



**EFFECTIVE
PRAYER**
DEVOTIONAL

Paula White

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ONE

Effective Prayer

Prayer, or communication with God, is vital to living a victorious life in Christ and how we relate to God through Jesus Christ. Prayer is simply communication with God. Let me ask you something. If you quit speaking with your best friend, would that relationship prosper? What about your relationship with your spouse? Relationships need to be cultivated to grow. We do that through communication.

Just like relationships with other people, communication with God strengthens your connection to Him. He is always there, and He is always speaking, but we are not always hearing. Prayer keeps you in tune with God's heart, God's voice and His direction for your life. As you pray and your connection with God through Jesus Christ begins to grow, your life shifts into a different place as you experience victory and inherit the promises of God. Everything in your life flows out of this one relationship – your relationship to God through Christ Jesus.

“And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. And he said unto them, when ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.”
Luke 11:1-4

But HOW do we pray? In the text above, even the disciples are asking this question. We all want to know how to pray! The book of James says, “The effectual, fervent prayer of a righteous man avails much.” (James 5:16b). The word “avails” used here means:

“to be strong in body, to be robust, to be in sound health; to have power as shown by extraordinary deeds; to exert, wield power, to have strength to overcome; to be a force; to be serviceable; to be able.”

How do we get to this place? How do we pray effectively so that we “avail” much? How can we pray robustly, so that we have power as shown by extraordinary deeds and be a force to be reckoned with? How can we pray so that we wield the power of Almighty God to move mountains? We need effective prayer!

TWO

Follow the Principles

Prayer is communication with God, so let's talk about communication for a second. Communication itself can be broken down into three phases based on a person's maturity level:

- 1) Baby prayers. Mostly petitions. "I need"
- 2) Adolescent prayers. Prayer is developing based on understanding. "I need a bath."
- 3) Adult prayers. Prayer conversationalist with God through Jesus Christ. Develops relationship through prayer. "Father, I thank You for today and for who You are. Show me Your plans for today."

"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;"

Eph 6:18

"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,"

Eph 6:18 NASU

There are eight different types of prayer that the Bible specifically references that we're studying this month. Paul infers in Ephesians 6:18 above that there are different types of prayers. If there weren't, then he would have simply said, "praying always".

The Bible teaches several kinds of prayer and different laws or principles governing them. In the field of sports, you wouldn't play basketball with football rules – it wouldn't work! We will look at the different types of prayer extensively this month explaining practical concepts of "what"

you would pray and “when” you would pray it. We’re going to examine and pursue an effective prayer life. Effective prayer is one of the building blocks for a strong spiritual foundation!

What are the primary types of prayer found in the Word of God? Here is a list for us to study and develop in our own lives as we walk with Christ.

1) Prayer of Faith. The prayer of petition, or to change things.

“And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”

Matt 21:22

2) Prayer of Consecration. The prayer of dedication, or to be set apart by God for His purposes.

“Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.”

Luke 22:42

3) Prayer of Commitment. The prayer of committing a person, event or circumstance to God; the act of laying that person, event or circumstance aside as a burden that must be released.

“Casting all your care upon him; for he careth for you.”

1 Peter 5:7

4) Prayer of Worship.

“As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.”

Acts 13:2

5) Prayer in Agreement.

“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

6) Prayer in the Spirit.

“For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit in the spirit he speaketh mysteries.”

1 Corinthians 14:2

“For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful. What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.”

1 Corinthians 14-15

7) United Prayer.

“And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.”

Acts 4:23-30 & 31

8) Intercessory Prayer.

“Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.”

Rom 8:34

“And the LORD appeared to Solomon by night, and said unto him, I have heard thy prayer, and have chosen this place to myself for an house of sacrifice. 13If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; 14If 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. Now mine eyes shall be open, and mine ears attend unto the prayer that is made in this place.”

2 Chronicles 7:12-15

Prayer, or communication with God, is crucial to our lives and how we relate to God through Jesus Christ. Prayer is simply communication with God. Relationships need to be cultivated to grow and this happens through communication. Just like relationships with people, communication with God strengthens your connection to Him. He is always there, and always speaking. Prayer keeps you in tune with God’s heart, voice and direction for your life. As you pray and your connection with God through Jesus Christ begins to grow, may your life shift into the Promised Land as victory and the promises of God overtake you. May you pray effectively and “avail” much. May you pray robustly with power and extraordinary deeds, and be a force to be reckoned with. In Jesus name, may the forces of hell shiver in fear as you go into your prayer closet to change your situation and others’ situations. May your prayer be so effective that by the power of Almighty God, you move mountains!

In your own words, what is prayer?

How are relationships best cultivated? How can you strengthen and cultivate your relationships with your loved ones?

“The effective, fervent prayer of a righteous man avails much.” James 5:16b

Reflect on the meaning of this word “avails in Greek. What part does the Lord make stand out to you the most? What is He showing to you as you digest this amazing word?

What prayer type are you most familiar with in your walk with Christ?

Is there a prayer type that maybe you hadn't heard of before or know less about than the others? How can you utilize it in your arsenal of spiritual weaponry?

Finally, what prayer type do you feel most passionate about? Do you feel that this is related to a gifting that the Lord has blessed you with or related to your calling somehow? Why or why not?

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THREE

Principles for Victory

There are a few things to keep in mind as you build a powerful prayer life. These are your principles for victory as you execute effective prayer. Our first principle begins with the bedrock and cornerstone of all spiritual authority and power... the name above every other name - the name of JESUS CHRIST.

1) Pray to the Father in Jesus' name.

“And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.”

John 16:23-24

2) Pray the Word of God.

“So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.”

Isaiah 55:11

A believer's prayer life must be built and based on His WORD. Faith begins where the will of God is known, and we know that God's Word is His will.

When standing on something in prayer, find scriptures that definitely promise what you are asking from God. Get those scriptures firmly fixed in your heart...not just your mind. To do that, you will have to meditate on the Word of God.

“This book of the law shall not depart out of thy mouth;
but thou shalt meditate therein day and night,
that thou mayest observe to do according to all that is written therein:
for then thou shalt make thy way prosperous,
and then thou shalt have good success.”

Josh 1:8

Another translation of this scripture put it this way, “...that thou mayest be able to deal wisely in the affairs of life.” Success in life comes by meditating on God’s Word. That’s the way you’ll build God’s Word into your spirit.

3) You must ask God for what you want and believe you receive when you pray.

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”

[Mark 11:24]

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: 8) For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

[Matt 7:7-8]

Certainly the Lord knows what we need even before we ask, but He still said for us to ask Him. The Bible says “... your heavenly Father knoweth that you have need of all these things...” (Matt. 6:32).

But He also tells you to ASK for what you need: “...ask, and ye shall receive, that your joy may be full...” (John 16:24).

I want you to understand one thing: to say that you are leaving it up to God and that you know He will automatically do what is best for you is, in most cases, unscriptural. God instructs us not to “worry,” but asking is essential.

4) Forgive if you are holding anything against anyone.

“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. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses.”

Mark 11:25-26

5) Remember you're in a spiritual battle.

I'm going to get into spiritual warfare as it relates to prayer later, but for now this must be covered: Both the kingdom of God and the kingdom of Satan's operate in hierarchical order; this is, there are grades of authority.

The hierarchy that is mentioned in Colossians 1:16-17, which says, “For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist.”

This scripture describes a different picture from the Satanic hierarchy in Ephesians 6:12 :

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

Notice that “...rulers of darkness of this age and spiritual hosts of wickedness in heavenly places” is NOT mentioned in the Colossians account.

God has angelic thrones with accompanying delegated authority in various capacities according to their assigned duties. Satan has sought to duplicate this divine order with a rival set-up to carry out his evil plans.

For example, God has chief angels appointed to oversee nations. Michael the archangel is a Chief Prince as revealed in Daniel 10:13 & 21.

When you're applying principles of effective prayer, you must be ever-conscious of this principle from God's Word: whatever you bind or loose on earth, the angels of God are MANDATED to enforce your

command in the heavens. You cannot gain access to a room without a key – so you cannot be able to bind & loose without knowledge. The keys to the kingdom related to binding and loosing is the knowledge of all the “DEVICES” of the devil. Ignorance in any area of your life gives the enemy the advantage!

“And 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.”

Mt 16:19

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“Bless the Lord, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.”

Ps 103:20

Angels do God’s Word and heed the voice of His Word. The “voice of His Word” refers to taking God’s Word and vocalizing it.

6) Finally, depend on the Holy Spirit’s help in prayer.

“Likewise the Spirit also helpeth our infirmities: for 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

Just like relationships with people, communication with God strengthens your connection with Him. Prayer keeps you one with God – prayer aligns you with His heart, His voice and His direction for your life. Everything flows out of your relationship with Christ Jesus.

Don’t leave your life in “default” – ask in prayer, so your joy will be full. Remember, neglecting the engagement of prayer with God to make your petitions known is unscriptural. You have the gift of communication with Almighty God! He wants to hear from you. He doesn’t booby trap your life and He isn’t out to “get” you. He wants to communicate and have relationship with you, answer prayers and give you His best! He has more to give you than you could ever realize! God is a good God. He will never fail you, forsake you or deceive you. Father God is a good God and He has good things for you!

Using the mighty name of Jesus, remembering His Word and engraving it in your heart, asking and believing for what you need will align you with God’s will. You must forgive and release everyone who has ever hurt you. This enables God to hear your prayers and clear the pathway for your answer! Remember you’re always in a spiritual battle. Depending on the Holy Spirit in prayer will ensure that you are protected with His covering and allows Him, in all His greatness to pray through you. Execute these principles of effective prayer and get victory like you have never known!

What are six keys to effective prayer?

Meditate on John 16:23-24 for a moment. “...Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.” What is God saying to us with this verse? Is there anything the Holy Spirit is “highlighting” to you?

What scriptures promise what you are asking for from God? What can you “stand” on in prayer to inherit your promise?

Reflect on God’s forgiveness for you for a moment. According to Psalm 103:12, he has removed your sin from you as far as the east is from the west. Is there anyone you need to extend the power of forgiveness towards? Did you know you could ask the Holy Spirit to put “His forgiveness” in your heart towards them? Write any reflections you have here.

Which principle of prayer is something you are strong in when praying? Which principle is something you might tend to not be as aware of?

What is God speaking to your heart as you meditate on the principles in this section? Does He have any directions for you, or are you inspired to make goals based on the principles here? What are they?

FOUR

Waging War

Prayer is spiritual warfare, and one of the ways spiritual warfare is waged is through prayer. ANY TIME YOU TAKE A STEP FORWARD IN THE KINGDOM OF GOD, THE KINGDOM OF DARKNESS BEGINS TO LOSE GROUND. That's why the devil comes to hinder your prayers. The fact that the enemy tries to hinder prayer is proof that prayer is effective in constraining the kingdom of darkness. Your prayers turn back the dominion of the enemy!

Prayer takes place in the spiritual realm – the place where the battle of good and evil rages on. God's Word proclaims in Hosea 4:6, "My people are destroyed for lack of knowledge..." We must gain Biblical knowledge and understanding of the spirit realm so that we can operate through God's power and in alignment with His order.

Effective prayer must engage the battle according to God's accurate order. Let's look at and gain insight about the structures and set up of the one we must plunder and have dominion over – Satan's kingdom.

"For we wrestle not against flesh and blood,
but against principalities, against powers,
against the rulers of the darkness of this world,
against spiritual wickedness in heavenly places."
Ephesians 6:12

1) Principalities.

This word in the Greek is "Archias", and it refers to princes of the underworld who manipulate certain sections of the universe.

Principalities are RULING SPIRITS assigned over nations and cities.

They exert their influence over heads of nations – Kings. They seek to control the political lives of these nations, using human heads as their main instrument of operation.

Their function is mainly detailing and directing plans for countries and cities, influencing men and women in government and positions of decision making in nations (see also 2 Tim 2:2 and Dan 10). They directly carry out the evil purposes of Satan.

2) Powers.

This is the second level of authority in Satan’s kingdom. They exert their authority over the decision-making bodies of a nation and influence the structures of all the governing authorities. They promote wickedness and injustice by controlling those in places of authority in the land.

Powers can also influence the thoughts and feelings of human beings. They can influence people to “kill, steal and indulge in all manner of destructive deeds.” They can influence Christians to slander, gossip, bear grudges, and backbite. It causes people to have a lackadaisical attitude towards the work of God.

Powers deceive believers into accepting a lie as truth and get them into a state of offense. They influence and operate through the media airwaves.

3) Rulers of Darkness.

This word in the Greek is “KOSMOKRATEROS”, which means world rulers. These powers are mandated by the devil to promote false religions and the occult practices – thereby enslaving the souls of men in deception. The main aim of these Rulers of darkness is to CONTROL. They operate by deception and place in people’s minds false teachings, false visions, and false dreams.

4) Spiritual Hosts of Wickedness.

After powers come the spiritual hosts of wickedness in heavenly realms. They promote lawlessness and wickedness in the land to ensnare souls of men in all manner of abominable sins.

The key to their operations resides in the word “wickedness”. Spiritual wickedness are responsible for such things as accidents, pre-mature death, suicides, delayed blessings, unseen obstacles, hindrances to progress and advancements.

They are very injurious & destructive in nature and may appear as angels of light & by their deception draw many away. Sometimes they try to influence & interfere with messages from the pulpit – they cause Christians to “sleep” – and be distracted. They convince the unsaved that all is well.

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.”

1 Peter 4:12-13

The fact that you are in a fight means something GREAT is about to come forth in your life. When purpose begins to manifest in your life, the enemy gets intimidated because you are NOW a THREAT.

Let's think about what a threat is. A threat is an expression of intention to inflict damage; a menace.” Spiritual assassins don't look for unimportant people. Assassins don't shoot bodyguards – they shoot those who are being guarded. You tackle the guy with the football, not the one on the bench.

However, without understanding the dynamics of Christian warfare, your fight will be futile. Don't engage in an “illegal battle” ignorantly! There is a code of conduct that is acceptable warfare. Effective prayer must engage the battle according to God's accurate order.

Prayer is spiritual warfare, and one of the ways spiritual warfare is waged is through prayer. ANY TIME YOU TAKE A STEP FORWARD IN THE KINGDOM OF GOD, THE KINGDOM OF DARKNESS BEGINS TO LOSE GROUND. That's why the devil comes to hinder your prayers. You have become a THREAT! The enemy will try convince you that you don't have time for prayer; that you're too tired, too busy; tries to say God won't hear you because you're not deserving; the enemy even tries

to tell you that your prayers don't do any good. The fact that the enemy tries to hinder prayer is proof that prayer is effective in constraining the kingdom of darkness. The devil is a liar! Your effective prayers destroy the dominion of the enemy!

Prayer takes place in the spiritual realm – the place where the ultimate battle of good and evil struggles and rages on. God's Word proclaims in Hosea 4:6, "My people are destroyed for lack of knowledge..." We must gain Biblical knowledge and understanding of the spirit realm so that we can operate through God's power and in alignment with His order, and become victorious in every way!

Where does prayer take place?

Fill in the blanks: Effective _____ must engage the battle according to God's accurate _____. Why do you think this is?

Do you ever experience your prayers being hindered, or feel your ability to pray has been hindered? (For example, you try to have prayer time and your phone rings, or you suddenly feel struck with anxiety and tiredness). Why is the enemy trying to hinder you from praying and also trying to hinder your prayers?

What do principalities do?

Reflect on this Scripture. “Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.” 1 Timothy 2:1-3. How does this Scripture fit in with spiritual warfare and principalities?

FIVE

Capturing the Spoils

“I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come. God has put all things under the authority of Christ and has made him head over all things for the benefit of the church.”
Ephesians 1:19-22 NIV

The war of ages was fought and won over 2000 years ago. Jesus said, “It is finished.” Therefore, by faith we must acknowledge and claim the blessing from His victory. The “good fight of faith” is to believe, receive and confiscate Calvary’s spoils. This is spiritual warfare because to activate the blessing of God means to dominate and eliminate the kingdom of darkness in your sphere of influence and all around you. Everything you touch, travel to and influence is now under the kingdom of God. It is lost ground to the enemy, which is why you are now a threat and will draw the attention of the strongman who you have displaced. Because of this amazing and awesome accomplishment of being who you are in Christ, you must be effective in prayer and spiritual warfare.

In order to capture the spoils of Calvary (the promises of God), you must identify the strongman. The strong man is one who controls a stronghold – a place or territory under his influence. This territory is heavily fortified, which fortification you undo simply by being present – the Holy Spirit lives in you.

“Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do

appear.”

Hebrews 11:3

The scripture says “worlds”. There is a physical world and a spiritual world, and we need to understand the things that are seen are a manifestation of the things that cannot be seen. There is a way to locate things that are not seen. It is through the laws of faith. Faith is absolute dependence and reliance on the Word of God.

“For the weapons of our warfare are not carnal,
but mighty through God to the pulling down of strongholds”

2 Corinthians 10:4

The strong man is a satanic personality in charge or responsible for a stronghold.

It is a fortified entity that Satan builds to exalt himself against the knowledge and plans of God. Satan always tries to operate under the cover of darkness. The only thing that exposes him is the light (illumination) of God’s Word.

As long as Satan’s strongholds remain concealed, the strongman is safe. As soon as the strong man is identified - half of the victory is established. A strong man may have other evil spirits operating under his domain or authority, but the strong man is the ruling spirit.

For example: BITTERNESS (Strong man or ruling spirit)

But under its domain or authority is resentment, unforgiveness, hatred, anger, wrath and rage, murder, etc. You must bind the strongman! Remember, whatever you bind or loose on earth, the angels of God are MANDATED to enforce your command in the heavens.

Let’s examine a case study of effective prayer in spiritual warfare:

“Then I said to them, “You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach.” And I told them of the hand of my God which had been good upon me, and also of the king’s words that he had spoken to me. So they said, “Let us rise up and build.” Then they set their hands to this good work.

But when Sanballat the Horonite, Tobiah the Ammonite official, and Geshem the Arab heard of it, they laughed at us and despised us, and said, “What is this thing that you are doing? Will you rebel against the king?”

Nehemiah 2:17-19

There are three enemies to Nehemiah (and to the kingdom of God). Those spirits are still operating today.

- 1) SANBALLAT: represents “Satan the Adversary”
- 2) TOBIAH: “Carnal Mind”
- 3) GESHEM: “The World system”

These three men were opponents to the vision and task of RESTORATION. Just like Nehemiah, believers will always have to battle three things in their journey to restoration in Christ – Satan, the carnal mind and the world system.

Nehemiah’s opposition took 6 forms, likely under one strongman:

Grief
Laughter (Mockery)
Wrath and Indignation
Fighting
Subtilty (Crafty, Cunning)
Compromise

Notice in verse 19, the Scripture says, “They laughed us to scorn (in the Hebrew means to deride or mock) and despised us (in Hebrew means contempt) and said... “What is this thing you do”? Will you rebel (which means to declare war) against the King?”

These enemies were asking God’s people if they had come to declare war against the king (which was Satan, Man’s world systems and mentality and traditions). The strongman used scorn and contempt in a spiritual attack against Nehemiah and the men on the wall.

Let’s inspect these enemies and spiritually discern for our victory. Sanballat means “a type of Satan; adversary”. In Hebrew, his name

literally means “who strengthens the army, lauded by the army, muzzled, hatred, or hatred in secret, secret enemy”. He was a Horonite, which means “double cave-town; a cavity, socket, den, cave, hole, crevice of a serpent, the cell of a prison”. He is a Babylonian Sin-uballit; (i.e) “may sin (the moon god) gives him life”. He was the Governor of Samaria and grieved that Nehemiah came to help the oppressed and rebuild the wall. Sanballat desired to keep them subdued – so he could make further demands on them and put more taxes, penalties and demands on them. Sanballat wanted to keep God’s people suppressed and oppressed.

Power over others is weakness disguised as strength. At the heart of controlling people is an intense fear of losing control of their life, because they have no control. The authority of Sanballat was overcome by Nehemiah’s letters.

Nehemiah defeated him by the LETTERS. When you have an enemy you need to defeat, get out your letters. Get out the Word of God – The Truth!

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”

Ephesians 6:18

“With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints;”

Ephesians 6:18 NASU

Again, the war of ages was fought and won over 2000 years ago. Therefore, we must acknowledge and take hold of the blessing from Jesus’ victory. The “good fight of faith” is to believe, receive and confiscate Calvary’s spoils. In order to capture the spoils of Calvary, you must identify and bind the strongman. Whatever you bind or loose on earth, the angels of God are MANDATED to enforce your command in the heavens!

Pull down the strongholds of Satan, the carnal mind and the world system by using the strategies of Nehemiah – your letters! Begin to pray and proclaim the Word of God – the decree of the King and His entire statement of truth over your life! Bind down the strongman of scorn and contempt by using the name of Jesus and praying the Word of God. Having done all, stand and see the salvation of the Lord, for the battle is not yours – the battle is the Lord’s!

Fill in the blanks from Ephesians 1:19-22, “Now he is far above any _____ or _____ or _____ or _____ or anything else—not only in this world but also in the world to come. God has put all things under the authority of Christ.”

What spiritual enemies do Sanballat the Horonite, Tobiah the Ammonite official, and Geshem the Arab represent to Nehemiah, and more broadly to God’s people who are continually being restored into the image of Christ?

How do the three spiritual enemies come against you in your life? Is there a pattern to their attacks? Are there any emotional components to this attack? Could this be a strongman trying to hinder your progress or

incapacitate you so you don't advance? Pray and ask the Holy Spirit to reveal these things to you. Write down anything He speaks to you.

What does the Word of God say about the attacks of the strongman in your life? If What does the Word of God say about the attacks of the strongman in Nehemiah's life? Write these scriptures down here.

Use the scriptures above to write your exact prayer confession down here. If you wrote Nehemiah's, write it down as you would confess it over yourself. Copy it on a separate piece of paper and tape it to your mirror or prayer closet to confess each day. Pray these over yourself and your family. (Example: for a strongman of powerlessness, a prayer confession could be, "I can do all things through Christ who strengthens me.")

SIX

Application of Prayer

“And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.”
Luke 11:1-4

Continuous communication with God through prayer, reading the word, and hearing the word maximizes your faith in Him. This kind of faith catapults you from “baby” prayers to “adult” prayers. Let’s examine the practical application of some of the different types of prayer:

Prayer of Faith

The prayer of faith is the prayer of petition. You have a specific request to receive something or change something. Matthew 21:22 tells us, “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.” This prayer is always to be based on God’s revealed will in His Word.

For example, 3 John 2 reveals, “Beloved, I wish above all things that thou mayest prosper and be in health even as thy soul prospereth”.

Because of the verse above, we know God says it is His WILL for you to have material prosperity, your bodily healing and health, and for your soul to prosper. So, when you get sick... HOW do you pray?

You pray the prayer of faith. Not, “IF it be your will, heal me.” It is already God’s WILL for you to be healthy. God does not change. His

WILL does not change. You stand on the Word of God believing! Here is what you pray:

“Thank you for my healing, Lord. Your WORD says: You are the God that healeth thee. You gave us power to heal all manner of sickness (Matt 10:1). You were wounded for our transgressions, bruised for our iniquities, the chastisement of our peace was upon you and by your stripes I am healed.”

You find the specific scripture that promises what you are seeking and you confess it in prayer. You seek God’s face and then with thanksgiving and worship, you ask God for your petition. Believe that you have what you have requested. Ask, and you shall receive! The promises of God are yes and amen.

Prayer of Consecration

This is the prayer of dedication of our lives for God’s use. To CONSECRATE means: “To make or declare sacred or holy, to set apart or to devote to the service or worship of God”. It means to go anywhere and do anything for God.

This is the type of prayer Jesus prayed in the Garden of Gethsemane. “Saying, Father if thou be willing, remove this cup from me: nevertheless, not my will but thine be done.” Luke 22:42. In other words, Jesus was saying: “I don’t want to go through with this, Father,”

He asked three times for the Father to take this cup from him. Can’t you hear him? “I don’t want to do this – BUT not my will... YOUR WILL be done. When do we pray this?

We pray this for personal dedication and devotion to God. For example, sometimes you want tall, dark and handsome, but God wants you set aside for this season. The prayer of Consecration is to die to self desires for His WILL. When John said in John 3:30 , “He must increase, but I must decrease,” we see this principle at work. John wasn’t praying here, but he was illustrating the principle of consecration and of dying to self. The prayer of consecration is for personal dedication and devotion to God.

Prayer of Commitment

This prayer is to give it all over to God. 1 Peter 5:7 comforts us, “Casting all your care upon Him, for He careth for you”. Also, Phillipians 4:6-7 encourages us:

“Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

This scripture commands us, “Be anxious about nothing, take no thought”. It means you are not to tolerate anxiety or worry – God alone will and can help you if you give it all over to Him. It is not biblical to worry – give it to God. This is the prayer of commitment!

When you do, the Bible says He will give you a peace that passes all understanding. Let’s break down what this means. The word “peace” in the Greek means “to join, peace, by implication prosperity”. The phrase “that passes” in the Greek means “to hold oneself above, superior, higher, supreme”. The words “all understanding” in the Greek means “intellect, the mind, meaning.”

There is so much anxiety in the world today. But we are children of God – we should not be thinking like the world thinks, we should be learning to think like Jesus Christ. We have the mind of Christ!

Here are 10 cures to anxiety:

- 1) Permit the peace of God to garrison or keep your heart and mind through Christ Jesus (Phi 4:7)

There are times when anxiety becomes so strong that the peace of God may seem far away or impossible to feel. During attacks like this, begin to pray the prayer of commitment of what is causing the anxiety. Commit the object of any fear to the Lord. Fear is not from God – peace and love is from God.

2) Renounce all worry by prayer and supplications, and with thanksgiving, make all your requests made known to God (Phil 4:6-7). If you're experiencing struggles with sin, submit yourself to God, resist the devil and he will flee from you (James 4:7).

Pray and renounce worry and confess His love over yourself:

“Lord, I renounce all worry in the name of Jesus. I confess the sin of worry to You, Lord, and I ask that you begin to reveal to me Your unconditional, unfailing love. Flood me with your love and help me to know that You love me with an everlasting love. Lord, Your love is what I've been searching for my entire life. I need to feel Your embrace. Thank you, Lord, for your amazing love for me that nothing can change. Thank You, Lord, that even though the hills be shaken and the mountains removed, your love will not be shaken and your covenant of peace will not be removed. I receive and accept your love. I acknowledge and confess that Your love for me is greater than anything that could ever come against me. I confess Your love Lord, in Jesus Name. Amen.”

3) Think on right things (Phil 4:8)

Self-control is a fruit of the Spirit. Ask the Holy Spirit's help to control your thoughts so they line up with the Word of God. Your emotions follow your thoughts, so when your thoughts are controlled by Gods Word and helped by the Holy Spirit, your emotions will begin to become whole and grow in Christ.

4) Keep your mind stayed on God (Is 26:3)

5) Use weapons of spiritual warfare (2 Cor 4:6)

6) Put on the whole armor of God (Eph 6:10-18)

7) Have faith in God (MT 6:25-34, 7:7-11, 17:20, MK 11:22-24)

8) Live and walk in the Spirit (Gal 5:16-26, Rom 6:14-23)

9) Do not cast away confidence (Heb 3:6, 12-14; 6:11-12; 10:19-23)

10) Cast all your care upon God (1 Peter 5:7)

We have the mind of Christ! Allow the peace of God to stand guard over your heart and mind through Christ Jesus. Meditate on His love, which drives out fear. (1 John 4:18 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”) During times of anxiety, use the prayer of commitment to defeat this attack by giving it all to God!

Prayer of Worship

“As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away.”

Acts 13:2-3

“And they worshipped him, and returned to Jerusalem with great joy: And were continually in the temple, praising and blessing God. Amen.”

Luke 24:52-53

The prayer of Worship is to give Him honor, homage, respect and exalt Him for His worth. We can find prayers and confessions of worship throughout the Psalms:

“Great is the Lord and greatly to be praised in the city of our God”
(Ps 48)

“Blessed be the Lord our God, the God of Israel, who only doeth wondrous things”
(Ps 72)

“The Lord reigneth, let the earth rejoice, let the multitude of the isles be glad”
(Ps 97)

The Psalmist is saying.. “I exalt You God, I worship You, Praise You”. Worship changes you from the inside out. Being in the presence of God changes you and enlightens your eyes. The Word of God says that when Moses came away from being in Gods presence, his countenance had changed. Spending time in worshipful prayer helps us to grow stronger

in trusting the character of God and in becoming who He made us to be in Him. We must spend time in prayers of worship to enjoy and take in the amazing, sweet presence of the Holy Spirit!

Intercessory Prayer

“ And the LORD appeared to Solomon by night, and said unto him, I have heard thy prayer, and have chosen this place to myself for an house of sacrifice. 13If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; 14If 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. Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place.”

2 Chron 7:12-15

The prayer of intercession is when you “stand in the gap” on behalf of someone else, an entire family, community, city, country or organization. You pray the prayers for them that they cannot pray but desperately need to pray for themselves. Christ stands in the gap for you and intercedes for you day and night, but there are times when He calls us to intercede on behalf of someone else, or a group of people.

Here are specific intercessory prayers that your prayer is desperately needed for:

- 1.) Pray for the people of our nation to humble themselves
- 2.) Pray for repentance to come to our nation
- 3.) Pray for our president, his cabinet and all those in authority
- 4.) Pray for revival to come to America
- 5.) Pray for the advancement of the vision God has given your church
- 6.) Pray for the people to catch the vision and run with it
- 7.) Pray for your city that God would be glorified
- 8.) Pray for the healing of families in our land

Just like relationships with people, communication with God strengthens your connection to Him. Prayer keeps you in tune with God’s heart,

voice and direction for your life. As you pray and your connection with God through Jesus Christ begins to grow, your life shifts into a different place – a place of greater victory and where the promises of God await you. Child of God, you have the power through Christ to use the tools of prayer – prayer of faith, consecration, commitment, worship and intercessory prayer to execute God’s desires in your life and shake the nations!

Which prayers sound most like they are reserved for certain events or seasons in our lives? Why?

Which prayers sound most like it is best they’re done on a regular basis to be spiritually sound and grow in Christ Jesus? Why?

Are you experiencing anything in your life right now that calls for a certain type of prayer? What type of prayer does it call for, according to the Word of God?

What is the antidote for fear and anxiety, according to God's Word?
What scripture reveals that to us?

Write down a specific prayer you could pray and confess for victory in your life right now. (If God has you in a season of peace and joy, that could be a prayer of worship from the Psalms. If going through a trial, you could find a scripture about that issue and write it here as a prayer of faith.)

SEVEN

Restoration

“the God of all heaven, He will prosper us, therefore we His servants will arise and build but ye have no portion (inheritance), Nor Right (Righteousness), nor memorial (memory or remembrance) in Jerusalem.”

NO ENEMY CAN STOP WHAT GOD HAS FOR YOU! Jesus triumphed over all principalities and powers. Jesus destroyed the devil (1 Cor15:26). Jesus put the devil down and rendered his kingdom subject to every blood-bought child of God.

Therefore the clarion call to you today, “Come, let us build up the wall of Jerusalem that we be no more a reproach”. Come, there is an invitation to do something grand for God – let us rise up, unite and build!

Prayer is simply communication with God. Relationships need to be cultivated to grow. We do that through communication. As you become restored into the person God intended you to become before time began, remember that communication with God strengthens your connection to Him. He is always there, always speaking, and always has a strategy to overcome. Prayer keeps you in tune with God’s heart, voice and direction for your life. Like Nehemiah, as you pray and your connection with God through Jesus Christ begins to grow, your life will shift into a different place, a restored place – a place of greater victory where His promises await you. God’s original intention for you, before you came to be in your mother’s womb, is his final decision for your life!

What does it mean to be restored?

At what point in time did Nehemiah's enemies come against him? What events precipitated the attack?

What type of attack did Sanballat, Tobiah and Geshem attempt to perpetrate upon Nehemiah and those who had chosen to unite with him? How did Nehemiah respond?

What was Nehemiah's response? Was there a prayer type that also could be applicable to this situation? If so, what kind would you apply?

Have you united with a cause larger than yourself in Christ? Which ones and why?

EIGHT

Count the Stars

Prayer is simply communication with God. That means you CAN receive answers from Him - about everything you are seeking! God wants to be a part of every area of your life. Father God doesn't want you to have a Sunday experience. He doesn't want you to go back to six days a week of same old, same old. He wants you to ask, so that your joy may be full.

When Abraham (then Abram) began to walk with God, He did as God commanded. He and Sarai left their family and country behind, and went on a journey. After becoming fabulously wealthy (Genesis 13:2), winning great battles in war (Genesis 14:16), taking a portion of the spoils and giving a portion to the enigmatic Melchizedek, the king of Salem (Genesis 14:18-20), Abram began to wonder about that one thing missing in his life.

After all these victories, Abraham (then Abram) still had something he longed for and desired. After Abram has become wealthy, successful and proven in battle, God comes to Abram in a vision. In Genesis 15:1, God says, "Do not be afraid, Abram. I am your shield, your very great reward." Now, Abram could have gotten all spiritual and thought, "Now, look at everything I have. I'm not going to ask for something else on top of it all, just because it's something I want. That's ungrateful." No, Abram got honest with God in prayer. Abram poured out his feelings to God. Note this - this prayer is the first time that Abram is making a specific request of the Almighty.

Genesis 15: 2-3. "But Abram said, "Sovereign Lord, what can you give me since I remain childless and the one who will inherit my estate is Eliezer of Damascus?" And Abram said, "You have given me no children; so a servant in my household will be my heir."

Abraham (then Abram) has great wealth, reputation and military glory – but the longing of his heart is yet unfulfilled. What would we say to him

in the church today? Would we tell him to be grateful and “count his blessings?” Would we think of a scripture, place a hand on his back and say, “Brother, the sky is the limit. Ask and you shall receive.” Would we encourage him to petition God for the desire of his heart? Well, that’s just what God did!

“Then the word of the Lord came to him: “This man will not be your heir, but a son who is your own flesh and blood will be your heir.” He took him outside and said, “Look up at the sky and count the stars—if indeed you can count them.” Then he said to him, “So shall your offspring be.”
Genesis 15:4-5

Did you hear that? God said YES! Not just yes...God took Abram outside and said, “Look up at the sky and count the stars, if indeed you can count them. ...So shall your offspring be.” Abram’s first specific request with God went over pretty well!

How long did Abram hold that desire in his heart until he finally blurted it out in prayer? How long was God waiting to hear what he already knew anyways? God was so pleased to bless Abraham that He promised him not just one heir...but countless heirs.

You and I are the heirs of Abraham, even today. Galatians 3:29 says, “If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.” The burning desire in Abram’s heart was connected to his destiny!

Whatever your prayer request is - something you think is small, or something so huge it’s keeping you up at night...do what Abraham did. Get “real” with God! Precious believer, I pray over you right now in Jesus’ name, that you begin to pour your heart out to Him, turn yourself inside out before Him who cares for you, and ASK Him for the desire of your heart! Let your faith have no limit as you ask - your God is a big God, real and true! He is able to handle all that you can ask, feel or think! I pray that when you do this, like Abram, He takes you “outside” of your limitations, and says to you, “Look up at the sky and count the stars...”

May your blessings be countless, in Jesus’s name – Amen.