

## TECHNIQUES IN PRAYER

### Acts 16:25-27 NLT

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### Revelation 8:1-5 KJV

[1] And when he had opened the seventh seal, there was silence in heaven about the space of half an hour. [2] And I saw the seven angels which stood before God; and to them were given seven trumpets. [3] And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. [4] And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand. [5] And the angel took the censer, and filled it with fire of the altar, and cast it into the earth: and there were voices, and thunderings, and lightnings, and an earthquake.

### Prayer must be approached positionally and practically

#### Ephesians 2:6 KJV

[6] And hath raised us up together, and **made us sit together in heavenly places in Christ Jesus:**

#### Philippians 2:5 KJV

[5] Let this mind be in you, which was also **in Christ Jesus:**

#### Colossians 3:1-2 AMPC

[1] If then you have been raised **with Christ** [to a new life, thus sharing His resurrection from the dead], aim at and seek the [rich, eternal treasures] that are above, where Christ is, seated at the right hand of God. [2] And **set your minds and keep them set on what is above (the higher things)**, not on the things that are on the earth.

#### Colossians 3:1-2 TPT

[1] Christ's resurrection is your resurrection too. This is why we are to yearn for all that is above, for that's where Christ sits enthroned at the place of all power, honor, and authority! [2] Yes, **feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm.**

## **Bible evidence of how natural actions can activate spiritual movements in our lives.**

### **2 Kings 13:14-19 NKJV**

[14] Elisha had become sick with the illness of which he would die. Then Joash the king of Israel came down to him, and wept over his face, and said, "O my father, my father, the chariots of Israel and their horsemen!" [15] And Elisha said to him, "Take a bow and some arrows." So he took himself a bow and some arrows. [16] Then he said to the king of Israel, "Put your hand on the bow." So he put his hand on it, and Elisha put his hands on the king's hands. [17] And he said, "Open the east window"; and he opened it. **Then Elisha said, "Shoot"; and he shot.** And he said, "The arrow of the LORD's deliverance and the arrow of deliverance from Syria; for you must strike the Syrians at Aphek till you have destroyed them." [18] Then he said, "Take the arrows"; so he took them. And he said to the king of Israel, "Strike the ground"; so he struck three times, and stopped. [19] And the man of God was angry with him, and said, **"You should have struck five or six times; then you would have struck Syria till you had destroyed it! But now you will strike Syria only three times."**

### **Exodus 17:11-13 NKJV**

[11] And so it was, when **Moses held up his hand**, that Israel prevailed; and when he let down his hand, Amalek prevailed. [12] But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun. [13] So Joshua defeated Amalek and his people with the edge of the sword.

### **Luke 8:43-48 NKJV**

[43] Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, [44] **came from behind and touched the border of His garment.** And immediately her flow of blood stopped. [45] And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" [46] But Jesus said, "Somebody touched Me, for I perceived power going out from Me." [47] Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. [48] And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace."

### **Malachi 4:2 NKJV**

[2] But to you who fear My name **The Sun of Righteousness shall arise With healing in His wings;** And you shall go out And grow fat like stall-fed calves.

### **1 Kings 11:29-32 NKJV**

[29] Now it happened at that time, when Jeroboam went out of Jerusalem, that the prophet Ahijah the Shilonite met him on the way; and he had clothed himself with a new garment, and the two were alone in the field. [30] Then Ahijah took hold of the new garment that was on him, **and tore it into twelve pieces.** [31] And he said to Jeroboam, "Take for yourself ten pieces, for thus says the LORD, the God of Israel: **'Behold, I will tear the kingdom out of the hand of Solomon and will give ten tribes to you** [32] (but he shall have one tribe for the sake of My servant David, and for the sake of Jerusalem, the city which I have chosen out of all the tribes of Israel),

## **UNDERSTANDING THE TECHNIQUE OF THE MIND IN PRAYER:**

### **1 Corinthians 14:14-15 NKJV**

[14] For if I pray in a tongue, my spirit prays, **but my understanding is unfruitful.** [15] What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding.

### **1 Corinthians 14:14-15 AMPC**

[14] For if I pray in an [unknown] tongue, my spirit [by the Holy Spirit within me] prays, but my mind is unproductive [it bears no fruit and helps nobody]. [15] Then what am I to do? I will pray with my spirit [by the Holy Spirit that is within me], **but I will also pray [intelligently] with my mind and understanding;** I will **sing** with my spirit [by the Holy Spirit that is within me], but I will sing [intelligently] with my mind and understanding also.

### **Jude 1:20 AMPC**

[20] But you, beloved, **build yourselves** up [founded] on your most holy faith [make progress, rise like an edifice higher and higher], praying in the Holy Spirit;

### **2 Corinthians 10:3-5 KJV**

[3] For though we walk in the flesh, we do not war after the flesh: [4] (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) [5] Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

### **2 Corinthians 10:3-5 TPT**

[3-4] For although we live in the natural realm, we don't wage a military campaign employing human weapons, using manipulation to achieve our aims. Instead, our spiritual weapons are energized with divine power to effectively dismantle the defenses behind which people hide. [5] We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.

### **Proverbs 4:23 AMPC**

[23] Keep and **guard your heart with all vigilance** and above all that you guard, for out of it flow the springs of life.

### **Genesis 11:6-7 AMPC**

[6] And the Lord said, Behold, they are one people and they have all one language; and this is only the beginning of what they will do, **and now nothing they have imagined they can do will be impossible for them.** [7] Come, let Us go down and there confound (mix up, confuse) their language, that they may not understand one another's speech.

## **UNDERSTANDING FULL BODY TECHNIQUES IN PRAYER:**

### **Psalm 47:1-2,5-7 KJV**

[1] O **clap your hands, all ye people; shout unto God with the voice of triumph.** [2] For the Lord most high is terrible; he is a great King over all the earth. [5] God is gone up with a shout, the Lord with the sound of a trumpet. [6] **Sing praises to God,** sing praises: sing praises unto our King, sing praises. [7] For God is the King of all the earth: **sing ye praises with understanding.**

### **Psalm 149:6-9 KJV**

[6] **Let the high praises of God be in their mouth, and a twoedged sword in their hand;** [7] **To execute vengeance** upon the heathen, and punishments upon the people; [8] To bind their kings with chains, and their nobles with fetters of iron; [9] To execute upon them the judgment written: this honour have all his saints. Praise ye the Lord.

### **Ezekiel 6:10-12 NLT**

[10] They will know that I alone am the LORD and that I was serious when I said I would bring this calamity on them. [11] "This is what the Sovereign LORD says: **Clap your hands in horror, and stamp your feet.** Cry out because of all the detestable sins the people of Israel have committed. Now they are going to die from war and famine and disease. [12] Disease will strike down those who are far away in exile. War will destroy those who are nearby. And anyone who survives will be killed by famine. So at last I will spend my fury on them.

## **OUR SHOUTS**

### **Joshua 6:20 NKJV**

[20] So the people shouted when the priests blew the trumpets. And it happened when the people heard the sound of the trumpet, and **the people shouted with a great shout, that the wall fell down flat.** Then the people went up into the city, every man straight before him, and they took the city.

## **WHEN WE STAMP OUR FEET**

### **Luke 10:18-19 KJV**

[18] And he said unto them, I beheld Satan as lightning fall from heaven. [19] Behold, I give unto you **power to tread on serpents and scorpions, and over all the power of the enemy:** and nothing shall by any means hurt you.

## **WHEN WE DECLARE THE WORD OF GOD**

### **Isaiah 51:16 KJV**

[16] And I have put **my words in thy mouth,** and I have covered thee in the shadow of mine hand, **that I may plant the heavens,** and lay the foundations of the earth, and say unto Zion, Thou art my people.

### **Jeremiah 23:29 KJV**

[29] Is not **my word like as a fire?** saith the Lord ; and like a **hammer that breaketh** the rock in pieces?

### **Ephesians 6:17 KJV**

[17] And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

## **PRAYER ACTIONS CSUSES SPIRITUAL MOVEMENTS:**

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## **APPENDIX**

Objects, actions or creatures that have a deeper significance and are so understood by those who see them or use them.

### **Symbolic objects**

The rainbow: a symbol of God's covenant See also [Ge 9:13](#); [Eze 1:28](#); [Rev 4:3](#)

A stairway: a symbol of the way to God [Ge 28:11-13](#); [Jn 1:51](#)

Thunder, lightning, cloud and smoke: symbols of God's majesty [Ex 19:16-18](#); [Ex 24:17](#); [Ps 97:2,4](#); [Rev 4:5](#); [Rev 8:5](#); [Rev 11:19](#)

Thunder: a symbol of God's voice [Ps 29:3](#); [Ps 68:33](#)

Trumpets: a symbol of God speaking [Ex 19:19](#); [Rev 8:6](#)

The pillar of cloud and fire: a symbol of guidance [Ex 13:21](#)

A throne: a symbol of God's glory [Isa 6:1](#); [Eze 1:26](#); [Rev 4:2](#); [Rev 22:3](#)

Dry bones: a symbol of spiritual death [Eze 37:1-2,11](#)

White hair: a symbol of wisdom [Da 7:9](#); [Rev 1:14](#)

The wind: a symbol of the Holy Spirit [Jn 3:8](#); [Ac 2:2](#)

Fire: a symbol of the Holy Spirit [Ac 2:3](#)

Stars and lampstands: symbols of God's ministers [Rev 1:20](#)

A signet ring: a symbol of authority [Est 8:10](#); [Hag 2:23](#)

Arrows: symbols of God's judgments [Ps 38:2](#); [Ps 120:4](#)

A sceptre: a symbol of God's rule [Ps 2:9](#); [Rev 2:27](#); [Rev 19:15](#)

The capstone: a symbol of pre-eminence [Mt 21:42](#) pp [Mk 12:10-11](#) pp [Lk 20:17](#); [Ps 118:22](#)

A rock: a symbol of stability [Ps 18:2](#); [Ps 40:2](#)

The human body: a symbol of interdependence [1Co 12:27](#)

Grass: a symbol of human frailty [Ps 90:5-6](#); [1Pe 1:24](#)

### **Symbolic creatures**

The serpent: a symbol of Satan's subtlety [Ge 3:1](#); [Rev 12:9](#); [Rev 20:1-3](#)

Locusts: a symbol of God's judgment [Ex 10:12](#); [Joel 1:4](#); [Rev 9:3](#)

Beasts: symbols of earthly kingdoms [Da 7:2-7,17](#); [Da 8:20-22](#)

A dove: a symbol of the Holy Spirit [Mt 3:16](#) pp [Mk 1:10](#) pp [Lk 3:22](#)

A lamb: a symbol of Jesus Christ's sacrifice [Rev 5:6](#)

### **Symbolic actions**

Breaking a jar: a symbol of the destruction of Jerusalem [Jer 19:10-11](#)

The cursing of a fig-tree: a symbol of judgment [Mt 21:18-19](#) pp [Mk 11:12-14](#)

Washing hands: a symbol of innocence [Mt 27:24](#)

Being thirsty: a symbol of spiritual need [Ps 63:1](#); [Jn 7:37](#)

Baptism: a symbol of salvation in Jesus Christ [Ac 22:16](#); [Ro 6:3-4](#); [1Pe 3:21](#)

The Lord's Supper: a symbol of union with Christ [Mt 26:26-29](#) pp [Mk 14:22-24](#) pp [Lk 22:19-20](#) pp [1Co 11:23-26](#)

Anointing: a symbol of empowering by God's Spirit [1Sa 16:13](#); [Lk 4:18](#); [Isa 61:1](#)

Harvesting: a symbol of judgment day [Joel 3:12-13](#); [Mt 13:29-30](#); [Rev 14:15](#)

Tearing garments: a symbol of anger and sorrow [Ge 37:29,34](#); [Jos 7:6](#)

Spitting: a symbol of contempt [Isa 50:6](#); [Mt 26:67](#) pp [Mk 14:65](#)

Shaking off dust: a symbol of rejection [Mt 10:14](#) pp [Lk 9:5](#); [Ac 13:51](#)

Sitting in sackcloth and ashes: a symbol of repentance [Ps 69:11](#); [Isa 22:12](#); [Jnh 3:5-6](#); [Mt 11:21](#)

Lifting of hands: a symbol of prayer [Ps 63:4](#); [1Ti 2:8](#)

Covering the head: a symbol of submission [1Co 11:3-10](#)

Symbols expressing God's nature and character

God's face: a symbol of his presence [Nu 6:25-26](#); [Ps 34:16](#)

God's arm or hand: a symbol of his power [Ps 21:8](#); [Ps 89:13](#)

God's eyes: a symbol of his awareness [Pr 15:3](#); [1Pe 3:12](#)

God's ear: a symbol of God listening [Ps 31:2](#); [Isa 59:1](#)