

A Balanced and Effective Prayer Life

The burden to write this book comes from a calling from God and is also driven by: (1) my personal struggle with effective focused prayer into my adult years; (2) my observation of all ages, in many different places, struggling with the same issues; (3) corroborating comments, regarding struggles in prayer, from men's ministry leaders, pastors, saints and other sources. ***"The Forgotten Super Weapon of the Church"*** in Appendix 7, documents the tragic results of not teaching children to pray and the overlooked power of children's prayer.

The primary purpose and scope of this book is to:

(1) Highlight the need for focused prayer. Jesus in His teaching warned us regarding prayers that were unfocused and unproductive: *"But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them"* (Matt. 6:7-8). *"This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me. But in vain they do worship me"* (Matt. 15:8-9).

The apostle James writes: *"Ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss"* (James 4:2-3). But then he states later in Chapter 5, that: *"The effectual fervent prayer of a righteous man availeth much."*

(2) Simplify prayer, for children and new converts, by defining its three most basic components. This is not done by describing lists of things to pray; but defining the three basic positions or focuses of prayer. Within these three foundational elements of prayer a description is provided for what may be included, but the individual's own words should be used.

(3) Provide a resource to parents praying for their children and teaching them to pray. Chapter 2, "Our Children – Our Most Valuable Treasure", deals with bringing prayer concepts down to the child's level, depending on their age (the A, B, C's of prayer).

(4) Help those struggling with prayer to develop a more consistent, focused and effective prayer life.

(5) Provide a resource for teaching the simple basics of focused prayer in a Sunday school class, new converts class, or a prayer seminar.

(6) Identify prayer as the key weapon over the spirit of the Antichrist, which has exponentially risen in the world over the last few years.

(7) Expose the lie of Satan, that we don't have time, in our fast-paced lives, to give God quality time in prayer and service. When we spend time in prayer and service, God will multiply our time by making us more productive in our daily activities and taking problems out of our lives that would cost us hundreds of hours. The following Scripture is generally used to support finances being given to God and the remainder being multiplied. But this also applies to the precious resource of our time which is more valuable than money: *"Bring ye all the tithes into the storehouse, and prove me now herewith, saith the Lord of hosts, if I will not open you the*

windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground saith the Lord of hosts”(Mal. 3:10-11). Refer to Appendix 4, “Misconceptions Regarding Prayer” for additional Scriptures regarding this concept.

The prayer concepts in Section One of this book are provided to assist children, new converts and those struggling with prayer and are not intended for those with a prayer life advanced beyond these basic principles.

Although there are other types of prayer, they will fit into one of these three categories:

- **Relationship Prayer:** Thanksgiving, praise, worship, petitions for personal needs.
- **Transformation Prayer** (change me): Repenting and emptying of self to be filled with more of God. Less of my will, mind and emotions and more of God’s will, mind and agape love.
- **Dominion Prayer:**
 - Intercessory Prayer: standing between God and man and interceding for our lost neighbor, city and world.
 - Spiritual Warfare: standing between Satan and man and binding the powers of Satan that have caused bondage and blindness.
 - Praying into fruition the prophecies concerning the restoration of the apostolic ministry in the Book of Acts church: *“The Lord working with them confirming the word with signs following.”*

A single time of devotion may not include all three parts of prayer, however, over time, a balanced prayer life will incorporate these.

Note: The primary purpose of this book is help teach children and new converts how to pray and to assist those struggling with prayer to develop a more balanced and effective prayer life.

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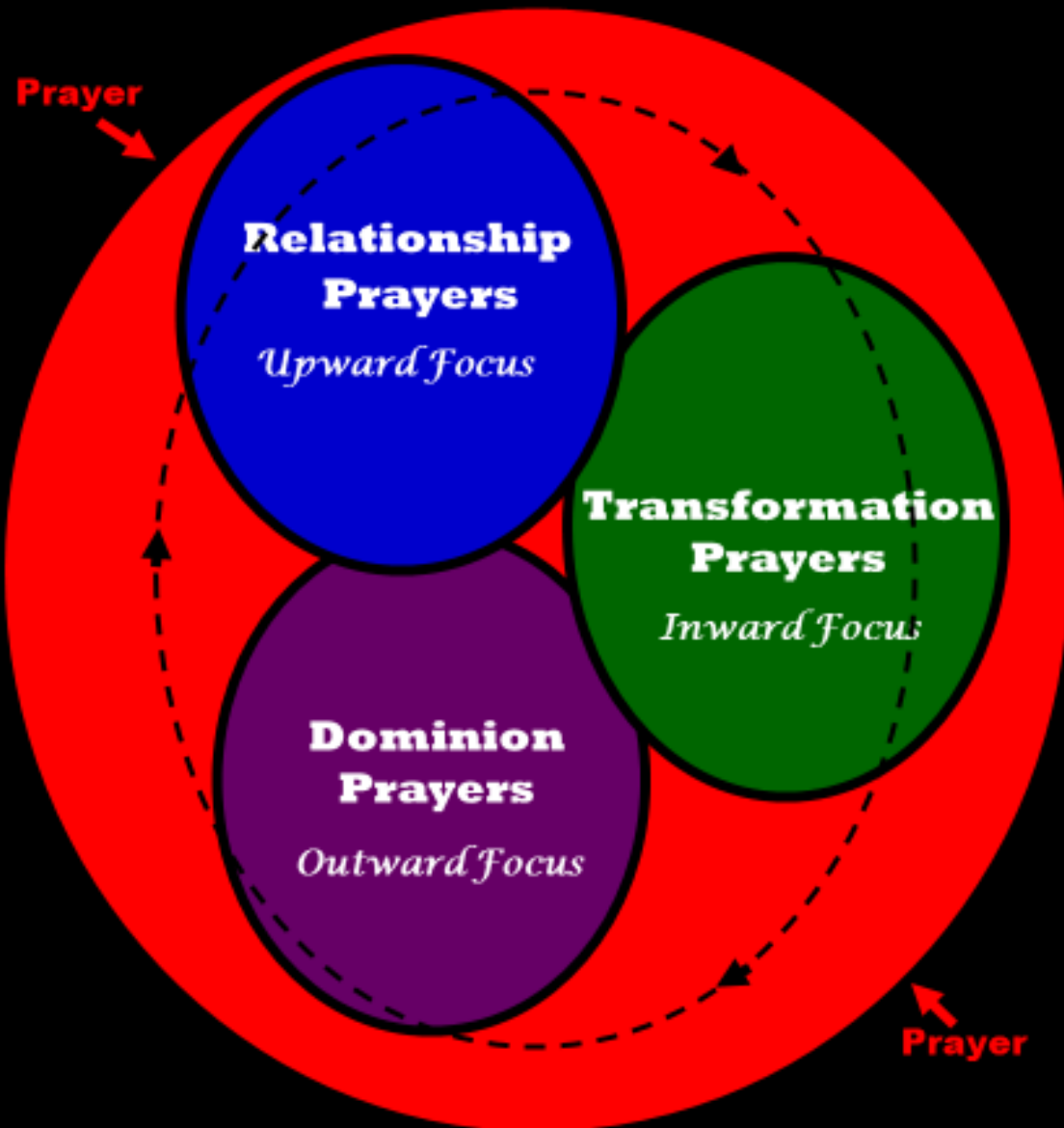
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Isaiah's vision, recorded in Isaiah Chapter 6, illustrates the three significant elements included in a balanced and effective prayer life:

- (1) Relationship prayers: an **upward** vision of God (the need for a renewed and elevated relationship).
- (2) Transformation prayers: an **inward** vision of himself (the need for repentance and transformation).
- (3) Dominion prayers: an **outward** vision of the world (answering God's call to pray for and minister to the needs of the world).



Teaching Children the A, B, C's of prayer



A



- Thanking and praising Jesus for His blessings.
- Asking Jesus for the things I need.

Thank You

Relationship Prayer

B



- Asking Jesus to forgive me.
- Asking Jesus to help me be more like Him.

Change Me

Transformation Prayer

C



- Praying for others in need.
- Praying for children in other countries.

Help Others

Dominion Prayer

1. Relationship Prayer

- Our focus is **upward**: adoration of our great God, making our petitions known and listening for His Voice.

Thanksgiving:

Thanking God for His love and blessings:

- **Spiritual Blessings** (salvation, knowledge of truth)
- **Relationship Blessings** (family and friends)
- **Physical Blessings** (Resources He has graciously given us to manage):
 - Time (years of life)
 - Health (strength to enjoy life and do His will)
 - Wealth (finances and possessions)
- **Protection from:** harm, danger, sickness, and disease

“Enter into his gates with thanksgiving, and into his courts with praise be thankful unto him, and bless his name.” (Ps. 100:4)

Praise & Worship:

Acknowledging God's Goodness & Greatness:

- **His goodness:** loving, forgiving, merciful, gracious, kind, faithful, long suffering, generous, burden bearer . . .
- **His greatness:** supernatural, omnipotent, omniscient, omnipresent, eternal, healer, ruler of the universe . . .

Petitions:

Request for my needs to be supplied: health, family, finances, careers, decisions, relationships, protection . . .

2. Transformation Prayer

- Our focus is **inward**: the need to be transformed -- continuously changed.

“Be ye transformed by the renewing of your mind, that you may prove what is the good and acceptable will of God.” (Rom. 12:2)

“There are given unto us exceeding great and precious promises: that by these ye might be partakers of His divine nature.”
(2 Pet. 1:4)

Confession & Repentance:

- A plea for cleansing and forgiveness (Psalms 51)
- Repentance for any pride or self-righteousness
- Asking God to correct me with His written Word, preached Word, man of God, His still small Voice . . .

Transformation: (Change me prayers)

- Less of my will and more of His
- Less of my mind and ways and more of His
- Less of my limited love and more of His agape love
- Asking God to help me to identify and remove any hindrances to the flow of His love and power through my life
- Renewal of the Holy Ghost: “Building up yourselves on your most holy faith, praying in the Holy Ghost.” (Jude 20)

He must increase and I must decrease !

3. Dominion Prayer

- Our focus is **outward**: the needs of people for healing and salvation.

Intercessory Prayer (friendly forces):

Standing between God and man, weeping and interceding for our lost neighbors, city, and world.

Spiritual Warfare (unfriendly forces):

Standing between Satan and man and binding the powers of evil that have bound and blinded them from coming to the light of the Gospel and the knowledge of Jesus Christ.

God's Direction and Wisdom:

Praying for God's wisdom and direction to know how to most effectively reach our lost world.

Praying Prophecies into Fulfillment:

Praying into fulfillment the promises and prophecies in God's Word regarding the complete restoration of the church with apostolic power and dominion over Satan and sickness.

"He called His twelve disciples together, and gave them power and authority over all devils and diseases." *(five-fold ministry)*

"The Lord appointed seventy also . . . heal the sick . . . I give you power over all the power of the enemy." *(the laity)*