

Empowered To Win (Part 1)
Tips For Developing Your Prayer Life
4.27.2025

Introduction

I want to talk to you today about developing your personal prayer life.

One of the most important things we can do right now is develop our prayer life and keep it strong.

The spiritual pressure has never been greater!

Don't wait for the crisis of life to come to learn to pray. Learn to pray before the crisis, or you will be at a disadvantage.

Proverbs 15:8 (NKJV)

The sacrifice of the wicked is an abomination to the LORD,
But the prayer of the upright is His delight.

Proverbs 15:8 (BBE)

The offering of the evil-doer is disgusting to the Lord, but the prayer of the upright man is his delight.

Get into the Word. Even better, get the Word into you! Then learn to pray!

In my first Bible School in SC, I heard this definition of prayer:

Prayer is praying in the name of Jesus, according to the Word of God, by the Holy Spirit, without ceasing.

Romans 12:12 (PHILLIPS)

Base your happiness on your hope in Christ. When trials come, endure them patiently,
steadfastly maintain the *habit* of prayer.

What kind of prayer habits do you have?

Have you developed your ability to pray?

I started my life praying - Now I lay me down to sleep...God is great! God is good, let us thank Him for our food...Our Father, which art in heaven...
I've grown beyond that now. Have you?

In 1984, God dealt with me about getting up early to meet with Him, first of all in reading the Word, and then in prayer.

You wouldn't think of leaving home in the morning without dressing yourself!

We should not think of leaving home without praying about our day!

You deal with the demonic realm in prayer oppression/depression/fear panic attacks, etc

Ephesians 6:10-18 (NLT)

A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. 12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. 13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. 14 Stand your ground, putting on the belt of truth and the body armor of God's righteousness. 15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared. 16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. 18 Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

We build up an ability to pray effectively over time.

Just like learning to drive a car, you learn by doing.

Isaiah 28: 10 (NKJV)

For precept must be upon precept, precept upon precept, Line upon line, line upon line, Here a little, there a little."

Incremental maturity is a part of life, including our prayer life.

Mark 4:28 (NLT)

The earth produces the crops on its own. First a leaf blade pushes through, then the heads of wheat are formed, and finally the grain ripens.

In most everything in life, we start small and grow.

I've been developing my praying for 48 plus years now.

Start where you are and develop your own prayer life.

Here are 4 tips to help you grow in prayer:

1. Meditate the scriptures about God's Fatherly love for you.

Even though I have a church background as a child, I still had the idea that God sort of tolerated me, and that He loved me because He had to, not because He wanted to love me.

John 16:27 (NKJV)

For the Father Himself loves you, because you have loved Me, and have believed that I came forth from God.

John 16:27 (AMP)

For the Father Himself [tenderly] loves you because you have loved Me and have believed that I came out from the Father.

John 17:23 (NKJV)

I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.

Psalms 103:8-13 (NKJV)

The LORD is merciful and gracious, slow to anger, and abounding in mercy. 9 He will not always strive with us, nor will He keep His anger forever. 10 He has not dealt with us according to our sins, nor punished us according to our iniquities. 11 For as the heavens are high above the earth, so great is His mercy toward those who fear Him; 12 As far as the east is from the west, So far has He removed our transgressions from us. 13 As a father pities his children, so the LORD pities those who fear Him.

Psalms 145:8-9 (NKJV)

The LORD is gracious and full of compassion, slow to anger and great in mercy. 9 The LORD is good to all, and His tender mercies are over all His works.

Psalms 145:14-19 (NKJV)

The LORD upholds all who fall, and raises up all who are bowed down. 15 The eyes of all look expectantly to You, and You give them their food in due season. 16 You open Your hand and satisfy the desire of every living thing. 17 The LORD is righteous in all His ways, gracious in all

His works. 18 The LORD is near to all who call upon Him, to all who call upon Him in truth. 19 He will fulfill the desire of those who fear Him; He also will hear their cry and save them.

Psalms 146:8-9 (NKJV)

The LORD opens the eyes of the blind; the LORD raises those who are bowed down; the LORD loves the righteous. 9 The LORD watches over the strangers; He relieves the fatherless and widow; but the way of the wicked He turns upside down.

2. Get to know the scriptures that promise answered prayer.

In church as a child I heard this about prayer: Sometimes God says yes, sometimes God says no, and sometimes He says nothing.

So prayer was sort of hit and miss. You just really never knew if He was going to answer your particular prayer. If it was answered, it was His will. If it was not answered, it was not His will.

So, the idea I got was that God pretty much did what He wanted to do. It was all up to Him and I had little to do with it, except to acknowledge that He is God and His ways are best. And I just need to accept whatever comes as His will.

Most of the religious world thinks that way.

But, what does God's Word say?

What God's Word says is SO different than what I just mentioned!

Matthew 21:22

And whatever things you ask in prayer, believing, you will receive.

Mark 11:24

Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

Luke 11:9-10 (NKJV)

So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

John 15:7

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

John 16:23-24

And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. 24 Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

1 John 3:22-23

And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.

1 John 5:14-15

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. 15 And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

Faith for answered prayer comes from knowing the Word of God about prayer.

Romans 10:17 (NKJV)

So then faith comes by hearing, and hearing by the word of God.

I have made these scriptures a part of me, so that any time a crisis arises, I am ready to pray!

3. Find a private place, and begin respectfully to talk to God in conversational tones.

Matthew 6:6-8 (NKJV)

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. 8 Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

Matthew 14:23 (NKJV)

And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

Mark 1:35 (NKJV)

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Luke 5:16 (NKJV)

So He Himself often withdrew into the wilderness and prayed.

Luke 9:18 (NKJV)

And it happened, as He was alone praying, that His disciples joined Him, and He asked them, saying, "Who do the crowds say that I am?"

Luke 6:12 (NKJV)

Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.

What do you consider your private place of prayer? It may be an upstairs room away from everyone.

It may be a walk. I started out going on walks in my neighborhood so that I would not fall asleep while praying!

I like to kneel to pray. When I trained my body not to fall asleep, I started a habit of praying on my knees many years ago.

Recently, I started walking in the morning and praying. Find what works for you.

I encourage a solitary place and not just praying on the run, like on your commute to work. I do too, but I also have solitary time.

Susan and I pray together too, but we have our own solitary time as well.

The more frequently you talk to someone, the deeper the conversation.

And times of silence don't bother you. Susan and I talk all time, so when we're together and don't talk, it's ok.

4. Start talking to Him about your most pressing needs. Ask and expect Him to answer!

Start with thanksgiving and praise.

Psalms 100:4 (NKJV)

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.

Then just tell Him what is happening, how it concerns you, and ask Him to work it out!

Philippians 4:6-7 (NKJV)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6 (PHILLIPS)

Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus.

1 Peter 5:7 (NKJV)

Casting all your care upon Him, for He cares for you.

1 Peter 5:7 (PHILLIPS)

You can throw the whole weight of your anxieties upon him, for you are his personal concern.

1 Peter 5:7 (AMPC)

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

5. Keep an unconscious attitude of prayer, praise and thanksgiving throughout the day.

1 Thessalonians 5:16-18 (NKJV)

Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.

Ephesians 6:18 (NKJV)

Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

I pray in the spirit under my breath when I'm in the grocery store, or working in the yard, or doing something around the house. The idea is to stay in fellowship with God your Father all day long!

Smith Wigglesworth:

I don't usually pray more than 30 minutes, but I never go more than 30 minutes without praying!

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- 2. Get to know the scriptures tht promise answered prayer.**
- 3. Find a private place, and begin respectfully to talk to God in conversational tones.**
- 4. Start talking to Him about your most pressing needs. Ask and expect Him to answer!**
- 5. Keep an unconscious attitude of prayer, praise and thanksgiving throughout the day.**

Action Points:

1. Is your prayer life growing, or has it remained about the same?
2. Can you easily approach God as your Father?
3. Do you expect answers when you pray?
4. Do you seek to keep an unconscious attitude of prayer going throughout your day?