

February 2, 2026
Devoted to Prayer
Part Two | Colossians 4:2

Colossians 4:2 NLT reads

² Devote yourselves to prayer with an alert mind and a thankful heart.

As I shared last time, in these verses we are exhorted to have an alert mind with vigilance.

As a reminder; vigilant means to keep watch for possible danger or difficulty. Alertly watchful especially to avoid danger.

We are called to prayer to avoid danger, danger in our lives and the lives of those we love.

Tonight; I would like to focus on how to pray God's way and in God's will.

How do we know how to pray in God's way and in God's will?

We have all that we need to instruct us on how to pray and it is contained in God's Word.

"You can believe a whole lot of foolish things, but God doesn't want you to do that. He wants your faith to rest upon the Word of God." — [J. Vernon McGee](#)

The Word of God is timeless, and flawless.

It is without imperfections. It is absolute, faultless, impeccable, it is perfect, letter-perfect, picture-perfect, seamless, unblemished.

Psalm 18:30 NIV (and repeated again in 2 Samuel 22:31)

As for God, His way is perfect: The LORD's word is flawless; He shields all who take refuge in Him.

Psalm 12:6 AMP

⁶The words *and* promises of the Lord are pure words, like silver refined in an earthen furnace, purified seven times over.

We must hold fast to His Word. We must know it, search it, and seek it out.

Why? So that we can compare every ideology, psychological ideas, worldly opinions, and all scientific evidence with the Word. We must compare all the teachings on how to pray and methods of praying with the Word of God.

And where they differ, we must stay our hearts on the Word.

Psalm 119:2

² Blessed *are* those who keep His testimonies,
Who seek Him with their whole heart!

Please be careful with new trending bible studies and books on prayer.

The Word of God is being assaulted and churches who identify as a bible teaching churches are embracing new methods on how to pray. Please remain in the Word. Hold fast to the Word and practice how to pray in accordance with the Word.

We are in the last days deception spoken of by Jesus in:

Matthew 24:4-5

⁴ And Jesus answered and said to them: “Take heed that no one deceives you. ⁵ For many will come in My name, saying, ‘I am the Christ,’ and will deceive many.

Matthew 24:11

¹¹ Then many false prophets will rise up and deceive many.

You must Stand Your Watch

If we lack discernment and knowledge of the Word, we will be at risk of being deceived by false teaching.

This evening, I find myself heavy hearted to have to alert you to the dangers that we are facing concerning modern, trending methods of prayer. I feel it necessary to speak out about the deceptions that these trending methods of prayer.

In **Luke 11:1-2**, Jesus’ disciples said to Him, Lord teach us to pray.

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

² He said to them, “When you pray, say:

“Father,
hallowed be your name,
your kingdom come.

Have you ever asked God that question?

Have you ever gone before Him and asked Him to teach you how to pray? If not, I encourage you to do so.

Let's turn to Matthew 6, starting at verse 5. There is no better place in scripture to learn how to pray than in these verses. Here we are taught how to pray God's way and in God's will by our Lord Jesus Himself.

Please note that this is a model prayer; NOT one to recite over and over again but a teaching from Jesus on how to pray.

Matthew 6:5-13

5 "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

In verse 6 we are told where to pray; in a private place.

In verse 7 we are told how NOT to pray; No vain repetitions.

In verse 8 we are told how to pray; To the father with reverence to His Name.

8 "Therefore, do not be like them. For your Father knows the things you have need of before you ask Him. 9 In this manner, (or like this) therefore, pray:

Our Father in heaven,
Hallowed be Your name.

10

Your kingdom come.

Your will be done

On earth as it is in heaven.

11

Give us this day our daily bread.

12

And forgive us our debts,
As we forgive our debtors.

13

And do not lead us into temptation,
But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

The first thing we see in verse 9; is that we are to direct our prayers to the Heavenly Father. Jesus prays; "our Father."

When you enter into prayer who do you call on?

To Whom do you direct your prayer? Is it to Father God?

Jesus directed His prayer to the Father. In fact, chapter 17 of the gospel of John is a prayer of Jesus.

John 17:1

Jesus spoke these words, lifted up His eyes to heaven, and said: “Father...

John 17:5

Jesus prayed; ⁵ And now, O Father...

John 17:10

Jesus went on to pray; ¹¹ Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as *We are*.

John 17:25

Once again in the same prayer Jesus said; ²⁵ O righteous Father! The world has not known You, but I have known You; and these have known that You sent Me.

In the Garden of Gethsemane in **Mark 14:36**.

³⁶ And He said, “Abba, Father, all things *are* possible for You. Take this cup away from Me; nevertheless, not what I will, but what You *will*.”

On the cross in **Luke 23:46**

⁴⁶ And when Jesus had cried out with a loud voice, He said, “Father, ‘into Your hands I commit My spirit.’ ” Having said this, He breathed His last.

The apostle Paul in **Ephesians 3:14** said;

¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ,

So, the first thing we are instructed to do when entering into prayer is to direct our prayers to the Father and reverence His name and all that He is. (Next time we are going to look at how to reverence His name in prayer.)

With this background and instruction from the Word, **the first deception I would like to speak about is:**

Breathe prayer; is a method of praying, it is the practice where you empty your mind and replace it with a name of God or a short biblical phrase and saying it over and over again.

Always, always, ask yourself: where in the Bible do you see these practices?

Absolutely nowhere.

The scriptures never exhort, command, or teach us to empty our minds.

Most who practice this in the Christian church use Psalm 46:10; “Be still and know that I am God.” As a scriptural basis for emptying the mind, however this verse is absolutely not teaching that.

Be still means: to take your post before God, to set yourself before Him.

To know that He is God means: to ponder the character of God with the knowledge that fills your mind and thoughts.

Emptying of the mind is about non-attachment to thoughts, it is a silencing of the mind. This is an eastern meditation practice and invites demonic attack.

Guided mindfulness meditation (used with staff in corporate settings and some churches) and is nothing about mindfulness; it is about emptying the mind.

Scripture says the following about what we are to do with our minds:

In Mark 12:30; ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

In 2 Corinthians 10:5; we are to take our thoughts captive to the obedience of Christ. This means to actively monitor, control and align your mental processes with the truths of the Word.

In 1 Corinthians 2:16; we are to have and know the mind of Christ. His humility and truth are to fill our minds

In Philippians 4:6-7; our hearts and minds are guarded by God’s peace. His peace should fill our minds.

In Colossians 3:2; we are told to set our minds on things above. Thoughts of eternal life and eternal things are to fill our minds.

In Romans 8:6; we are told that our minds are to governed by the Spirit.

In Romans 12:2; we are to be transformed by the renewing of our minds.

In Philippians 4:8; we are to think on what is true, noble, right, pure, lovely, admirable, what is excellent and praiseworthy, we are to think on these things. We are to think and center our minds on these things.

Another thing in the practice of breathe prayer that doesn't align with scripture is that there is repetition of words or phrases. This is a form of mantras.

Mantras are sacred sounds, syllables, words, or phrases—often in Sanskrit (an ancient Indo-Aryan language)—used in meditation, prayer, and yoga to focus the mind, foster positive states, and achieve spiritual, mental, or emotional benefits. Originating from ancient Vedic and tantric traditions, they are believed to possess mystical power, with "mantra" translating to "tools to free the mind". Or emptying of the mind.

Our beloved Savior made it a point to instruct us not to prayer repetitive prayers in [Matthew 6:7](#).

[7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.](#)

The AMP reads:

[7 And when you pray, do not heap up phrases \(multiply words, repeating the same ones over and over\) as the Gentiles do, for they think they will be heard for their much speaking.](#)

Beware of a new book just released entitled, “Breathe as Prayer” by Jennifer Tucker.

A good rule of thumb is that when you pick up a trendy Christian book, before purchasing or taking it into your heart you need to do the following:

1. Research the author, the church they attend, who they associate themselves with, and their beliefs.
2. The other thing you need to do is compare the teachings within the book with the Word of God.

So, Jennifer Tucker:

She is also a gifted illustrator and she illustrated for the Message Bible; right away this is a red flag because the Message Bible is a complete mess and is filled with inaccuracies.

Also, Ann Voskamp wrote the forward to Tucker's new book **“Breathe as Prayer”**

In Voskamp's book *One Thousand Gifts*; Speaks of an unholy intimacy with God “This sensuality finds its apex in the last chapter of the book *One Thousand Gifts*; which begins with this sentence: “*I fly to Paris and discover how to make love to God*” (Voskamp: 201). As a true romantic, she finds the ultimate intimacy (her term) through various experiences in Paris.

The term "intimacy" is not found in the Bible. It is a sensual term that enhances the romantic appeal of Voskamp's book.

The summary of Jennifer Tucker's book, Breathe as Prayer listed on the publisher's website is as follows:

(Now, Keep in mind that you must always use discernment because 99 % of a book or resource can be on target with the Word of God but the 1 % error can take you on a deceptive road.)

You see, satan is subtle in His attempts to tarnish God's Word and your life; he attacks by twisting the truth. Sometimes ever so slightly.

The publisher's website reads: Breathe as Prayer guides readers through the ancient practice of breath prayer and offers prayers to call upon as you embrace a daily practice of abiding with Christ. Approachable teaching on the crossroads of faith and science alongside inspiring original art and topical prayers offer tools for alleviating anxiety and deepening your faith.

Here we see that Science and faith are being mixed together.

Ancient practices fuel the Contemplative Movement today.

Ancient practices include the Desert Fathers' mysticism and asceticism (severe self-discipline and avoidance of all forms of indulgence) somehow appears more spiritual than what we see in the church today. So, people are drawn to it. The Apostle Paul addressed this in the first century in his letter to the Colossians:

Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, (Colossians 2:18)

Five verses later he comments on the origins and value of these practices:

These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh. (Colossians 2:23)

Richard Foster, leading emergent author recommends breath prayer; breathe in a short word or phrase and repeat it in conjunction with the breath. Ladies, this is classic contemplative mysticism.

We should not practice breathe prayer because its origins are found in eastern mysticism and not found in the Word of God.

So, the evidence of who Jennifer Tucker associates herself with and the lack of scriptural truth on prayer found her book, dictates that you should have nothing to do with it.

Circle prayer:

The term *prayer circle* has changed in meaning through the years. In days gone by, when believers would gather in a circle to pray, they would call that a prayer circle. Today, a prayer circle can also refer to a method of “claiming” certain things in prayer: a circle literally drawn around things a person wants or the circuit taken by people who walk in circles around areas as way of “claiming” them in Jesus’ name.

The concept of prayer circles has become popular, in part, from the bestselling book *The Circle Maker* by Mark Batterson. The author says, “Drawing prayer circles around our dreams isn’t just a mechanism whereby we accomplish great things for God. It’s a mechanism whereby God accomplishes great things in us.” Batterson uses the legend of Honi the Circle Maker as the basis of his prayer method.

Honi Ha-Ma’agel was a Jewish scholar from the first century BC. According to the story, Honi drew a circle in the dust, stood inside it, and told God he would not move until it rained. When it started to sprinkle, Honi informed God that he wanted more rain. It then began to pour. Then he wanted a calm rain, so he told God, and the rain calmed. In the book, Batterson uses Honi’s example to encourage his readers to draw prayer circles around their dreams, family, job, problems, goals, and so on.

Habakkuk 2:1 “I will stand my watch”... is used as reference for those who use the method of circle prayer.

However, they are not reading the rest of the verse:

Habakkuk 2:1

I will stand my watch
And set myself on the rampart,
And watch to see what He will say to me,
And what I will answer when I am corrected.

Standing watch is not circling our prayers and demanding God to answer.

The Word of God never instructs us to draw visual prayer circles around our prayer requests.

We must be discerning in the days we live. Please research a bible study teachers before purchasing books and please compare all that is presented before you to the truths of God’s Word.

Current day Women teachers to discerning about:

Beth Moore appears with those who teach contemplative prayer. Beth teaches men at conferences and in Sunday morning services. (1Tim 2:12). She partners with word of faith teachers. She partners with and is being influenced by them.

Priscilla Shryer

Was the actress in the War Room; Priscilla teaches Christians to “listen for God’s voice” in an unbiblical form of “prayer” called contemplative prayer. Combining elements of Eastern mysticism and New Age spirituality, this practice of emptying the mind and listening for God’s voice is found nowhere in Scripture.

Priscilla partners and associates with teachers such as Joyce Meyer, Christine Caine, Joel an:1d Victoria Osteen, Beth Moore, and T.D. and Serita Jakes (see below). All of these people are proponents of the false and anti-biblical Word of Faith (prosperity gospel) doctrine.

Joyce Meyer

Primary issues with Joyce Meyer: Word of Faith (prosperity gospel) heresy, twists and mishandles Scripture, she has the title pastor. Joyce yokes with numerous false teachers. Name what you want and claim it as your own is a practice never taught in the Word of God.

Any Teaching on prayer that deviates from biblical principles often focus on selfish gain, formulaic manipulation, or self-exaltation rather than aligning with God’s will.

Several key unbiblical teachings on prayer include:

The Prosperity/Selfish Prayer: Viewing prayer solely as a tool to gain personal, material desires or to satisfy selfish passions, ignoring biblical calls to ask according to God's will and for His glory (Matthew 6:10 Your kingdom come. Your will be done. On earth as *it is* in heaven.)

The Formulaic/Manipulative Prayer: The belief that specific, repetitive, or "magic" words can compel God to act, which contrasts with the biblical warning against "vain repetitions" (**Matthew 6:7** And when you pray, do not use vain repetitions as the heathen *do*. For they think that they will be heard for their many words.)

Prayer for Public Recognition: Using prayer to showcase spirituality or "preach" at others, rather than engaging in humble, secret communication with God (**Matthew 6:5** ⁵“And when you pray, you shall not be like the ^{la}hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.)

Ignoring Moral Alignment: Praying while harboring unrepentant sin, bitterness, or an unforgiving spirit, which the Bible teaches hinders communication with God. (**Mark 11:25-26** ²⁵“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ But if you do not forgive, neither will your Father in heaven forgive your trespasses.”)Demanding Rather Than Requesting: Treating prayer

as a command rather than a humble petition, which defies the biblical pattern of surrendering to God's will (**Luke 22:41-42** ⁴¹ And He was withdrawn from them about a stone's throw, and He knelt down and prayed, ⁴² saying, "Father, if it is Your will, take this cup away from Me; nevertheless, not My will, but Yours, be done.").

Scriptures on the Word.

Psalm 119:160 AMPC

¹⁶⁰ The sum of Your word is truth [the total of the full meaning of all Your individual precepts]; and every one of Your righteous decrees endures forever.

John 1:1-3

¹ In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. ³ Through him all things were made; without him nothing was made that has been made.

John 17:17

¹⁷ Sanctify them by Your truth. Your word is truth.

Romans 15:4 AMP

⁴ For whatever was thus written in former days was written for our instruction, that by [our steadfast and patient] endurance and the encouragement [drawn] from the Scriptures we might hold fast to *and* cherish hope.

A woman of prayer must be a woman of the Word.

The Word is perfect, timeless, stand alone, and it is enough. May your hearts cry be like:

Jeremiah 15:16 (NKJV)

¹⁶ Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O LORD God of hosts.

Psalm 119:161-162

¹⁶¹ Princes persecute me without a cause,
But my heart stands in awe of Your word.

¹⁶² I rejoice at Your word
As one who finds great treasure.

Job 23:12

I have not departed from the commandment of His lips;
I have treasured the words of His mouth
More than my necessary *food*.

Psalm 119:111 (NKJV)

¹¹¹ Your testimonies I have taken as a heritage forever, For they *are* the rejoicing of my heart.

Psalm 119:140

Your word *is* very pure;
Therefore Your servant loves it.

Romans 7:12

¹² Therefore the law *is* holy, and the commandment holy and just and good.

The Word of God is unfading, never ending, and it is absolute truth. May you be the watchman on the wall, may you cry out danger is near.

May the truth of God's Word lead you to rest in the reliability that is contained within it! I pray that you will love the Word with an undying love! That you will hold fast to the Word. To pray as instructed in God's Word.

- John Bunyan – Summed it up this evening's study in one quote:

Prayer is "a sincere, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit, for such things as God has promised, or according to his Word, for the good of the church, with submission in faith to the will of God."

Let's Pray.