is the will of the Father that needs to be carried out. We need to be obedient, supportive and submissive to His will at all times.

3.) With Discipline. Jesus was probably as tired if not more tired than the disciples. However, we do not find Him sleeping as the disciples were. Three different times He approached the disciples and found them sleeping. It requires discipline to stay alert and pray. There are three principles found about having discipline in our prayer life.

A.) Spirit is willing, but flesh is weak. We must acknowledge that all of us feel weak in the flesh and need to bring our bodies in subjection to our desires rather than letting our flesh determine what we do or don't do. We must determine what we are going to do, based upon what we know is right to do and will benefit us the most, and then do it.

Not many athletes enjoy punishing their bodies, but they force themselves to exercise rigorously. Why? So they can win the prize. They do it for a perishable wreath, but we do it for an imperishable wreath. We have much more to gain than a physical prize. We grow in our relationship with the Lord Jesus Christ and are also eternally impacting the kingdom of God. We must keep the goal before us to help us overcome our weak flesh.

B.) For a specific time period. Athletes do not train 24 hours a day. They train for a couple of hours, rest, train and then rest again. Their training schedule is going to be based upon what they can handle. They have realistic training goals and schedules. Their training sessions get longer as they can handle them. A runner may run only a couple of miles for several months. Gradually he may increase to 7 or 8 miles per day and even longer as he nears a marathon. You would not go out for a 7 or 8 mile run if you were not in condition, but you would run for a mile or for a short time period. You will do this for a while and gradually increase your time and distance.

Your prayer life is the same way. We need to start with an attainable goal, like 15 minutes per day and strive for consistency. Once we are able to do that, then we can increase our time to 30 minutes, an hour, or longer. Again, we should strive for consistency. Praying for longer periods of time becomes easier with experience. A prayer notebook with an outline can also help you to pray longer.

C.) With alertness. We want to keep alert during our prayers. The more we can involve our soul (mind, emotion, will), body and spirit, the more alert we will stay during our prayers. Walking, talking, writing, and using varying formats of prayer will help. Changing your normal way of praying is good to do from time to time. It will keep your prayers fresh. You will find ways that work for you and you need to use those methods.

The disciples were very tired and were falling asleep. Many of us face this problem with busy schedules and trying to burn the candle at both ends. When we have proper rest, we will be more alert. Therefore, we must go to bed at a reasonable time. If prayer is a priority, we demonstrate our conviction by disciplining ourselves to go to bed on time.

III. How Should We Pray?

Matthew 6:5-15

During what the church has labeled the Sermon on the Mount, Jesus taught the disciples as well as the multitudes on a number of subjects. In Matthew 6:5-15, he teaches on prayer. He teaches how should we pray.

There are three parts to His message on prayer. He uses a number of illustrations and how not to examples. He wanted to dispel the common notion of what prayer was and how it was being poorly role modeled by the religious people (Pharisees and Sadducees). He wanted to let the people know how prayer should really be done. His message can be broken down into three different parts: A) In Private, B) In Faith, C) In This Way.

A) In Private. It was not to be done in public so that people could see you, but rather to be done in your closet so that only God knew that you were praying. Prayer is between you and God. That's it.

We find a great example in Jesus. He demonstrated what He taught. In Mark 1:35-36 we are given this account. "And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there. And Simon and his companions hunted for Him;..." Jesus went out and found a place of solitude where He could spend time alone with the Father.

B) In Faith. Prayer was to done in faith. It is not the number of words that we use that is going to get us answers. Meaningless repetition of words was condoned. The Father knows what our needs are and we don't need to be long winded in our prayers. Mark 11:24 further expounds on this principle. "Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they shall be granted you."

C) In This Way or With This Outline. His prayer outline was what we have called the Lord's Prayer. It should be named the Model Prayer, for that is exactly what it is. The early church called it "The Prayer" and it was The Prayer that is referred to in Acts 1 when the disciples and other men were in the upper room praying. They were busy praying the prayer that Jesus had taught them. For ten days they prayed until the Holy Spirit came down and brought power from on high.

The Model Prayer contains 6 different parts. Each part was a part of the outline and it was meant to get you started praying in that area. It begins with praise and ends with praise. Here is the Model Prayer that Jesus taught His disciples.

1) "Our Father who art in heaven, hallowed be Thy name." To hallow means to praise, honor, bless. We are told to spend time in praise and adoration of the Lord.

2) "Thy kingdom come. Thy will be done, on earth as it is in heaven." We are told to pray for God's will to be carried out here on the earth. This would include: salvation for others, churches being planted, people to mature in the Lord, for wisdom for church leaders and others, for boldness, for government officials, for character growth, for anything that we find in Scripture.

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3) **"Give us this day our daily bread."** Here we are praying for our needs. We are not to be anxious and consumed with providing. We are to seek first His kingdom and His righteousness and all these things will be added. However, we are to make request of our needs to the Father.

4) **"And forgive us our debts, as we have forgiven our debtors."** We are to maintain right relationships with other around us. Our prayer life will be hindered if our relationships with others is bad. We need to first of all get forgiveness for the sins that we have committed. Secondly, we need to give out the forgiveness to others that we have experienced personally.

The Lord gives us a footnote after the Model Prayer. "For if you forgive men for their transgressions, you heavenly Father will also forgive you. But if you do not forgive men, then your Father will not forgive your transgressions." That is a very powerful statement that Jesus makes about forgiveness. We must be receiving and giving forgiveness if we want a proper relationship with the Father.

5) **"And do not lead us into temptation, but deliver us from evil."** We are to pray for God to protect us from wrong temptations. We are to pray for the Lord to keep us out of the enemies domain. We are to pray for purity and righteousness in our lives. We are to pray for alertness and that we would not be deceived. We are to ask for the Lord to be our Keeper.

6) **"For Thine is the kingdom, and the power, and the glory, forever. Amen."** We need to conclude our prayers just the way we began, in praise and adoration. We are created to give glory and honor to the Lord. In every deed or word, He is to be honored. Our prayer life is no different. We need to bless the Lord in our prayers.

IV. Pray In This Way

(Luke 11:1-13)

When the disciples asked Jesus to teach them how to pray as John taught his disciples, He gave them this message in Luke which contains three parts. Each part had an illustration to give understanding to the listener. Here is the outline.

1) Model Prayer. See teaching above from Matthew 6.

2) Persistence. We need to be persistent in our prayers. It is not a one time asking of the Lord, but rather of consistently and persistently asking until we have what we are requesting. He uses an illustration of being persistent in asking of some bread from a neighbor at a late hour until he is moved to action.

In Isaiah 62:6-7, the Lord tells us about praying persistently. "On your walls, O Jerusalem, I have appointed watchmen; all day and all night they will never keep silent. You who remind the Lord, take no rest for yourselves; and give Him no rest until He establishes and makes Jerusalem a praise in the earth." The Lord wants his people to pray persistently until they see the answers that they are asking for.

3) For the Holy Spirit. The Lord makes it clear that the Holy Spirit is something good and not bad. Many times the gifts of the Holy Spirit have been accused by religious people as being demonic. Yes, there are counterfeits. That is why in the book of 1 John we are given some tests on how to discern the real from the counterfeit. But here, Jesus makes it clear that the Holy Spirit is good not demonic.

His first illustration is of a father being asked for a fish. The father does "not give him a snake instead of a fish." A snake is representative of the devil. The Holy Spirit is not from the devil. He is part of the God head and is Holy. The Holy Spirit is nothing harmful or deadly like a snake. He is good. We are not to be in fear of what the Father is going to give us.

Jesus' second illustration is of the father being asked for an egg. "He will not give him a scorpion, will he? If you then, being evil, know how to give good gifts to your children, how much more shall your heavenly Father give the Holy Spirit to those who ask Him?" Here again, the example is of a scorpion. A scorpion represents the demons of Satan. The Holy Spirit is not demonic. God gives only good gifts to His children, including the gift of the Holy Spirit. We should trust God and persist in praying for the Holy Spirit. This is exactly what the disciples did in the upper room for ten days before Pentecost.

We need to not fear, but ask the Father for His Holy Spirit. We need the Holy Spirit for wisdom, boldness, power, anointing, giftings, leading, etc. We are told in Ephesians 5:18 to "be filled (continuous sense in the greek) with the Spirit." We need to regularly pray for a fresh filling of the Holy Spirit. We need to live by the Spirit. We need to set our minds on the Spirit. We need to be controlled by the Holy Spirit. We need to do exactly what Jesus said to do in this passage, pray for the Holy Spirit in our lives.

V. Three Criteria To An Amazing Prayer Life

(Luke 11:1-13) "And it came about that while He was praying in a certain place, after He had finished, one of His disciples said to Him, "Lord, teach us to pray just as John also taught his disciples." {2} And He said to them, "When you pray, say: 'Father, hallowed be Thy name. Thy kingdom come. {3} 'Give us each day our daily bread. {4} 'And forgive us our sins, For we ourselves also forgive everyone who is indebted to us. And lead us not into temptation.'" {5} And He said to them, "Suppose one of you shall have a friend, and shall go to him at midnight, and say to him, 'Friend, lend me three loaves; {6} for a friend of mine has come to me from a journey, and I have nothing to set before him'; {7} and from inside he shall answer and say, 'Do not bother me; the door has already been shut and my children and I are in bed; I cannot get up and give you anything.' {8} "I tell you, even though he will not get up and give him anything because he is his friend, yet because of his persistence he will get up and give him as much as he needs. {9} "And I say to you, ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened to you. {10} "For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it shall be opened. {11} "Now suppose one of you fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he? {12} "Or if he is asked for an egg, he will not give him a scorpion, will he? {13} "If you then, being evil, know how to give good gifts to your children, how much more shall your heavenly Father give the Holy Spirit to those who ask Him?""

How Jesus Taught His Disciples To Pray (Luke 11:1-13)

I. The Outline of Prayer (2-4)

1. Praise
2. God's will done
3. Provision
4. Forgiveness
5. Protection

II. The Attitude of Prayer (5-10)

1. Persistence
2. Expectantly
 - a. Ask and receive
 - b. Seek and find
 - c. Knock and the door will be opened

III. The Goodness of God (11-13)

1. The goodness of earthly fathers
2. The surpassing value of our heavenly Father
3. The good gift of the Holy Spirit

When I watch someone play golf, I am not easily impressed. I know and understand golf. When I watch most professional golfers play, I am not wowed. But, when you see someone hit the ball as hard as Tiger Woods and hear the sound of crisp iron shots that go rocketing off the club face towards the pin, you get wowed. It is exceptional and even the skilled are wowed.

When I went to TCU, I lived across the hall from a graduate student named John GoLightly. He was working on his Masters Degree in Concert Pianism. We went to some piano concerts together. He would tell me which performers were world class and which were just so-so. He would try to explain to me what the differences were in the technique, style and personality of their pieces. Though most seemed

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incredible to me, he was wowed at very few.

We have grown accustomed to having ten children. It didn't happen suddenly; we grew into it. When other people see a mom walking around with nine children, they say, "Wow, are all those yours? How do you do it?" That is why Karen developed a tract called, "People ask me, "How I do it?" Mothers who have one, two or three children are wowed because they know the awesome responsibility and the amount of hard work that goes into raising children.

After Jesus had prayed, one of His disciples said to Him, "Lord, teach us to pray..." These disciples had been with Jesus in the ministry. These were not people who saw some pray for the first time. These were men in the ministry with a full time call in the ministry as apostles. These disciples saw something that literally wowed or amazed them.

Really, they should not have been amazed about anything that Jesus did. His whole childhood experience was amazing.

- Jesus's birth announcement by the angels was amazing.
- Jesus' virgin birth was amazing. In Luke 2:33, Mary and Joseph were amazed at what was being said about Him by Simeon and others.
- Jesus' answers in the temple were amazing. At the age of 12, everyone was amazed at His answers to questions in the temple.

(Luke 2:28-38) "then he took Him into his arms, and blessed God, and said, {29} "Now Lord, Thou dost let Thy bond-servant depart In peace, according to Thy word; {30} For my eyes have seen Thy salvation, {31} Which Thou hast prepared in the presence of all peoples, {32} A LIGHT OF REVELATION TO THE GENTILES, And the glory of Thy people Israel." {33} And His father and mother were amazed at the things which were being said about Him. {34} And Simeon blessed them, and said to Mary His mother, "Behold, this Child is appointed for the fall and rise of many in Israel, and for a sign to be opposed-- {35} and a sword will pierce even your own soul-- to the end that thoughts from many hearts may be revealed." {36} And there was a prophetess, Anna the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived with a husband seven years after her marriage, {37} and then as a widow to the age of eighty-four. And she never left the temple, serving night and day with fastings and prayers. {38} And at that very moment she came up and began giving thanks to God, and continued to speak of Him to all those who were looking for the redemption of Jerusalem."

- Jesus' teaching was amazing. In Matthew 7:28, Luke 4:32, Mark 1:22, 27 we find that the multitudes were amazed at His teaching, because it was as one having authority. He taught with authority because He was the Authority. He was the Author of all rule, dominion, power and authority. In Mark 10:24 and 32, the disciples were amazed at His teaching. At the same time, the multitudes were fearful because of His teaching.
- Jesus' healing of the sick was amazing. In Matthew 12:23, the multitudes were amazed that He had healed the demon-possessed man who had been blind and dumb.
- Jesus' appearance. In Mark 9:15 and Luke 9:43, we find that the crowd was amazed just at the sight of Him. This time it was a demon-possessed boy that was healed of being mute.

Luke 9:37-43 "And it came about on the next day, that when they had come down from the mountain, a great multitude met Him. {38} And behold, a man from the multitude shouted out, saying, "Teacher, I beg You to look at my son, for he is my only boy, {39} and behold, a spirit seizes him, and he suddenly screams, and it throws him into a convulsion with foaming at the mouth, and as it mauls him, it scarcely leaves him. {40} "And I begged Your disciples to cast it out, and they could not." {41} And Jesus answered and said, "O unbelieving and perverted generation, how long shall I be with you, and put up with you? Bring your son here." {42} And while he was still approaching, the demon dashed him to the ground, and threw him into a convulsion. But Jesus rebuked the unclean spirit, and healed the boy, and gave him back to his father. {43} And they were all amazed at the greatness of God. But while everyone was marveling at all that He was doing, He said to His disciples,"

- Jesus' healing and forgiveness of the lame man. In Mark 2:12, people were amazed at the lame man who was healed and had his sins forgiven him. Again, this was the Lamb of God who takes away the sins of the whole world. Why should we be amazed that He takes away the sin of a man and that He should miraculously heal the man?
- Jesus' answers to the Pharisees and Herodians. In Mark 12:17, the Pharisees and Herodians were amazed at His answers. He answered them with such wisdom.

(Mark 12:13-17) "And they sent^ some of the Pharisees and Herodians to Him, in order to trap Him in a statement. {14} And they came^ and said^ to Him, "Teacher, we know that You are truthful, and defer to no one; for You are not partial to any, but teach the way of God in truth. Is it lawful to pay a poll-tax to Caesar, or not? {15} "Shall we pay, or shall we not pay?" But He, knowing their hypocrisy, said to them, "Why are you testing Me? Bring Me a denarius to look at." {16} And they brought one. And He said^ to them, "Whose likeness and inscription is this?" And they said to Him, "Caesar's." {17} And Jesus said to them, "Render to Caesar the things that are Caesar's, and to God the things that are God's." And they were amazed at Him."

- Jesus' authority over the wind and water. In Luke 8:25, the disciples were amazed and fearful that even the winds and water obeyed Him. I am amazed at this story, because many of these men were professional fisherman. They were experts at sailing. For them to be scared, they must have been in one big storm. Meanwhile, Jesus is asleep in the boat. He was the One who created the winds and the water. Yet, they were amazed.

(Luke 8:22-25) "Now it came about on one of those days, that He and His disciples got into a boat, and He said to them, "Let us go over to the other side of the lake." And they launched out. {23} But as they were sailing along He fell asleep; and a fierce gale of wind descended upon the lake, and they began to be swamped and to be in danger. {24} And they came to Him and woke Him up, saying, "Master, Master, we are perishing!" And being aroused, He rebuked the wind and the surging waves, and they stopped, and it became calm. {25} And He said to them, "Where is your faith?" And they were fearful and amazed, saying to one another, "Who then is this, that He commands even the winds and the water, and they obey Him?""

The disciples were amazed at how Jesus prayed. Jesus prayed with conviction and faith. His prayers were powerful effective. The disciples could see and hear the intensity of His prayers with the Father. They knew their was business being done and that this was not a religious ceremony before meal or bed time. They saw and wanted for themselves what Jesus possessed.

Mark 11:22-24 "And Jesus answered saying to them, "Have faith in God. Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it shall be granted him. Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they shall be granted you."

One of them, we can surmise it was Peter because he was typically the spokesman for the group, asked Jesus to teach them to pray as John taught his disciples. We know that from John 1:35-42 that Peter and Andrew had been John the Baptist's disciples. When John revealed to them that Jesus was the Lamb of God, they left and began to follow Jesus. The disciples were familiar with how John the Baptist had taught them.

John had taught his disciples by example and by instruction. We know that they had received teaching about lots of different subjects including but not limited to:

- Repentance, Baptism, Confession and Forgiveness of sin (Matthew 3)
- Personal purity and disciplines (Matthew 14)
- Fasting (Matthew 9)
- The coming Messiah (Matthew 11)
- Baptism of the Holy Spirit (Mark 1)

They were no different than we are today; they wanted a formula. They wanted a quick fix, an instant tune up, a fast food restaurant. They wanted to be able to do A, B, and C and be able to pray like Jesus. But, there is more to having an amazing prayer life than going through a formula. In this study, we are going to look at three criteria to having an amazing prayer life.

- I. Knowing The Father
- II. Yielded To The Father
- III. Full Of The Father's Spirit

- 2. We must know the Father.** Jesus knew the Father. He had and has an everlasting relationship with the Father. He and the Father are one. If we are to pray like Jesus, we must know the Father like Jesus.
 - A. We must know His names. He is Jehovah, I AM WHO I AM, the Self-Existing, Eternal, Almighty God. He is Counselor. He is whatever I need Him to be. He is Abba or Daddy.
 - B. We must know the character of the Father. He is righteous. He is Holy. He is patient. He is gentle and humble in heart. He is kind. He is caring. He is unselfish. He is pure.
 - C. We must know the deeds of the Father. Psalms 78 tells us not to conceal the works of God from our children or their children. We are to tell them so that their confidence and trust will be in

God. When you know the deeds and works of God, it is easy to rejoice and give thanks and praise to God for them. They add a new dimension of praise and thanksgiving to your worship.

- D. We must know the heart of the Father. He is for us and if He be for us, who can be against us. He works out all things for our good. He works things out according to the kind intention of His will.
- E. We must know His provision. A number of years ago I was at a golf tournament in Fort Meyers, FL. Karen and I were getting low on our finances. Early in the morning before the second round, I was in the front seat of the car in the parking lot of the Econo Lodge where we were staying. Frequently, I would have quiet times in the bathroom on the dry floor of the tub or out in the car so as not to disturb Karen or the children. I literally cried out to the Lord and that day, I shot a 65 and made about \$3500.00. We have seen God's faithful provision so many times.

Another year at the same tournament, I took my son Bill with me. The Pro-Am was on Friday and the tournament was on Saturday and Sunday. Bill and I drove down early Friday morning. On our way, I prayed that someone would ask us to stay with them. I wanted Bill to see how God answers prayer. We played our round and were walking off the 18th green when one of my Pro-Am partners asked us where we were staying. I told him that I didn't have a place yet. He said that he would love to have us stay with him. I looked at Bill and smiled. Jehovah Jireh had again showed that He was our provision in every area. He answers prayer.

Psalms 23:1 "(A Psalm of David.) The LORD is my shepherd, I shall not want."

Matthew 6:25-34 ""For this reason I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing? {26} "Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? {27} "And which of you by being anxious can add a single cubit to his life's span? {28} "And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, {29} yet I say to you that even Solomon in all his glory did not clothe himself like one of these. {30} "But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith? {31} "Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' {32} "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things. {33} "But seek first His kingdom and His righteousness; and all these things shall be added to you. {34} "Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

Philippians 4:19 "And my God shall supply all your needs according to His riches in glory in Christ Jesus."

- F. We must know the mercy and compassion of the Father. Jesus knew and extended the Father's mercy and compassion to everyone He ministered to. Many times we go through trials and wonder why. It is so that we can be comforted by the Lord and then comfort others with the comfort that we have been comforted with. We must know His mercy and compassion if we are to pray for mercy and compassion for others or extend it to them.

1 Peter 1:3 "Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,"

2 Corinthians 1:3-5 "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; {4} who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. {5} For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ."

2 Corinthians 7:6 "But God, who comforts the depressed, comforted us by the coming of Titus;"

G. We must know His will. Jesus knew what the will of the Father was.

- Jesus came to expressly carry out the will of the Father Hebrews 10:9).
- He said as He prepared to die on the cross, "Thy will be done (Matthew 26:42).
- God has given us His revealed will and it is found in His Word. His will is that we be conformed to His image. His will is for us to walk in righteousness and holiness. His will is good acceptable and perfect (Romans 12:2).
- His will is for us to know how to possess our vessels in honor (1 Thessalonians 4:3-5)
- It is God's will for us to have godly sorrow and for us to repent (2 Corinthians 7:9-10).
- It is His will to deliver us out of the present evil age (Galatians 1:4).
- It was according to the kind intention of His will that we are adopted as sons (Ephesians 1:4).
- He reveals His will to us (Ephesians 1:9).
- He works all things out according to the counsel of His will (Ephesians 1:11).
- It is His will that we stand perfect and fully assured (Colossians 4:12).
- It is His will that we rejoice always, give thanks in everything and pray without ceasing (1 Thessalonians 5:16-18).
- It is God's will for us to bear witness through signs, wonders, various miracles and by gifts of the Holy Spirit (Hebrews 2:4).
- It is His will that we are pleasing in His sight (Hebrews 13:21).
- It is His will that we do what is right and silence the ignorance of foolish men (1 Peter 2:15).
- It is His will for us to cease from sin (1 Peter 4:2).
- It is His will for Christians to suffer for righteousness (1 Peter 4:19).

- It is His will for elders to shepherd voluntarily and eagerly, not under compulsion (1 Peter 5:2).
 - It is God's will for us to pray according to His will, to listen to us and for us to have confidence that we will have the requests that we pray for. (1 John 5:14-15)
- H. We must know His ways. Moses and David are two people that God mentioned that walked in His ways. God says that our ways are not His ways. He wants us to learn His ways and walk in them. You can learn about a person quickly, but to learn their ways, you must spend a lot of time with the person in many different situations and arenas in life. You see how they respond in different situations.
- I. We must know His healing. If you know Him as Healer, Jehovah Rophe, there is no problem coming and asking Him to heal you or others. If you have seen or believe that He heals, you will ask Him to heal.
- J. We must know His protection. He is my Tower of Refuge. He is my Shield. He is my Guardian. He is my Shepherd with a rod of protection in His hand. He is my Rock. He is the Shadow of the Almighty that we take refuge under.
- II.. We must be yielded to Him, knowing Him as Lord. If you know Him as Lord, you will be yielded to Him. If you are yielded to Him, you will pray differently. You cannot pray "Not My will, but Thy will be done" if you are not yielded. Gary Kivelowitz asked us to pray for 30 days and one of the three points was to commit to do whatever the Father said to do. That is being yielded.

One year, I felt led to pray a Jericho walk around Cypress Creek Country Club where I was working. I wanted to bring down the walls of greed. On the 5th day, I got all the way home, driving 50 minutes in traffic and I realized I had not carried out my prayer walk around the club. I got back in my Nissan pickup and drove back to Cypress Creek that evening. It was important to be fully obedient in everything the Spirit leads us to do. We must be yielded. As a sidenote, through prayer and fasting many of the walls of greed came tumbling down. The manager of the owner's other property came to me and asked me why the owner would only spend money at the course and not at his building. It was clear to me. I had been fasting, praying and doing the things that the Lord asked me to do.

Why should the Father reveal things to you when you will not do what He asks you to do? God is looking for faithful servants who will do the things that He tells them to. If you are looking for God to use you so that you can be raised up and be glorified, don't expect to have mountain moving prayer. "You ask and do not receive, because you ask with wrong motives." He tells us in Psalms 25:14, "The secret of the LORD is for those who fear Him, And He will make them know His covenant." We must be fully yielded to Him if we want to have an amazing prayer life.

- III. We must be full of the Father's Spirit. In our focal passage in Luke, Jesus conveys three things. One, He teaches them the model prayer. It is the form of prayer. Secondly, He teaches them about perseverance in prayer. Third, He teaches them why God will give the Holy Spirit to those who ask Him. We might ask, "what does this have to do with learning to pray?" Well, everything. The Spirit:

- intercedes for us with groanings too deep for words. The Spirit prays for us in ways that we cannot pray for ourselves or others.
- edifies us.
- teaches and reveals truth to us.
- leads and guides us.
- empowers us.
- gives us words of wisdom and knowledge.
- comforts us.

Without the Holy Spirit, we have merely words. We must pray with our minds and pray with our spirits. We need the Holy Spirit to lead us in our prayers and teach us how to pray. We desperately need the ministry of the Holy Spirit if we are going to have an amazing prayer life.

You will know how to pray by praying. You will know who prays and who doesn't by how they pray. You will know the depth of one's relationship by how they pray. You will know about their relationship with God by how they relate to Father God. It takes time with the Father to learn how to pray as Jesus prayed. It is not a formula.

How do you get to know the Father? First, you must come into relationship with the Father. You must be introduced to Him. You must believe in Your heart that He is the Son of God and that He has been raised from the dead. You must receive Him into your life by confessing Him as Lord.

Secondly, you will get to know the Father by spending time with Him. As in any relationship, you must cultivate it. You spend quality of time and quantity of time with Him. The more time you spend doing things together, communicating, worshiping, sharing, going through trials as well as victories, the closer you become.

God wants all of us to have an amazing prayer life. Jesus said in John 1:50 and John 14:12 that we would see and do greater things than Him. This would include our ability to pray.

John 1:50 "Jesus answered and said to him, "Because I said to you that I saw you under the fig tree, do you believe? You shall see greater things than these.""

John 14:12 ""Truly, truly, I say to you, he who believes in Me, the works that I do shall he do also; and greater works than these shall he do; because I go to the Father."

If you do not know Jesus Christ personally and would like to begin a wonderful relationship with the Father, let me encourage you to begin that exciting journey today. Simply pray and confess that you believe that God raised Jesus from the dead and receive Him into your life by confessing Him as your Lord. Ask Him to forgive you of your sins and to help you become more like Him. A simple prayer like this will change your life forever.

If you have not been spending time with the Father getting to know Him, let me encourage you to commit yourself to spending time each day with the Father. Set your alarm clock at whatever time you need to get up. Get your Bible, a notebook and a pencil out and have it ready to go when you wake up. Decide where you are going to read. You need a plan. If you don't have a reading plan, let me encourage

you to read a Psalm, a chapter of Proverbs (whatever day of the month it is), a chapter in the Old Testament and a chapter in the New Testament.

If you have not been yielded to the Father and you want to totally surrender yourself to the Lord. Just simply pray and commit yourself to whatever He shows you to do. Become a yielded vessel right now. Acknowledge that He is the potter and you are the clay. Ask Him to mold you and make you into His image each day.

Finally, if you would like to ask the Father for the good gift of the Holy Spirit so that you can pray effectively, simply ask Him. He promises not to give you a snake or a rock. He gives good gifts. When His children ask Him for a piece of bread, He will give them a piece of bread. Ask your pastor or another brother or sister in the Lord to pray for you. The gift of the Holy Spirit will help you to pray like never before. It will take you to another level in your prayer life.

V1. THE SIGNIFICANCE OF POSITIONS DURING PRAYER

1. FALLING ON OUR FACE BEFORE GOD

- An expression of deepest reverence (Abram 'fell on his face" Gen. 17:1-4)
- Recognition of God's Holiness, our sinfulness and need for mercy (Ps. 51)
- (The "leper"fell on his face Luke. 5:12)
- A response of leaders to crisis (Moses - Num. 20:6; Josh~ta at Ai - Josh. 7:6)

2. KNEELING BEFORE THE LORD

- Acknowledgment of Jesus' Lordship ("Every knee shall bow" Phil. 2:10-11)
- Expression of earnest appeal (Ps. 67) (Solomon kneeled in prayer
- 1 Kings 8:54) (Elijah put face between knees Ja. 5:17)
- A sign of personal humility (Let us kneel before our maker Ps. 95:6)

3. BOWING OUR HEAD BEFORE GOD

- Preparation for worship (They bowed their heads and worshiped. 2 Chr 29:29)
- A sign of reverence and respect (Servant worshiped, bowed Gen. 24:52)

4. STANDING BEFORE GOD (COL. 4:12)

- A position of righteousness (when ye stand praying, forgive Mark 11:25)
- (Pray to be worthy to stand Luke 21:36)
- A basis to serve and fight (2Chr. 29:11) (Stand therefore...and pray Eph 6:14-18)

5. LOOKING UP TO HEAVEN (Ps. 5:3)

- Expression of expectation - Jesus looked up and blessed bread Mark 6:41
- An act of focusing on God's glory (Stephen looked up steadfastly Acts 7:55)
- A result of clear fellowship with God (Ezra was ashamed to look up Ez. 9:4-6)

6. STRETCHING FORTH THE ARM

- Used for victory (Ex. 17:11) (Josh. 8:26) (Israel prevailed with hand out-stretched)
- Used to end bondage of God's people (Moses and the plagues Ex. 9:29, "I will redeem you with stretched out arm. Ex 6:6)
- Used to accomplish God's will (To take a nation from the midst of another nation...by a stretched out arm. Deut 4:34, 1 Pet 2:9)
- Used to conquer fear ("Thou shalt not be afraid...remember what the Lord did by...the stretched out arm" Deut. 7:18)
- Used in petitioning God for blessing (Solomon prayed with hands stretched forth towards heaven. 1Kings 8:22)

VII. FASTING

A. Definition Of Fasting

Greek: NESTEYO--To fast, to abstain from eating.

Hebrew: TSUWM--To abstain from food, fast

B. Preparation For Fasting

1. Talk to the Holy Spirit about it. He will lead you and guide you about the length, type of fast, purpose of the fast, etc.
2. Be a learner. Stay open to all that God may want to teach you. None of us are such an expert at something that we cannot learn from the Lord or others. We will never be able to exhaust God.
3. Learn from your failures. When you fail, do not receive condemnation. Regroup and go on. "There is therefore, now, no condemnation for those who are in Christ Jesus."
4. Spend some time planning and preparing for your fast. Here are some practical things to do in preparing for a fast:

A. Have a clear purpose.

B. Plan your day of fasting.

1. How long of a fast (1 meal, 1 day, 3 day, 40 day)?

2. What kind of fast?

a. Complete fast (total abstinence of food and water--Moses on the mountain, Ex 34:28).

b. Partial fast (eliminating only certain foods--Daniel and his three friends, Dan 1:12).

c. Normal fast (eliminating food)

3. Which day(s) to fast?

4. What scriptures to read or study?

5. What format to use during your fast (See Neh 9:1).

C. Eliminate caffeine from your diet for 1-2 weeks before fasting.

D. Study fasting. Read the scriptures and other books to learn more it.

5. Remember that fasting is a muscle of the Christian life. You do not want to over exercise it at first. Build it up gradually. Do not start out on a 40 day fast. Start out by fasting for one meal on a particular day. Build it to two meals; then a whole day, etc..

6. Pick something that has been an impossibility in your life. Begin fasting on a regular basis for that impossibility. Persist and see God open the doors of His power to give you revelation as to how to bring to reality that thing which seemed so impossible.

7. Eliminate or reduce responsibilities so you can be free to devote yourself fully to the Lord during your fast. If necessary, get away to a retreat center or other secluded, undistracting place to fast.

The Lord Jesus expects His brothers and sisters to fast. In raising up His disciplined army to reach the greater Atlanta area, we need like never before to have the purity and authenticity of the Lord Jesus Christ. Fasting is one discipline that will help to bring it about. May our attitude be like King David when he said in II Samuel 24:24, "I will not offer the Lord anything which costs me nothing!"

C. Purposes For Fasting

1. Add power to our prayer 1 Sam 58:4
2. Humbling ourselves Is 58:5, Ps 69:10-11, 13
3. Loosen bonds of wickedness, undo bonds of the yoke, free the oppressed, break every yoke, 1 Sam 58:6, Mk 9:29, Matt 17:21
4. For concern of poor, hungry, naked 1 Sam 58:7
5. In making important decisions Acts 14:23
6. In preparation for commissioning, sending out, ministering, Acts 13:3
7. Concern for work of God Nehemiah 1:4
8. Deep sorrow 1 Sam 31:13, Ps 35:13, Dan 6:18
9. Repentance Jonah 3:5, Joel 1:14
10. For protection Ezra 8:21, Esther 4:3
11. For ministry Matt 17:21
12. For worship Luke 2:37, Acts 12:2-3

D. Wrong Purposes For Fasting

1. Selfish desires Isa 58:3
2. Oppressing people Isa 58:3
3. Contention and strife Isa 58:4
4. To be seen by others, self righteousness Matt 6:16-18

E. Conditions For Fasts

1. Repentance Isaiah 58:1-14
 - a. remove yoke from midst (Is 58:6)
 - b. remove pointing finger (Is 58:9)
 - c. stop speaking wickedness (Is 58:9)
 - d. give yourself to hungry (Is 58:7, 10)
 - e. meet needs of afflicted (Is 58:6-7, 10)

2. Must be directed to the Lord and not for selfish gain (Is 58:1-5)
 - a. secret (Matt 6:16-18) (We are to wash our faces, anoint our heads so that people do not suspect that we are fasting. We need to make our appearance normal so that our fasts are secret.)

 - b. with purpose (Is 58:1-14, Mark 2:19-20) (Our purpose could be to prepare for ministry as Jesus did, remove the evil in us, our city or our country, for meeting the needs of the less fortunate, for decision making, for fellowship with the Lord or over a special need or request. Whatever the reason, we should fast with purpose.)

F. Things You May/Will Experience When Fasting

1. Drop in body temperature (You will probably experience cold hands and feet.)
2. Headaches (You should not experience headaches if you have been on a caffeine free diet for a while. Once your body cleanses itself of the caffeine, your headaches will stop.)
3. Dizziness or light headedness (This happens primarily when you get up. Get up slowly and carefully and stay still before beginning to walk around.)
4. Bad breath (This is a short term condition and will improve. Fasting is actually a way to eradicate perpetual bad breath. As your body cleanses itself of toxins, your breath will improve.)
5. Trembling and weakness (Psa 69:10) (Many fasting resorts--places that help people with their fasts--recommend that you lay down for the entire fast. I have not done this and have been able to carry on most non strenuous activities. You will just be a little weaker.)
6. Opposition (physical & spiritual) Matt 4:2
7. More sensitivity to others
8. More creativity
9. Loose bowel movements (This will happen primarily between the 2nd-5th day as your body eliminates and cleanses your system. It will stop after this and you will find more energy)
10. Weight loss (I average about 2 lbs/day on a normal fast)
11. Less sleep (Your body will require less sleep. In addition, the Lord may wake you up at various times in the night for extended periods of prayer or for prophetic words from Him.)
12. Improvement or elimination of sinus conditions (In every fast that I have done during allergy season, my sinuses have completely cleared up. They would usually return once the fast was over, but with less severity.)
13. Dryness of skin (In longer fasts, I had to put non-scented lotion on my forehead and face and arms. Drinking more water will reduce this.
14. Clearing of skin conditions such as poison ivy, poison oak, sumac, etc. The body will cleanse itself quickly of these poisons to your system.
15. Increase in the frequency of dreams, visions, prophetic words. Heightened sensitivity to the teachings of the Holy Spirit.

G. Things To Do Intentionally During Your Fast

1. Make sure you have a secluded area to retreat to. Go there. Spend time in that undistracted area. You must intentionally withdraw and get quiet before the Lord.
2. Spend lots of time in personal worship. Use song books or play tapes. Worship with musical instruments if you can. Sing new songs unto the Lord. Sing Scripture unto the Lord. Spend time in personal worship.
3. Push in your prayer times. This is not convenience or devotional prayers. This is an extended time of purposeful prayer and seeking the Lord. Be aggressive and push yourself.
4. Pray fervently. "The effective fervent prayer of the righteous accomplishes much." Look how Hannah prayed. She prayed with emotion (wept). Look how she poured her heart out. Look how Jesus prayed in the garden. He sweated blood, signifying how intensely he was praying. Look at how Elijah was praying for the rain. He was in a crouched position like a woman giving birth to a child, laboring in prayer. We need to fervently pray.
5. Read, study, ponder, memorize lots of Scripture. Fill your mind with the word of God. In Nehemiah 8, they spent lots of time in the word as a corporate body while they were fasting.
6. Take initiative and minister to people. Look for opportunities to minister. Pray over family members, friends, others. Write notes of encouragement to people. Look for ways to practically minister to others.
7. Journal. Write down who calls you and why. Write down prophetic words the Lord gives. Write down insights the Lord gives you. Write down the dreams, visions and other things that the Lord is impressing upon your spirit. Write down whatever you feel is significant.
8. Have a couple close friends pray for and with you during this time. Fasting is not so that you can be noticed by others, but it can be helpful to have some close friends pray with you during a time of fasting. During longer fasts, it is prudent to have close friends watch over you from a physical standpoint, as a pre-caution. Fasting is a time of cleansing. It can be hard on people, especially if someone is not in the habit of fasting.
9. Read other books which will encourage, motivate, instruct you during this time. Biographies of godly christian leaders are excellent. Biographical sketches of biblical characters are excellent. (I studied Hannah and Paul during one of my fasts.)
10. Groom yourself. Jesus instructs us in Matthew 6 to wash our faces, anoint our heads so that people do not suspect that we are fasting. We are not to give the appearance that we are fasting. Fasting is a secret activity unto the Lord.
11. Repent of any sin. Humble yourself. If God shows you that you have sinned against someone, go to or call that person and confess your sin. Ask them for forgiveness. You don't want any hindrances in your prayers. Psalms 66:18 "If I regard wickedness in my heart, The Lord will not hear;" Matthew

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5:23-24 "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering."

H. Results of Fasting

When I was serving as an elder at Discovery Church in Orlando, the Senior Pastor came to me one day and asked me what was going on. He said that my life was changing so quickly. I was becoming more and more Christlike. He and his wife had both commented on how much my life was changing. The only thing that I had begun to do was to fast on a regular basis. I was spending more time in prayer and fasting than I had ever done. When we fast, we will see results.

1. Righteousness Isa 58:8 (God will convict you of sins. As you confess and forsake them, you will experience more righteousness.)
2. Healing, health, strength to bones...Isa 58:8
3. Protection, glory Isa 58:8
4. Fellowship with Lord, answered prayer Isa 58:9, Mark 2:19-20
5. Joy Isa 58:10
6. Guidance 58:11, Acts 13:2-3
7. Victory over temptations Matt 4:2
8. Satisfaction of inward needs and desires Isa 58:11
9. Weight reduction (I average 2 lbs a day. It is easier to keep it off because the stomach decreases in size and you are not as hungry and get filled easier.)
10. Renewed strength Is 40:31 (You will gain strength during the fast, but God will give you strength afterwards as well. You will gain mental and emotional strength as well.)
11. More vibrant relationship with the Lord, particularly the H.S. (You will reap what you sow. If you use the fast as a springboard to prayer and fellowship with the Lord, you will reap the benefits of that time afterwards. I have noticed increased dreams and visions following a time of fasting.)
12. More power and anointing for ministry.
13. More humility. Ps 35:13 (Being humble is a moment by moment, day by day choice, but you will have emptied and humbled your soul and it will help you remain humble.)
14. More awareness of the holiness of God. (Fasting not only cleanses me of sin but impresses upon me how holy and pure God is.)
15. Stirring up of spiritual gifts (It seems that the gifts of the Spirit are freshly energized in our lives when we fast. I have noticed an increase not only in my primary gifting of teaching but also in other gifts like prophecy.)

I. Coming Down The Mountain

1. Come down slowly. After a fast, you need to gradually reacclimate yourself to everyday life. This is going to encompass many areas of your life, from what activities you do, what you eat and how much you eat and areas to be watch and be alert in.

A. Physical Activities You should slowly ease back into your normal physical activities. Do not go out and run 4 miles the day after you get done fasting. Just because you normally run several miles does not mean that you can go full speed into your normal activities. Gradually work back to your pre-fast schedule of running.

B. Nourishment Two considerations are important in the area of food when you are getting off of a fast. They are what you eat and how much you eat.

i) How much you eat It is important for you to eat a very small meal after fasting. Your stomach will have shrunk and your system needs to gradually work back into eating a normal portion. If you eat too much, you can get sick. I know people who have become very sick from eating too much too quickly after a fast. Resist the temptation to eat too much.

ii) What you eat You should not only eat a small quantity of food but you should be very careful of what you eat. Dr. Paul C. Bragg, an expert in the field of fasting and nutrition, has several different fast breaking menus depending on how long of a fast you have been on. Most of them suggest starting with salads for the first meal. Then, add cooked vegetables for the second meal and gradually work back to a normal menu after three days.

My own experience has been that it is good to start back with fruit juices and something easy to digest like cream of wheat, oatmeal and fruit. I have been able to eat starches and vegetables with a very small amount of meat on the second meal. My quantities are small and I eat only until I feel full.

I have also found that it is very important to eat slowly and chew your food thoroughly. You must give your mouth time to fully salivate each bite. If you rush eating, you can experience great pain in your mouth and throat.

2. Be ready to encounter problems.

A. Moses In Exodus 32 we find the account of Moses coming down the mountain after a glorious 40 days with the Lord. The Lord had just given him the 10 commandments on the two tablets of stone. He goes down below to the people and they had corrupted themselves by making and worshiping a molten calf. Verse 19 says, “And it came about, as soon as Moses came near the camp, that he saw the calf and the dancing; and Moses’ anger burned, and he threw the tablets from his hands and shattered them at the foot of the mountain.”

Moses then destroyed the calf and dealt with their sin. In chapter 34, we find Moses having to cut two tablets of stone like the ones the Lord had made. He had to return to the mountain a second time to meet with the Lord. Moses had lost his temper and destroyed the first set of tablets. The Lord had

already told him what the people had done, but he still had become angry and sinned.

When you come off your fast, be ready for adversity. Be ready to handle the unexpected. Jesus came out of His fast full of the Holy Spirit and was walking in the Spirit. We find in Galatians that if we walk by the Spirit, we will not carry out the deeds of the flesh. If Moses had been walking in the Spirit, he would not have had an outburst of anger and broken the tablets with the Law. (His anger over the sin was righteous anger, but how he handled it was not totally righteous.)

B. Personally When I came off the mountain on one fast, my wife said to me, “Honey, I don’t feel very close to you.” Her comment took me by surprise. Here, I had spending great times with the Lord and I was feeling on cloud nine. But, I needed to get out of the clouds and get down to earth quickly. “We haven’t gone to bed at the same time, because you have been up late praying. And you are up praying early in the morning. You haven’t joined us for meals. You have been spending all your time with the Lord and I don’t feel close to you right now.”

I had to regroup and realize that I was off the mountain. There were people who needed their needs met. I needed to spend time with my wife. I needed to communicate with her. I needed to make her feel special. I needed to love her and serve her. My children needed my attention.

When you get off the mountain, expect to find things that need your attention. Don’t be caught off guard by the hustle and bustle of life that is there to greet you. Just thank the Lord that you have new energy, focus, strength and peace in Christ to face all of them.

3. Walk in the light God has given you.

During your fast, the Lord may have shown you some things to do. Maybe He communicated to you that you were to spend a certain amount of time in prayer each day. If He has, be faithful to do what He has told you to do. Whatever ideas, projects, activities that He has given you, be diligent to walk in obedience.

On one fast, the Lord reproved me about putting my work before ministry. He wanted me to repent and change my priorities. After the fast, I had to make sure that I was staying true to the word He gave me. I also confessed what the Lord shown me to my pastor and a couple other brothers in the Lord. That would help bring accountability to my actions. I wanted to make sure that I was walking in the light that God had given me.

4. Don’t let down your guard.

A. Keep your eyes on the Lord. Just because you have had a tremendous time of keeping your eyes on the Lord, this is no time to take them off of Him. We must always keep our eyes on the author and perfecter of our faith. We need to keep seeking Him and His kingdom like never before.

(Col 3:1-2) "If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth."

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(Heb 12:2) "fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

B. Stay disciplined. Just because you have just finished a great time of discipline and abstinence does not give you the right to abandon all discipline and self control once you have ended the fast. Your fast should have given you new control and discipline over your body and mind and now is the time to begin using it even more. Use the new found liberty you have for His glory and His honor, not for selfish indulgence.

(1 Tim 4:7-8) "But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."

(2 Tim 1:7) "For God has not given us a spirit of timidity, but of power and love and discipline."

VIII. WHAT IS FASTING?

Bill Murchison

1. Fasting is an physical expression of our inward heart. Just as raising your hands in worship is an expression of your heart, fasting is also an expression. John the Baptist told people to bring forth fruit of their repentance. Fasting is an expression or fruit of what is happening on the inside. In the example of Jonah, the people believed and repented. Fasting was a part of their repentance and their turning away from sin. It was also a physical expression of their heart.

Jonah 3:2-10 "Go to the great city of Nineveh and proclaim to it the message I give you." {3} Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very important city--a visit required three days. {4} On the first day, Jonah started into the city. He proclaimed: "Forty more days and Nineveh will be overturned." {5} The Ninevites believed God. They declared a fast, and all of them, from the greatest to the least, put on sackcloth. {6} When the news reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. {7} Then he issued a proclamation in Nineveh: "By the decree of the king and his nobles: Do not let any man or beast, herd or flock, taste anything; do not let them eat or drink. {8} But let man and beast be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. {9} Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." {10} When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened.

Illustration: One time while at work, an abominable thing happened. I made an apology to all the employees. In addition, in an act of repentance and contriteness, I fasted for a day. Was fasting necessary for forgiveness? No. Did I tell others? No. It was merely an expression of repentance to God over what had happened.

2. Fasting is an act of preparation. When Jesus healed the boy with seizures, His disciples asked why they could not do this. Jesus replied that this comes only by prayer and fasting. Jesus had been fasting and was ready for the occasion.

How does fasting prepare you? One of the ways mentioned is found in the context of the verse below. The disciples asked Jesus why they could not heal the boy. Jesus' reply was that they did not have the faith to do it. Then, he tells them the way to get the faith was by prayer and fasting. Fasting builds your faith.

Matthew 17:14-21 When they came to the crowd, a man approached Jesus and knelt before him. {15} "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. {16} I brought him to your disciples, but they could not heal him." {17} "O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." {18} Jesus rebuked the demon, and it came out of the boy, and he was healed from that moment. {19} Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?" {20} He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you. " {21} But this kind can only come out with prayer and fasting.

Illustration: When we moved from Orlando, we were trying to sell our house. We kept the house clean and picked up at all times (almost). It is an inconvenience, but it is necessary in case someone wants to look at the house. We are ready. Fasting is an act of preparation so that we might be dressed in readiness.

3. Fasting is a weapon. It is a military tool to accomplish a task. It is something that we can pick up and use at any time to destroy spiritual strongholds. In the account above, Jesus said that this kind can only come out by prayer and fasting. It is an act which we must do on behalf of someone else to free them. It is a weapon for pulling down strongholds, just as prayer is.

2 Corinthians 10:4 "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

Illustration: At Cypress Creek, the owner has been very selfish and greedy. He has not been willing to spend the necessary money to operate a first class operation. To see the place in shambles bothered me. Scripture says not to eat the bread of a selfish man. I began to fast all my lunches. (Meals were part of my contract so I was perfectly right in eating them.) For a whole year, I fasted with a purpose in mind of breaking the stronghold of greed and selfishness at work. Then, this year I saw light at the end of the tunnel. This year, we have: bought two mowers (\$42,000), upped the maintenance budget by \$80,000, rebuilt the mens restroom, built some new tees on the course, repaired and built some new cart paths, upgraded the restaurant, are buying a new tractor for the driving range, and the list goes on. The owner has spent money to improve and upgrade. Meanwhile, at his office building, he is tightfisted as ever. The manager over there is puzzled why he won't spend money anywhere except at the golf course. The reason is simple, God has moved the heart of the owner to release the finances at the course. It is a response to the fasting. Fasting was the military weapon used to pull down the stronghold of selfishness and greed.

4. Fasting is a spiritual shuttle bus. In three of the four gospels there is an account of people asking Jesus why His disciples do not fast, while John's disciples fasted. Jesus' reply is that the guests do not fast while with the bridegroom, but they will fast when he is taken from them. In other words, people should fast when they want to be with the Lord. They do not need to fast when they are with Him already. Fasting is like a shuttle bus which takes us into the presence of God.

When people need to hear the Lord very clearly on an issue, they very often will fast. When you are in the presence of God, it is much easier to hear clearly. As you enter into the presence of God, you can receive valuable counsel and pending answers from the Lord. This is why we find the apostles in Acts fasting before appointing elders in each church. They needed to hear from God about these men whom they did not know very well personally.

Mark 2:18-20 Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are fasting, but yours are not?" {19} Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. {20} But the time will come when the bridegroom will be taken from them, and on that day they will fast.

Acts 14:23 "Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust."

5. Fasting is like a bar of soap. A bar of soap will not cleanse you, but applying the soap to your body will clean you. One does not hold up a bar of soap in public and say: "I have a bar of soap." Instead, one uses a bar of soap in the privacy of their own shower and cleans themselves. Likewise, in fasting, it is a private matter between you and God. Using it properly can cleanse you from sin in your life.

In the natural, fasting cleanses your body of toxins and other impurities. Your body eliminates and burns off toxic build-ups in your body. It takes several weeks to completely clean out your body. In the same way, we become spiritually clean through fasting. The act of missing meals does not clean you spiritually, but as you draw near to God, He will purify you. Below is a case in point:

Luke 18:11-13 The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men--robbers, evildoers, adulterers--or even like this tax collector. {12} I fast twice a week and give a tenth of all I get.' {13} "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

6. Fasting is a way of serving the Lord. In the account of Anna, the 84 year old prophetess, it says that she served the Lord day and night with fasting and prayer. It is not the gifting of everyone to serve full time in this manner, but everyone is called to serve Him this way at times. We find in Romans 12 the principle of presenting our bodies to the Lord as a spiritual service of worship. Fasting is a way of presenting our body to God.

Luke 2:36-38 There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, {37} and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. {38} Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

Romans 12:1 "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship."

IX. STUDY ON WORDS ASSOCIATED WITH PRAYER

ROOT DEFINITIONS OF WORDS ASSOCIATED WITH PRAYER		
Amen	Amen H-543	(From H 539), which means to build up, to foster as a parent, to trust, confirm, support, believe. Note: When someone says amen at the end of a prayer, it means that they believe in it, they support it much as a foster parent would take in a child to support. It means that you will grab hold of the prayer and support it like it was your own.
	Amen G-281	(From H-539), Truly, To support.
Confess	Yadah H-3034	To use (hold out) the hand; to throw at or away; to revere or worship; to bemoan, confess, praise
	Nagad H-5046	To front--stand boldly out opposite; to announce by word of mouth to one present; predict, explain, praise, denounce, profess
	Zakar H-2142	To mark so as to recognize; to remember, to mention, make mention of; be mindful, recount, record
	Homologeo G-3670	(From G-3674 + G-3056) To assent, acknowledge, agree fully, confess, profess, give thanks, confession is made
	Exomologeo G-1184	(From G-1537 + G-3670) To acknowledge, agree fully, confess, profess
Contrite	Dakah H-1794	To collapse, break, contrite, crouch
	Nakeh H-5223	Smitten, maimed, dejected, contrite, lame
Entreat Entreaties	'Athar H-6279	To burn incense in worship, intercede, entreat, pray
	Chalah H-2470	To be rubbed or worn; to be weak, sick, afflicted; to grieve, make sick, entreat, beseech, be grieved
	Paga' H-6293	To impinge by accident or violence; cause to entreat, fall upon, make intercession
	Parakaleo G-3870 Paraklesis G-3874	(From G-3844 + G-2564) To call near, invite, invoke by imploration, hortation or consolation; beseech, call for, confront, desire, entreat, pray
	Deesis G-1162	(From G-1189) A petition, prayer, request, supplication
Fast	Tsuwn H-6684	To cover over (the mouth), to fast
	Nesteuo G-3522	(From G-3523), to abstain from food, fast
Hallowed	Hagiazo G37	(From G-40), To make holy, purify or consecrate, venerate, hallow, be holy

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ROOT DEFINITIONS OF WORDS ASSOCIATED WITH PRAYER		
Petition	Be'a' H-1156	(From H-1158), to seek, ask, desire, make petition, pray, request
	Chanan H-2603	To favor, entreat, show mercy, make supplication
	She'elah H-7596	(From H-7592), request, thing asked for, a petition, loan, petition
	Techinnah H-8467	(From H-2603) a, Favor, supplication for favor, grace, mercy
	Deesis G-1162	A petition, prayer, request, supplication
	Proseuchomai G-4336	To pray to God, supplicate earnestly, make prayer
Pray Prayer	Palal H-6419	To judge, officially or mentally, to intercede, pray, entreat, make supplication
	'Athar H-6279	To burn incense in worship, intercede, entreat, pray
	Na' H-4994	A primary participle of incitement and entreaty
	Proseuche G-4335	(From G4336), an oratory, pray earnestly, prayer
	Deesis G-1162	(From G-1189), A petition, prayer, request, supplication
	Deomai G-1189	To beg (as binding oneself), petition, beseech, pray, make request
Repent	Nacham H-5162	To sigh, breathe strongly, to be sorry, to pity, console, reverse, rue, repent
	Shuwb H-7725	To turn back, retreat, recover, rescue, retrieve, repent
	Metanoeo G-3340	(From G-3326 + G-3539) To think differently or afterwards, to reconsider, morally feel compunction, repent
Supplication	'Athar H-6279	To burn incense in worship, intercede, entreat, pray
	Tachanuwn H-8469	Earnest prayer, entreaty, supplication
	Deesis G-1162	(From G-1189) A petition, prayer, request, supplication
	Deomai G-1189	To beg as binding oneself, petition, beseech, pray, make request
	Hiketeria G-2428	(From G-2425) Through the idea of approaching for a favor, entreaty, supplication
	Proseuchomai G-4336	To pray to God, supplicate earnestly, make prayer
Thanksgiving	Todah H-8426	(From H-3034) Thanksgiving, hymns of thanksgiving, thank offerings, sacrifices of thanksgiving
	Eucharista G-2169	(From G-2169) Gratitude, grateful language to God, as an act of worship, thankfulness

Connection Church of Rome Prayer Notebook

Teachings On Prayer

ENGLISH DEFINITIONS OF WORDS ASSOCIATED WITH PRAYER	
Confess	1) To acknowledge or avow; reveal. 2) To own or admit as true especially to God. 3) To declare one's sins especially to God in order to obtain absolution. 5) To acknowledge one's belief in; declare adherence to.
Contrite	1) Overcome by a sense of guilt and desirous of atonement; penitent. 2) Caused by or showing remorse. [Latin contrit(us)--worn down, crushed]
Entreat	1) To ask a person earnestly; beseech; implore; beg. 2) To ask earnestly for something. 3) To make an earnest petition.
Fast	1) To abstain from all food. 2) to eat only sparingly or of certain kinds of food, especially as a religious observance. 3) An abstinence from food, or a limiting of one's food, especially as a religious observance; fasting. 4) a day or period of fasting.
Hallow	1) To make holy; sanctify; consecrate. 2) To honor as holy; venerate.
Petition	1) A formal request, often bearing the names of a number of petitioners addressed to a person or body of persons in authority, soliciting some favor, right mercy, or other benefit. 2) A request, especially a respectful or humble one; a supplication or prayer: a petition for aid. 3) Something sought by request or entreaty. 4) To beg for or request something by or as by petition. 5) To address a formal petition to someone.
Pray/Prayer	Pray: 1) To make earnest petition to a person. 2) To offer devout petition, praise, thanks, etc. to God. 3) To make petition or entreaty for; crave. 4) To offer a prayer. Prayer: 1) A devout petition to, or any form of spiritual communion with God. 2) The act or practice of praying. 3) A spiritual communion with God, as in supplication, thanksgiving, adoration, or confession.
Repent	1) To feel sorry, self-reproachful, or contrite for a past action, attitude, etc. 2) To feel remorse for sin or fault; be penitent.
Supplication	Supplication: 1) The act of supplicating, humble prayer, entreaty, or petition. Supplicate: 1) To make humble and earnest prayer, entreaty, or petition. 2) To pray humbly to; to entreat or petition humbly.
Thanksgiving	1) The act of giving thanks; grateful acknowledgment of benefits or favors, especially to God. 2) An expression of thanks, especially to God. 3) A public celebration in acknowledgement of divine favor or kindness.

* The Random House College Dictionary was used for the definitions given in this table.