



# INTERCESSORS

**PRAYER HELPS**



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# TEN REASONS WHY WE MUST PRAY

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*Adapted from a list by R.A. Torrey*

- It is right (Lk. 18:1).
- It is commanded (Rom. 12:12, Eph. 6:18, Php. 4:6, Col. 4:2, 1 Th. 5:17, 1 Tim. 2:1-8).
- It pleases God (Rev. 5:8, 8:3-4).
- It is sinful to neglect it (1 Sam. 12:23).
- Neglect of it grieves God (Is. 43:21-22, 64:6-7).
- It is the medium through which God bestows blessing (Mt. 6:6, 7:11; Jam. 4:2).
- It is essential to victory over the forces of evil (Mk. 14:38, 2 Cor. 10:4, Eph. 6:12-18).
- Christ's example demands it (1 Pt. 2:21, Heb. 5:7, Mk. 1:35).
- The early church prioritized it (Acts. 6:4; 12:5; Romans 1:9-10; Colossians 1:9).
- The Father proclaims that it is the priority of His church (Is. 56:7, Mt. 21:13, Mk. 11:17, Lk. 19:46).

# MY PRAYER PLAN

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*Psalm 55:17, 92:1-2; 1 Timothy 2:1-10*

## Start each day with my heavenly Father.



Using the Model Prayer handout + Praise & Worship list + Hymnbook + Confession of Sin list OR Standing on the Promises guide + Bible + Hymnbook

Time & Place:

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## Pray through my “Daily” list.



Interceding for family, unsaved loved ones, church staff, pressing needs, etc. - during devotions and/or while getting ready

Time & Place:

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## Engage in serious intercession daily.



Using the Claiming God's Promises pages + Praying Biblically pages + Prayer Journal pages + INTERCESSORS lists + The GAPP

Time & Place:

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## End each day with thanksgiving.



Reviewing the day, thanking God for every expression of His love

Time & Place:

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## Pray with other believers and fast regularly.



Claiming Christ's promises in Matthew 17:20-21, 18:19-20.

Time & Place:

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**My Prayer Partner(s):**



# MAKING A PRAYER JOURNAL

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## Why Should Every Christian Have a Prayer Journal?

### 1. *God commands us to pray for “all men.”*

- I Ti. 2:1-4 “I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men...”
- In 6 different letters to churches/individuals, the apostle Paul told his readers that he had “remembrance”/made “mention” of them in his prayers (Rom. 1:9, Eph. 1:16, Php. 1:3-4, I Th. 1:12, Phm. 4, II Ti. 1:3). Unless you have a perfect memory, you will not consistently “remember” to make “mention” of all your loved ones in prayer. This is why a prayer journal is essential.

### 2. *God wants our joy to be “full.”*

- Jn. 16:24 “Whatsoever ye shall ask the Father in my name, he will give it you.....ask, and ye shall receive, that your joy may be full.”
- Andrew Murray: “Answered prayer is the interchange of love between the Father & His child.”
- A prayer journal helps you keep track of how God is answering your prayers. This will bring immense joy to your life.

## How Do You Make & Use a Prayer Journal?

### 1. Assign each day of the week to a particular prayer category. Example:

- **Daily:** My Family, Unserved Loved Ones, & Church Staff
  - **Sunday:** My Church & Its Ministries\*
  - **Monday:** My Classmates/Teachers or Coworkers/Boss
  - **Tuesday:** My Church Family & Other Friends\*
  - **Wednesday:** My Church’s Missionaries\*
  - **Thursday:** My Nation & Its Leaders\*
  - **Friday:** My Needs/Wants/Dreams/Future
  - **Saturday:** Unserved People, Outreaches\*
- \* Use the MBC Prayer Page and/or INTERCESSORS Lists.

### 2. Add as many specific/measurable requests as possible.

### 3. Let God’s promises motivate you and Bible prayers guide you.

### 4. Schedule daily prayer times; be consistent. “2 times to pray—when you feel like it and when you don’t.” “If you miss a day, don’t miss two!”



# THE MODEL PRAYER

*Christ's Pattern for Praying from Matthew 6:9-13*

**1. "Our Father which art in heaven..."** Think about the Person to whom you're speaking.

- Get out of your own little world—it's not all about you.
- Approach God boldly, as His little child.
- Approach God humbly, acknowledging that He is the sovereign Lord of the universe.



- Before you even say a word, be still and just think about Who you're talking to.
- Picture yourself approaching the throne of God because that is what you are doing! (Hebrews 4:16)
- Remember, God tells us in Psalms 46:10, "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

**2. "Hallowed be thy name."** Worship God for Who He is.



- Bring two things to your prayer closet:
  - a. A hymn book
  - b. A list of God's Names
- Choose 1 or 2 songs and sing them to the Lord; then select 1 Name of God that you would like to praise; finally, thank God for things He's done in your life. (Psalm 100:2, 4)

**3. "Thy kingdom come. Thy will be done in earth, as it is in heaven."**

Pray for what God wants.



- Focus on the "big picture"—God's plans for all of history & eternity, rather than getting so caught up in trivial matters. (Matthew 6:33)
  - Ask God, "Please show me where You're at work, so I can join You."
- Anticipate that the Holy Spirit can and will guide you to pray according to God's will; depend on the Holy Spirit to lead you in your prayer time. (Romans 8:26, 27)
- Write down any promptings of the Spirit. (e.g. Acts 8:29, 13:2, 16:6-7)
- Surrender/give up your own selfish will, and tell God that you want His will to be done above anything else. (Luke 22:42)

**4. “Give us this day our daily bread.”** Ask for what you need.



- Pray through the appropriate pages from your prayer journal.
  - If you do not have a prayer journal set up yet, pray for your family members and friends—pray for anyone and everyone. (I Timothy 2:1-3)
- As the Holy Spirit lays other things on your heart, pray for them, as well.
- Ask God for help with the various tasks that you will be doing throughout the day. (John 15:5)

**5. “And forgive us our debts...”** Confess sins.



- Ask God to search your heart; confess sins that He brings to mind. (Psalm 19:12; 139:23, 24)
- Go through your “sin checklist,” asking God to expose sin in your life.

**6. “As we forgive our debtors.”** Forgive others.



- Make sure there is no bitterness in your heart toward anyone. (Ephesians 4:31, 32)

**7. “And lead us not into temptation, but deliver us from evil.”**

Pray for deliverance from sin.



- Ask your Father to guide you (Proverbs 3:5-7), give you victory (Ephesians 6:18), show you His escape route in every temptation (I Corinthians 10:13), and “feed [you] with food convenient for [you]” (Proverbs 30:8-9).
- Commit to obey Him today; express your confidence in His ability and willingness to help you. (II Corinthians 9:8, Philippians 4:13)

**8. “For thine is the kingdom, and the power, and the glory, for ever. Amen.”**

Finish with your focus back on God.



- Thank God for the time in prayer; praise Him for hearing and answering your prayers. (Psalm 28:6, 116:1)

# STANDING ON THE PROMISES

*A Daily Guide for Responding to God's Word in Prayer  
Based on the Model Prayer from Matthew 6:9-13*

## **Our Father which art in heaven, hallowed be Thy Name.**

- Thank You for showing me/reminding me that You are...

\_\_\_\_\_  
[Name(s) of God, character traits, etc.]

## **Thy kingdom come.**

- Today, I'm looking forward to the Lord Jesus' return/His kingdom because...\_\_\_\_\_.

## **Thy will be done in earth, as it is in heaven.**

- According to what You revealed to me in Your Word today, I will obey You by \_\_\_\_\_.

## **Give us this day our daily bread.**

- Father, You promised that You will \_\_\_\_\_. We need to claim that promise today!
- Father, just like you helped \_\_\_\_\_, I'm trusting that You will help us today. We desperately need You!
- Thank You for giving us Your Son (the Bread of Life) to supply this need in our lives: \_\_\_\_\_.

## **And forgive us our debts, as we forgive our debtors.**

- Today, Your Word "reproved" me about this sin: \_\_\_\_\_. Please forgive me according to Your promise in 1 John 1:9.
- Today, I need to forgive \_\_\_\_\_ and choose to love them.

## **Lead us not into temptation, but deliver us from evil.**

- Today, please deliver us from the temptations and evil that \_\_\_\_\_ faced in the Bible. • Today, You showed me that we can have victory over \_\_\_\_\_ by \_\_\_\_\_.

## **For thine is the kingdom, and the power, and the glory, for ever.**

## **Amen.**

- *Express your desire for God's kingdom & righteousness (Mt. 6:33); give thanks to your generous, almighty Father.*

# WORSHIP & PRAISE

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*"And he said, I beseech thee, shew me thy glory."*  
Exodus 33:18

<b>HE IS THE CREATOR</b> <i>Gen. 1:1; Rev. 4:11; Col. 1:16</i>	In the beginning, God spoke all things into existence from nothing. There is nothing that exists apart from His direct involvement.
<b>HE IS THE EVERLASTING FATHER</b> <i>Is. 9:6; Eph. 4:6; 2 Cor. 1:3-4</i>	God is eternal-He always has been and always will be. He loves and cares for us as His children.
<b>HE IS THE PRINCE OF PEACE</b> <i>Is. 9:6; Phil. 4:6-7; Is. 26:3</i>	Jesus offers peace in the midst of troubling circumstances. He alone provides ultimate peace with God through salvation.
<b>HE IS KING OF KINGS &amp; LORD OF LORDS</b> <i>Rev. 17:14; 19:16; 1 Tim. 6:15; Ps. 136:3</i>	God reigns supreme over the rulers of the earth. No other being, country, or ideal parallels His majesty.
<b>HE IS THE ALMIGHTY SOVEREIGN</b> <i>Deut. 10:17; Rev. 1:8; Ps. 115:3</i>	God is in ultimate control of all things, and rules over all creation with almighty power. Though mankind may resist His will, all will eventually bow the knee in subjection to Him.
<b>HE IS THE GOD OF PROVIDENCE</b> <i>Gen. 50:20; Rom. 8:28; 11:33-36</i>	In His sovereign wisdom, God coordinates the affairs and events of our lives to lead us to accomplish His will.
<b>HE IS JEHOVAH</b> <i>Ex. 3:14-15; Is. 26:4, 13; Mal. 3:16-17</i>	This is God's personal name, literally meaning "He is" or "He exists." He is the Uncreated One. God alone is self-sufficient, needing nothing from anyone.
<b>HE IS THE GOOD SHEPHERD</b> <i>Jn. 10:11; Ps. 23; Is. 40:11</i>	As our Good Shepherd, God leads us, provides for us, nurtures us, and defends us.

<b>HE IS THE ROCK</b> <i>Deut. 32:4; 2 Sam. 22:2-3, 47; Ps. 62:2</i>	<p>Like a massive, solid rock, God cannot be moved; those that trust in Him cannot be moved by the attacks of man or the worst of circumstances.</p>
<b>HE IS TRANSCENDENT</b> <i>Is. 55:9; 40:22-23; Ps. 113:5-6</i>	<p>God is above all, infinitely existing beyond the bounds of time, space, and humanity. This makes God incomprehensible to His creation.</p>
<b>HE IS IMMINENT</b> <i>Deut. 4:7; Heb. 1:1-3; Jas. 4:8</i>	<p>Though God does not need fellowship with mankind, He has chosen to make Himself near to His creation and actually desires a personal relationship with us.</p>
<b>HE IS FAITHFUL</b> <i>Deut. 7:9; Lam. 3:23; 1 Jn. 1:9</i>	<p>God is perfectly consistent and worthy of our trust. He does not go back on His promises or forget His children.</p>
<b>HE IS EL-SHADDAI</b> <i>Gen. 17:1; Rev. 11:17; Ps. 89:8</i>	<p>This name means "Lord God Almighty." God is the most powerful Being—none can dare compare. He can accomplish anything He wishes, and no one can challenge Him to stop.</p>
<b>HE IS OUR GUIDE</b> <i>Prov. 3:5-6; Ps. 48:14; Neh. 9:19</i>	<p>God does not leave us to our own devices, to muddle about in confusion and fear. He personally takes us by the hand and shows us the way.</p>
<b>HE IS GRACIOUS</b> <i>Is. 30:18; Eph. 2:7; 2 Cor. 12:9</i>	<p>God delights in stepping into our lives to enable us to do what we could never do without Him. Though we are undeserving, He loves to bless us with good things, including the ultimate gift of our salvation.</p>
<b>HE IS HOLY</b> <i>Is. 6:1-5; Rev. 4:8; 1 Pet. 7:15-16; 1 Sam. 2:2</i>	<p>God is separate, or unique, from all His creation and all that is sinful. There is no one like Him. This uniqueness causes Him to love the unloveable, and to dwell in absolute purity.</p>
<b>HE IS THE DOOR</b> <i>Jn. 10:7-9</i>	<p>Jesus alone provides access to the Father, the path of salvation. Through Him we are blessed with spiritual protection and privileges.</p>
<b>HE IS ADONAI</b> <i>Is. 6:1; Ps. 38:15; 51:15</i>	<p>This name signifies that God rules as Lord and Master of all. He alone can command with ultimate authority and is worthy of our full allegiance.</p>

<b>HE IS LOVE</b> <i>1 Jn. 4:7-8; Rom. 5:8; Jn. 3:16</i>	<p>God not only loves; He is love. God loves each and every member of His creation unconditionally. His love is so great that He sent His only Son to rescue His rebel creation.</p>
<b>HE IS IMMUTABLE</b> <i>Jas. 1:17; Ps. 102:26-27; Mal. 3:6</i>	<p>God never changes. He is eternally the same in every aspect of His character and His relationship with mankind.</p>
<b>HE IS THE TRUE VINE</b> <i>Jn. 15:1</i>	<p>Jesus is the source of spiritual life and fruit. Though we can do nothing of eternal value without Him, He has chosen to use us to bring forth fruit for His glory.</p>
<b>HE IS JEHOVAH-ROPHÉ</b> <i>Ex. 15:26; Ps. 103:3; Is. 61:1</i>	<p>This name means "The Lord that Heals." God is the ultimate source of all health and healing, both physical and spiritual. One day He will heal the nations.</p>
<b>HE IS FORGIVING</b> <i>Is. 43:25-26; Eph. 1:7; Ps. 103:12</i>	<p>Despite our complete lack of anything to offer Him, God readily releases us from the sin that we bear, and the Son turns His wrath away from us.</p>
<b>HE IS THE WAY</b> <i>Jn. 14:6</i>	<p>Jesus is the only path to reconciliation with God and freedom from sin.</p>
<b>HE IS THE TRUTH</b> <i>Jn. 14:6; Tit. 1:2; Ps. 31:5</i>	<p>At the center of who He is, God is truth. He cannot lie and thus can be perfectly trusted in all that He says.</p>
<b>HE IS THE LIFE</b> <i>Jn. 14:6; 1:4-5</i>	<p>Just as original life came directly from God, so also spiritual life (salvation from sin) and eternal life (rescue from death) comes only through Jesus Christ.</p>
<b>HE IS THE COMFORTER</b> <i>Jn. 14:26</i>	<p>The Spirit is our personal advocate, guiding us, convicting us, and revealing the Father's will to us.</p>
<b>HE IS JEHOVAH-TSIDKENU</b> <i>Jer. 23:5-6; Rom. 4:25; Phil. 3:9</i>	<p>This name means "The Lord Our Righteousness." God always does what is right and is the source of all goodness, justice, purity, and rightness. He cannot contradict His nature.</p>

<b>HE IS WRATHFUL</b> <i>Deut. 4:24; Heb. 12:29</i>	<p>God righteously executes judgment upon sin and sinners. His anger is not impulsive and self-serving, but the only holy and just response to sin.</p>
<b>HE IS GOOD</b> <i>Ps. 34:8; 145:9; Rom. 2:4</i>	<p>God is benevolent toward all of His creation, and particularly towards His children. He daily pours out undeserved blessings upon all.</p>
<b>HE IS WISE</b> <i>1 Tim. 1:17; Rom. 11:33; 1 Cor. 1:25</i>	<p>God is not only infinitely wise, He is the source of all wisdom. His knowledge, understanding, and application is perfect and encompasses all that can be known.</p>
<b>HE IS JUST</b> <i>Rom. 3:26; Gen. 18:25; Rev. 15:3</i>	<p>God always does things equitably and fairly, making the right decision in every matter of judgment.</p>
<b>HE IS THE LIGHT OF THE WORLD</b> <i>Jn. 8:12; 9:5; 1 Jn. 1:5</i>	<p>The Son is pure Light, the perfect reflection of the Father. Jesus alone provides hope and deliverance for those lost in darkness.</p>
<b>HE IS THE AUTHOR &amp; FINISHER OF OUR FAITH</b> <i>Heb. 12:2</i>	<p>Our faith originates with and finds perfection in Jesus Christ. He leads us to believe in Him and enables us to patiently endure by faith until we see the fulfillment of His promise.</p>
<b>HE IS JEHOVAH-M'KODDISHKEM</b> <i>Lev. 20:8; 1 Thes. 5:23-24; 1 Pet. 2:9</i>	<p>This name means "The Lord Who Sanctifies You." God, who is Himself unique and holy, sets apart for Himself a unique people to declare His glory.</p>
<b>HE IS OUR HIDING PLACE</b> <i>Deut. 33:27; Ps. 18:2; 91:1</i>	<p>In His love, God is a place of safety and refuge for His children. Trusting in Him, we find rest, peace, and protection from the forces that seek to harm us.</p>
<b>HE IS JEALOUS</b> <i>Ex. 20:5; 34:14; Deut. 6:15</i>	<p>God demands our unique worship and allegiance; He cannot tolerate any idols set up to rival Him.</p>
<b>HE IS THE RESURRECTION &amp; THE LIFE</b> <i>Jn. 11:25; Rom. 8:11; Rev. 1:18</i>	<p>When the Father raised Him up, Jesus conquered that great enemy, Death. He will also physically resurrect us someday.</p>

<b>HE IS OUR FRIEND</b> <i>Jn. 15:14-15; Jas. 2:23; 4:4; Amos 3:3</i>	<p>Though He is our Master, God does not treat us just as His servants, but as His friends. He desires a personal relationship of mutual affection with us as His creation.</p>
<b>HE IS JEHOVAH-JIREH</b> <i>Gen. 22:12-14; Phil. 4:19; Mt. 6:25-34</i>	<p>This name means "The Lord Will Provide." The Lord provides for physical needs of those who trust and obey Him. He has also provided the ultimate atonement to take away our sins.</p>
<b>HE IS OMNIPOTENT</b> <i>Ps. 147:5; Eph. 1:19; Jer. 32:17</i>	<p>God is all-powerful. He can do anything that is consistent with His righteous character. There is nothing too hard for Him.</p>
<b>HE IS OMNISCIENT</b> <i>Ps. 147:4-5; 139:1-4; 1 Chron. 28:9</i>	<p>God is all-knowing. He knows the details of every thought, of everything that happens (past, present, and future), and of everything that could happen. Nothing takes Him by surprise.</p>
<b>HE IS OMNIPRESENT</b> <i>1 Kg. 8:27; Ps. 139:7-10; Jer. 23:24</i>	<p>God is everywhere. He is fully present in every place at all times.</p>
<b>HE IS A SUN &amp; SHIELD</b> <i>Ps. 84:11-12</i>	<p>As the warm, bright sun and a solid, sturdy shield give protection and security, God Almighty offers protection and security for those who delight in His presence.</p>
<b>HE IS JEHOVAH-SABAOTH</b> <i>Ps. 24:7-10; 80:19; 84:3</i>	<p>This name means, "The Lord of Hosts." God is the God of victorious conquest. He commands the armies of heaven and wields the sword of omnipotence.</p>
<b>HE IS MERCIFUL</b> <i>Mic. 7:18; Eph. 2:4; 2 Sam. 24:14</i>	<p>God, in His love, does not give us what we rightfully deserve.</p>
<b>HE IS THE BREAD OF LIFE</b> <i>Jn. 6:35, 48</i>	<p>Just as God's provision of Manna fed the Israelites in the wilderness, so the Son is the source of spiritual life for all of us.</p>



<b>HE IS ALPHA &amp; OMEGA</b> <i>Rev. 1:8, 11; 21:6; 22:13</i>	Signifying the beginning and the ending, God is the source of all, the all-encompassing One, the only eternal Being.
<b>HE IS OUR DELIVERER</b> <i>Ps. 40:17; 54:4; 2 Sam. 22:2</i>	God is more than able to save us from sin and its penalty, to deliver us in times of struggle and temptation, and to rescue us from our enemies.

# CONFESSION OF SIN

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*Modified from questions by Oswald J. Smith*

*"Search me, O God, and know my heart: try me, and know my thoughts: and see if there be any wicked way in me, and lead me in the way everlasting."*

Psalm 139:23-24

## Sunday

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- **Bitterness** - Have I forgiven everyone? Is there malice, spite, hatred or enmity in my heart? Do I cherish grudges; have I refused to be reconciled? Is there still deep hurt in my heart for past offenses against me?
- **Anger** - Do I get angry? Are there any uprisings within? Is it true that I still lose my temper? Does wrath hold me at times in its grip?
- **Jealousy** - When another is preferred before me does it make me envious or uncomfortable? Do I get jealous of those who can pray, speak, or do things better than I can?

## Monday

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- **Impatience** - Am I easily irritated? Do little things vex and annoy, or am I sweet, calm, and unruffled under all circumstances?
- **Self-Focus** - Am I offended easily? When people fail to notice me and pass by without speaking, does it hurt? If others are made much of and I am neglected, how do I feel about it?
- **Pride** - Is there any pride in my heart? Am I puffed up and think a great deal of position and attainments? Do I want to be recognized for my service?

## Tuesday

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- **Dishonesty** - Have I been dishonest? Is my business open and above reproach? Do I give a yard for a yard and a pound for a pound? Am I honest in my statements, or do I exaggerate and convey false impressions?
- **Gossip** - Have I been gossiping about people? Do I talk about others behind their back? Do I slander the character of others? Am I a talebearer or busybody?
- **Critical Spirit** - Do I have a critical spirit? Do I criticize unlovingly, harshly, or severely? Am I always finding fault and looking for flaws in others?

## Wednesday

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- **Theft** – Do I rob God? Have I stolen time that belongs to Him? Do I give a tithe of my income? Has my money been withheld? Do I waste money on foolish purchases?
- **Unbelief** – Am I guilty of the sin of unbelief? In spite of all He has done for me, do I still refuse to believe the promises of His Word? Do I say that I believe Him but fail to take steps of faith in obedience to His Word?
- **Prayerlessness** – Is prayer a priority in my life? Am I an intercessor? How much time do I spend in prayer? Have I crowded prayer out of my life?

## Thursday

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- **Neglect of God's Word** – Am I neglecting God's Word? How many chapters do I read each day? Am I a Bible student? Do I draw my source of supply from the Scriptures? Am I memorizing scripture?
- **Lack of Love** – Am I burdened for the salvation of souls? Do I have a love for the lost? Is there any compassion in my heart for those who are perishing?
- **Shame** – Am I ashamed of Jesus? Have I failed to confess Christ openly? Do I keep my mouth closed when surrounded by worldly people? Am I witnessing daily?

## Friday

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- **Worldliness** – Is my life filled with lightness and frivolity? Is my conduct unseemly? Would the world by my actions consider me on its side?
- **Lack of Restoration** – Have I wronged any one and failed to make restitution? Have I restored the many little things that God has shown me?
- **Fear** – Is my heart filled with the fear of man? Do I disobey Jesus because I am afraid of what people will think of me? Am I bound by peer-pressure?

## Saturday

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- **Worry** – Am I worried or anxious? Do I fail to trust God for my temporal and spiritual needs? Am I continually crossing bridges before I come to them?
- **Impurity** – Am I guilty of lustful thoughts? Do I allow my mind to harbor impure or unholy imaginations? Do I view content on television or the internet that feeds lustful desires? Am I careful in interaction with the opposite gender?

*"If we confess our sins, He is faithful and just to forgive us our sins,  
and to cleanse us from all unrighteousness."*

1 John 1:9

# CLAIMING GOD'S PROMISES

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The Bible is full of **prayer promises**. Over and over in Scripture, God guarantees that He will answer His people's prayers. And since His Word never fails, we can pray with great confidence.

Ezekiel 12:25 "For I am the LORD: I will speak, and **the word that I shall speak shall come to pass...**"

But are all of God's prayer promises still applicable to us today? Yes, 2 Corinthians 1:20 says, "For **all** the promises of God in [Christ] are yea, and in him Amen, unto the glory of God by us."

However, because God cares more about the pray-er (you) than He does the prayer (what you ask for), He places certain **conditions** on each prayer promise. By striving to meet these conditions (with the aid of the Holy Spirit), we get to know God better and become more like Him in the process.

So, what should we do with these promises?

(1) **Conform** to them and (2) claim them!

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And this is the confidence that we have in him, that, **if we ask any thing according to his will, he heareth us**; And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we **desired of him**.  
(1 John 5:14-15)

If my people, which are called by my name, shall **humble themselves**, and **pray**, and **seek my face**, and **turn from their wicked ways**; then will I hear from heaven, and will forgive their sin, and will heal their land. (*2 Chronicles 7:14*)

For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them **whose heart is perfect toward him**. (*2 Chronicles 16:9*)

**Offer unto God thanksgiving**; and pay thy vows unto the most High: And **call upon me** in the day of trouble: I will deliver thee, and thou shalt glorify me. (*Psalms 50:14-15*)

**I cried unto him** with my mouth, and he was **extolled** [praised] with my tongue. **If I regard iniquity in my heart, the Lord will not hear me**: But verily God hath heard me; he hath attended to the voice of my prayer. Blessed be God, which hath not turned away my prayer, nor his mercy from me. (*Psalms 66:17-20*)

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye **call upon me**, and ye shall **go and pray unto me**, and I will hearken unto you. And ye shall seek me, and find me, **when ye shall search for me with all your heart**. (*Jeremiah 29:11-13*)

**Ask**, and it shall be given you; **seek**, and ye shall find; **knock**, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? (*Matthew 7:7-11*)

And when ye stand praying, **forgive**, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. (*Mark 11:25*)

Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, **If ye have faith as a grain of mustard seed, ye shall say unto this mountain**, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by **prayer** and **fasting**. (*Matthew 17:19-21*)

Again I say unto you, That **if two of you shall agree on earth as touching any thing that they shall ask**, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them. (*Matthew 18:19-20*)

But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.  
(Matthew 19:26)

If ye **have faith**, and **doubt not**... all things, whatsoever ye shall ask in prayer, believing, ye shall receive.  
(Matthew 21:21-22)

**Give**, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For **with the same measure that ye mete** withal it shall be measured to you again. (Luke 6:38)

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall **ask any thing in my name, I will do it.** If ye **love me, keep my commandments.** (John 14:12-17)

If ye **abide in me**, and **my words abide in you**, ye shall **ask what ye will**, and it shall be done unto you. (John 15:7)

Ye have not chosen me, but I have chosen you, and ordained you, that ye should **go and bring forth fruit**, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you. (John 15:16)

If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? (*Romans 8:32*)

**If any of you lack wisdom**, let him **ask of God**, that giveth to all men liberally, and upbraideth [scolds] not; and it shall be given him. But let him **ask in faith, nothing wavering**. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways. (*James 1:5-8*)

Is any sick among you? 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 of faith** shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. **Confess your faults one to another**, and **pray one for another**, that ye may be healed. The **effectual fervent prayer of a righteous man** availeth much. (*James 5:14-16*)

Likewise, ye **husbands, dwell with [your wives] according to knowledge, giving honour unto the wife**, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered. (*1 Peter 3:7*)



For he that will love life, and see good days, let him **refrain his tongue from evil**, and his lips that they speak no guile: Let him **eschew evil**, and **do good**; let him **seek peace**, and **ensue it**. For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil. (*1 Peter 3:7-12*)

My little children, let us not **love** in word, neither in tongue; but **in deed and in truth**. And hereby we know that we are of the truth, and shall assure our hearts before him. For if our heart condemn us, God is greater than our heart, and knoweth all things. Beloved, if our heart condemn us not, then have we confidence toward God. And whatsoever we ask, we receive of him, **because we keep his commandments, and do those things that are pleasing in his sight.** (*1 John 3:18-22*)

# PRAYING BIBLICALLY

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*The following Scriptures are **prayers of the Lord Jesus and the Apostle Paul** (with 1 exception). In addition to them being Spirit-inspired petitions approved by God, they are from the lips of **the Bible's two greatest Intercessors**.*

*We are blessed indeed to have excerpts of their exemplary prayer lives handed down to us. Let's take advantage of this tremendous blessing by **making their prayers our own!** In doing so, we will surely **pray according to God's will and receive what we ask** (1 John 5:15).*

## **Prayers of the Lord Jesus**

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"Holy Father...

- **Keep through thine own name** those whom thou hast given me,
- **that they may be one, as we are...**

I pray not that thou shouldest take them out of the world, but that thou shouldest...

- **keep them from the evil...**
- **Sanctify them through thy truth:** thy word is truth....

Neither pray I for these alone, but for them also which shall believe on me through their word;

- That they all may be one; as thou, Father, art in me, and I in thee, **that they also may be one in us:**
- **that the world may believe that thou hast sent me."** (John 17:11, 15, 17, 20-21)

"But I have prayed for thee [Peter]...

- **that thy faith fail not:** and when thou art converted,
- **strengthen thy brethren."** (Luke 22:32)

## Prayer of the Apostle Peter

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"But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while...

- **make you perfect,**
- **stablish, strengthen, settle you.**
- To him be glory and dominion for ever and ever. Amen." (1 Peter 5:10-11)

## Prayers of the Apostle Paul

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"And this I pray...

- that your **love may abound yet more and more in knowledge and in all judgment;**
- That ye may **approve things that are excellent;**
- that ye may be **sincere and without offence** till the day of Christ;
- Being **filled with the fruits of righteousness**, which are by Jesus Christ, **unto the glory and praise of God."** (Phil. 1:9-11)

"We give thanks to God always for you all, making mention of you in our prayers; Remembering without ceasing your **work of faith**, and **labour of love**, and **patience of hope** in our Lord Jesus Christ, in the sight of God and our Father." (1 Thessalonians 1:2-3)

"Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, Cease not to give thanks for you, making mention of you in my prayers...

- **that the God of our Lord Jesus Christ**, the Father of glory, **may give unto you the spirit of wisdom and revelation in the knowledge of him:**
- **The eyes of your understanding being enlightened;**
- **that ye may know...**
  - what is the **hope of his calling**, and...
  - what the **riches of the glory of his inheritance** in the saints, And...
  - what is the **exceeding greatness of his power** to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places." (Ephesians 1:15-20)

## Prayers of the Apostle Paul (cont'd)

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"Wherefore also we pray always for you...

- that our **God would count you worthy of this calling, and...**
- **fulfil all the good pleasure of his goodness, and...**
  - **the work of faith with power:**
- **that the name of our Lord Jesus Christ may be glorified in you, and ye in him,** according to the grace of our God and the Lord Jesus Christ."

*(2 Thessalonians 1:11-12)*

"For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That he would grant you, according to the riches of his glory, to be **strengthened with might by his Spirit in the inner man**; That **Christ may dwell in your hearts by faith**; that ye, being rooted and grounded in love, May be able to **comprehend with all saints** what is the breadth, and length, and depth, and height; **And to know the love of Christ**, which passeth knowledge, that ye might be **filled with all the fulness of God**. Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen."

*(Ephesians 3:14-21)*

"For this cause we also, since the day we heard it, do not cease to pray for you, and to desire...

- **that ye might be filled with the knowledge of his will** in all wisdom and spiritual understanding;
- **that ye might walk worthy of the Lord** unto all pleasing,
- **being fruitful in every good work**, and...
- **increasing in the knowledge of God**;
- **strengthened with all might**, according to his glorious power,
- unto all **patience** and **longsuffering** with **joyfulness**."

*(Colossians 1:9-12)*

## Prayers of the Apostle Paul (cont'd)

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"Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant...

- make you perfect in every good work to do his will,
- working in you that which is wellpleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen."

*(Hebrews 13:20-21)*

"For I would that ye knew what great conflict I have for you [in prayer]...

- That [your] hearts might be comforted,
- Being knit together in love, and
- Unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ; In whom are hid all the treasures of wisdom and knowledge."

*(Colossians 2:1-3)*

"And the Lord make you to...

- Increase and abound in love...
  - one toward another,
  - and toward all men, even as we do toward you:

To the end he may...

- stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints." *(1 Thessalonians 3:12-13)*

"And the Lord direct your hearts into the love of God, and into the patient waiting for Christ." *(2 Thessalonians 3:5)*

# PRAYING FOR MY PASTOR

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*Modified from notes by Dr. Scott Pauley*

**Sunday:** *Bring about lasting fruit through his ministry (II Thess. 3:1-2).*

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- Use him to help others (1) know Christ and (2) make Him known.

**Monday:** *Protect him and his family (Rom. 15:30-31, II Thess. 3:2):*

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- Their spirits, their bodies, their minds, their hearts.

**Tuesday:** *Give him divine appointments to share the Gospel (Col. 4:2-4).*

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- Give him “utterance” to present the Good News clearly & boldly.
- Use him to glorify Christ everywhere he goes.

**Wednesday:** *Help him as he deals with problems (Php. 1:19).*

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- “Turn” the circumstances into something good.
- “Supply” him with everything he needs in the meantime.
- Help him to keep the joy of the Lord.

**Thursday:** *Bless him personally and help him grow spiritually (Heb. 13:18).*

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- Preserve in him a clear conscience. Help him to live honestly.
- Help him to finish his course with joy.
- Help him to live near to You and manifest Your glory.

**Friday:** *Lead him as he leads us (I Tim. 2:1-2, Jam. 1:5).*

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- Give him wisdom for every task and every decision.
- Thank You, Heavenly Father, for the leader You’ve given us.

**Saturday:** *Prepare him & use him mightily to preach the Gospel (Eph. 6:18-20).*

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- Give him “utterance” to preach “boldly.”

# PRAYING FOR LOST LOVED ONES

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*"He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God." (John 3:18)*

*"The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance." (2 Peter 3:9)*

*"And of some have compassion, making a difference: And others save with fear, pulling them out of the fire..." (Jude 1:22-23)*

*"Brethren, my heart's desire and prayer to God for Israel is, that they might be saved." (Romans 10:1)*

## Specific Requests:

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1. We would **manifest God's love** to them and **boldly share the gospel with them.** (*John 17:20-23, Ephesians 6:18-19*)
2. The Holy Spirit would **convict them of sin & future judgment.** (*John 16:8*)
3. The **goodness of God would bring them to repentance.** (*Rm. 2:4, II Tm. 2:25*)
4. The Father would **draw them to accept Christ.** (*John 6:44*)
5. God would bring circumstances into their lives that cause them to **admit their need for salvation.** (*Acts 16:25-34*)

# PRAYING FOR MISSIONARIES

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*"Finally, brethren, **pray for us...***

- ***that the word of the Lord may have free course, and be glorified**, even as it is with you:*
- *And **that we may be delivered from unreasonable and wicked men**: for all men have not faith."* (2 Thessalonians 3:1-2)

*"Now I beseech you, brethren, for the Lord Jesus Christ's sake, and for the love of the Spirit, that ye **strive together with me in your prayers to God for me.**"* (Romans 15:30)

## Specific Requests:

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1. Pray for God to grant these missionaries **spiritual strength and deliverance** from the enemy (Ephesians 6:12, 18).
2. Pray for God to **supply all their needs** (Philippians 4:19).
3. Pray for God to **purge them & bear much fruit** through their ministries (John 15:1-16).
4. Pray for God to **teach them to pray & fill them with His Spirit** (Luke 11:1, 24:49, Acts 4:31).
5. Pray the Lord Jesus' & the Apostle Paul's prayers on these missionaries' behalf.



# PRAYING FOR OUR NATION

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*"I exhort therefore, that, first of all, **supplications, prayers, intercessions, and giving of thanks**, be made **for all men**; For kings, and **for all that are in authority**; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth." (1 Timothy 2:1-4)*

## Specific Requests:

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1. Pray for **pastors & churches across our nation to repent and get right with God** (1 Peter 4:17-18, Revelation 2-3).
2. Pray for **God to have mercy upon our sinful nation** (Exodus 32:9-14, Ezekiel 22:29-31, Isaiah 59:15-16).
3. Pray for **a prayer revival** to spread through our churches (2 Chron. 7:14).
4. Pray for God to **send forth Spirit-filled labourers (especially young pastors)** to every province and territory (Luke 10:2).
5. Pray for our **political representatives to be saved** (2 Timothy 2:1-4).
6. Pray for God to **raise up leaders with integrity** (Proverbs 29:2).
7. Pray for our **religious freedoms to be preserved** (Psalm 11:3).

# PRAYER MEETINGS: BIBLICAL BASIS

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*Adapted Sermon Notes from Dr. Rick Flanders*

## Corporate Prayer in Acts

*"If I travelled in a time machine to the 1st-century church, and stumbled into a meeting, I'd probably walk in on a prayer meeting."*

Dr. Rick Flanders

- Acts 1:13-15 - 120 disciples prayed in the Upper Room.  
→ Pentecost (the first great revival)
- Acts 2:42-47 - They held daily prayer meetings → The revival continued.
- Acts 4:23-35 - They needed "re-reviving," so they prayed. → The Holy Ghost filled them again.
- Acts 6:1-7 - After solving the problem of discord, they got back to prayer. → They were "re-revived" again.
- Acts 12:5-12 - Peter was arrested & sentenced to die, so they prayed. → God broke him out of jail.
  - *What are our prayer meetings like? Is there any power in ours?*
- Acts 13:1-4 - The church at Antioch prayed. → Saul & Barnabas were sent as missionaries.

*Every time there was a problem in the early church, they got together for prayer. If we take our mission seriously, we are going to face problems that demand divine intervention (a.k.a. miracles).*

# Revival Prayer Meetings

## 1. Spirit-Led

- "Prayer was made without ceasing **of the church** unto God for him" (**Ac. 12:5**).
- House of Prayer:
  - The OT House of God = "the House of Prayer" (**Mt. 21:13, Mk. 11:17, Lk. 19:46**)
  - The NT House of God = the Church (**I Tim. 3:15, Eph. 2:19-22**)
- **Matthew 16:18-19**

The Lord Jesus: *"I will build my church...I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven."*
- **Matthew 18:18-20** (the next passage where the church is mentioned)

*"Verily I say unto you, Whatsoever ye shall bind on earth shall be bound [future perfect, i.e. it's already done] in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them."*

  - You know what the Lord is saying? *When you're having problems, call a prayer meeting, and I'll show up to fix the problems.*

- The Greek verbs are in the future perfect, i.e. whatever is being asked for is already done. This is a biblical doctrine: there are things that God already wants to do, but He won't do them unless we ask.
  - Daniel 9 - Daniel prayed for God to do what He had already said He would do.
  - God often reveals His will, so that we will ask Him to do it. (James 4:2)
- How do we pray according to God's will?
  - i. Look to the Bible.
    - Jn. 15:7 "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you."
  - ii. Have prayer meetings.
    - Because of our fleshly infirmities, "we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered" (**Rom. 8:26**).
    - Often, even if we're seeking the Spirit's guidance, our own desires on a matter are so strong that we can't discern whether a certain request is God's will or our own. This is where the prayer meeting is so helpful.
- **Mt. 18:19** - When the Holy Spirit brings believers to agreement about a request, it's guaranteed to be done.
  - This is one big reason why God has Christians get married! It only takes two to claim this promise!
- Trinitarian prayer: Praying to the Father, through the Name of the Son, by the help of the Holy Spirit (**Eph. 2:18**).

## 2. Steadfast

- "Prayer was made **without ceasing** of the church unto God for him" (**Ac. 12:5**).
- The Lord taught that we must have importunity in prayer (**Lk. 11:5-13**).
  - When the Holy Spirit reveals something that is the will of God, pray for it until you get it or until the Spirit changes your mind about it.
- Daily bread comes on the basis of our relationship with God, but spiritual Bread (the filling of the Holy Ghost, revival, etc.) comes from importunity.
  - It is not that God is reluctant to give us the power of the Holy Spirit—the problem is, we're not ready for it.
  - You see, our Father wants what's best of us.
  - When we're wrestling with God in prayer about a blessing, He always changes the subject:
- What about that thing in your life I've been convicting you about for weeks?
  - If you give God gets what He wants, He will give you what you want.

## 3. Sincere

- "Prayer was made without ceasing of the church **unto God** for him" (**Ac. 12:5**).
- "And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be **seen of men**. Verily I say unto you, They have their reward" (**Mt. 6:5**).

#### 4. Specific

- "Prayer was made without ceasing of the church unto God **for him**" (Acts 12:5).
- They got down to business.
- Some people don't pray specifically because they're afraid to put God out on a limb.
  - God is not worried about being embarrassed.
- "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving **let your requests be made known unto God**" (Php. 4:6).

#### Conclusion

*How much faith do you need for a miracle?*

- **Heb. 11:6** "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."

*"If I have enough faith to believe there is a God, and that it will do some good to pray, that's enough faith to get a miracle."*

- Initially, the church in Acts didn't believe that God had answered their prayer (**Ac. 12:13-16**)!

# PRAYER MEETINGS: RULES TO FOLLOW

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*Instead of “praying around” (in a particular order), let the Holy Spirit direct the prayer meeting; allow Him to prompt individuals to pray in turn. Everyone can pray more than once or not at all.*

## 1. Pray as “one voice.”

- **Acts 4:24, 29** “And when they heard that, they lifted up ***their voice to God with one accord***, and said...And now, Lord, behold their threatenings: and grant unto **thy servants**, that with all boldness **they** may speak thy word,
- Discipline yourself to use the pronouns we, us, and our. Avoid using I, me, or my. This will help you to remain conscious of the fact that your prayer is representing the whole group.

## 2. Pray loud enough for everyone to hear.

- **Acts 4:24**, “And when they heard that, they ***lifted up their voice...***”
- We cannot be in agreement with your prayer unless we can hear it.

## 3. Pray short – maximum of 1 or 2 specific requests.

- Remember, you can pray more than once. You don’t have to “get it all out” in one prayer.

# ADDITIONAL HELPS

***Visit our website for more prayer resources:***

- *INTERCESSORS Podcast*
- *INTERCESSORS Onboarding*

***Contact us for more info:***

☎ 604-527-4000

🌐 [metrochristianchurch.ca/programs/intercessors](https://metrochristianchurch.ca/programs/intercessors)

