

PRAYER TRAINING

THE BASICS (Part 1)

Prayer Walls Prophetic Intercession and Warfare Ministry
Elder Audrey L. Dowling

May your prayer life be empowered and enriched.

Table of Contents

Introduction:.....	- 3 -
What is Prayer?.....	- 3 -
Why Pray?.....	- 4 -
Types of Prayer	- 6 -
Body Positions for Prayer	- 10 -
How Much Time Should Be Spent in Prayer?	- 12 -

PRAYER IS NOT OPTIONAL (Munroe, 36)

*Set a time, set a place, and make prayer your number one priority... **TODAY!***

“And David enquired at the Lord, saying, Shall I pursue after this troop? Shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.”
1 Samuel 30:8

Introduction:

Elder Audrey L. Dowling presents *Prayer Training-The Basics* a basic study course that gives an overview of what prayer is and the importance of its place in the lives of the Christian believer. The goals of this course is not only to help participants establish a prayer life, but serve as an aid to those who need to enhance or re-establish their prayer lives.

What is Prayer?

Prayer is talking directly to God in the name of His precious Son, Jesus Christ. It is a spoken or unspoken expression of supplication, thanksgiving, adoration, confession or a request for something. Anyone can pray, but those with a relationship with God, who have given their lives over to Him, are more likely to be conditioned to hear His response. This brings out the point that not only should we be speaking to God in our prayer time, but we should also be listening for His response and/or direction.

Why Pray?

Man is a free moral agent and freely makes “free will” choices that are not predestined by God (theopedia.com/free will accessed Sunday, November 6, 2016 at 12:41pm). In other words, God does not make anyone choose Him. He allows everyone to make his or her own choice whether to serve Him or not. Because of this, if someone desires to make connection to God, he or she must do that through prayer. This is the basis for why we pray. God can communicate with us in many ways, but we can only communicate with Him one way—through PRAYER. “Prayer is not optional.” (Monroe, 36). That’s why it is vital that we establish prayer as a Daily habit!!

- a. We pray because it is the only way that heaven can interfere with earth’s affairs.

“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth”

Genesis 1:26

- b. We pray because God desires children devoted to Him who are willing to trust and reverence Him as He provides answers concerning the circumstances, situations, or trials encountered in life. God is all-knowing. If we want to be wise in our actions and interactions on earth, we need to seek Him through prayer. James 1:5 says, *“If any of you lack wisdom, let him ask of God, that gives to all men liberally, and upbraideth not, and it shall be given him.”*

PRAYER IS NOT OPTIONAL (Monroe, 36)

Set a time, set a place, and make prayer your number one priority... TODAY!

- c. We pray because God has chosen to hear us when we pray, or call on Him. 2 Chronicles 7:14 says, "If 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." Zechariah 10:6 says, "...for I am the Lord their God, and I will hear them." Psalms 66:19 says, "...God hath heard me; he hath attended to the voice of my prayer."
- d. We pray because it's required in God's Word. There are several scriptures within the Word of God that urges and instructs believers to pray. Some of those scriptures are as follows:
- i. *"Pray without ceasing" 1 Thessalonians 5:17*
 - ii. "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." James 5:13-16
 - iii. "...men ought always to pray and not faint." Luke 18:1
 - iv. "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." Matthew 26:41
- e. We pray because we only get as we ask.

“Ye have not, because you ask not.” James 4:2

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God Philippians 4:6

- f. We pray because Jesus prayed. The believer is “predestined to be conformed to the image of his Son,” Jesus (Romans 8:29). One of the main principles of habit that Jesus displayed was that of prayer. This principle was so effective in the life and ministry of Jesus that it is the only thing recorded in scripture that the Disciples asked Jesus to teach them to do (Luke 11:1).

Types of Prayer

- Adoration (prayer of adoration; prayer coaching principles)
 - Adoration is an element of prayer that involves praise and worship unto God. It simply expresses our esteem, exaltation, blessing and honoring of the Lord. We reflect upon His character—holiness, goodness, love, mercy, power, grace, dominion, etc.
 - Revelation 4:11, “You are worthy, O Lord, to receive glory and honor and power, for You created all things, and by Your will they exist and were created.
- Petition (prayer of petition and supplication-Kenneth Copeland)
 - The words “petition” and “supplication” are defined as “a formal request addressed to a higher power. This is where you ask God for the specific things you are in need of or situations you want Him to intervene.
- Repentance

PRAYER IS NOT OPTIONAL (Munroe, 36)

Set a time, set a place, and make prayer your number one priority... TODAY!

- Repentance is defined as deep sorrow, compunction, or contrition for a past sin, wrongdoing, or the like; it is regret for any past action(dictionary.com).
- Repentance is when a person goes to God relaying or confessing his or her wrongdoing seeking God's forgiveness, redemption and restoration, etc. In fact, repentance to God is what is necessary in order for Jesus to come into an individual's heart. (Romans 10:8,9, Acts 3:19)
- A prayer of repentance allows individuals to relay or confess any wrongdoing before God, not only for things he or she has doing knowingly, but those things that might have been done unknowingly as well.
- Thanksgiving
 - Thanksgiving is defined as the act of giving thanks; grateful acknowledgment of benefits or favors, especially to God (dictionary.com).
 - Thanksgiving is simply being thankful for any and every blessing that God affords in life. It not only includes those pleasant things, but also things that might not be as pleasant. Those unpleasant moments might still allow for moments of clarity, times of reflection, an opportunity for maturity or growth, etc.
 - A prayer of thanksgiving allows individuals to give thanks to God for any and everything he or she might be thankful for.
- Intercession
 - Intercession is defined as the act or instance of interposing or pleading on behalf of another person; A prayer to God on behalf of another.

- God seeks those who will engage in intercession. Ezekiel 22:30 says, “And I sought for a man among them, that should make up the hedge, and stand in the gap (intercede) before me for the land, that I should not destroy it: but I found none.” James 5:16 says, “...pray ye one for another...”
- Prophetic Intercession
 - Prophetic intercession is a combination of intercession and prophecy; It is when we intercede according to the will and leading of the Holy Spirit.
 - Prophetic intercession is waiting before God in order to hear or receive His burden (a word, a concern, a warning, a condition, a vision or a promise) and responding back to Him with prayerful petition, sometimes with corresponding actions (Elijah list dated May 26, 2017-James W. Goll).
- Consecration/Dedication/Devotion
 - Consecration is defined as dedication to the service and worship of God. Dedication is defined as to set apart and consecrate to God or a sacred purpose; to devote wholly and earnestly to a person or purpose. Devotion to give up to God as if by a vow; set apart or dedicate by solemn or formal act; concecrate (dictionary.com).
 - A prayer of consecration/dedication/devotion is when an individual gives himself or herself wholly and earnestly to God. Its vowing his or her allegiance to God. It is giving up one’s will, wishes, thoughts, desires for God and His purposes.
 - Ezekiel 43:26-27 says, “²⁶Seven days shall they purge the altar and purify it; and they shall consecrate themselves. ²⁷And when these days expired, it shall be that

PRAYER IS NOT OPTIONAL (Munroe, 36)

Set a time, set a place, and make prayer your number one priority... TODAY!

upon the eighth day, and so forward, the priests shall make your burnt offerings upon the altar, and your peace offerings; and I will accept you, saith the Lord God.”

- Spiritual Warfare (&Fasting)
 - Spiritual warfare is the Christian concept of fighting against the work of evil forces. It is based on the biblical belief in evil spirits, or demons, that are said to intervene in human affairs in various ways (Wikipedia.org).
 - Spiritual warfare is a prayer where an individual takes a stand against demonic forces, even to the point of exorcism. He or she takes authority to cast the Devil and His imps out of a person, circumstance, or situation, rising to the occasion spiritually to defeat any and all evil forces. He or she raises their spiritual level and lowers the power of the flesh to stand in a place of power and authority.
 - Ephesians 6:12 says, “For we wrestle not against flesh and blood, but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places.”
 - Often the most effective spiritual warfare is accompanied with fasting. Fasting is defined as an abstinence from food, or limiting of one’s food, especially when voluntary and as a religious observance (dictionary.com). It is the point where a person weakens the flesh to empower the spirit.
 - Matthew 17:21 says, “Howbeit this kind goeth not out but by prayer and fasting.”

- In the Spirit (Tongues)
 - Praying in the Spirit or speaking in tongues is an utterance in which a person experiencing religious ecstasy utters incomprehensible sounds that is believed to be a language spoken through him or her by the Holy Ghost (Holy Spirit) (dictionary.com).
 - It represents the initial infilling of the Holy Ghost. Acts 2:4 says, “And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.”
 - Not only is it an indicator of the initial infilling of the Holy Ghost, but it is also a form of prayer that builds and strengthens a person spiritually. Jude 20 says, “But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.”

Body Positions for Prayer

People pray in many physical positions. For instance:

- **laying flat** on the floor, face down, with hands stretched out (also known as '*prostrate*');
- **standing**, hands raised and spread, palms up, looking upward;
- **standing**, head bowed, eyes closed;
- **sitting**, head bowed, eyes closed, hands folded (the most common position today);
- **kneeling**, head bowed, hands folded;
- **kneeling**, head to the ground, hands face down on ground next to head;
- **standing**, eyes forward, facing the altar;

PRAYER IS NOT OPTIONAL (Munroe, 36)

Set a time, set a place, and make prayer your number one priority... TODAY!

- **sitting** eyes closed, hands in front, palms up;
- **laying flat** on the floor, face up, palms up;
- **slow leisurely walking** (or sitting), eyes open, in a place where one can safely pay very little attention to where one is going.

Each of these body positions (and others) can be done for any kind of praying, but each has special meaning for different kinds of prayer.

- Standing with hands raised is typical of praise, celebrative prayer, and thanks-giving. (1 Samuel 1:26)
- Kneeling and prostration show humility and recognition of a superior, and thus are especially well-suited to prayers of confession, repentance, or awe. (Ezra 9:5; Joshua 7:6)
- Slow wandering/meandering and lotus-sitting are especially good for meditational prayer and for quieting yourself so you can listen.
- Standing facing the altar is part of an act of worship with other people who are also worshipping. (1 Kings 8:22)
- Other positions have been used, too; for example, Elijah crouched low to the ground and put his face between his knees. (1 Kings 18:42)

Nearly all traditions of the Christian faith have no ban on ordinary natural behaviors or motions during prayer. Christians can walk, sway, dance, chant, or be quiet and still.

These positions can help you pray right, by getting your body *into* (or, sometimes, *out of the way of*) your prayers, and as a way to use the body to express what the prayer is for. Prayer is

done with your whole self, and the body is part of that. But *the body positions themselves are unimportant to God*, who has seen them all before and has seen liars and fools use them all.

They are useful to know for *your own benefit*. The key is that you are having a living response with God, speaking and listening, thinking and receiving. Whatever prayer position your body is in, God is still paying attention. And that is ultimately what counts.

(<http://www.spirithome.com/prayer-positions.html>)

How Much Time Should Be Spent in Prayer?

Prayer time must be regular. Having a regular daily prayer time is first and foremost essential to a person's prayer life. (Wagner, C. Peter, 1181). Larry Lea, the author of *Could You Not Tarry One Hour?*, makes a compelling case for aiming toward one hour of prayer per day. He bases his case on Mark 14:37, where Jesus questions Peter and the other two disciples about their inability to at least pray with Him for one hour.

"When all of the trimmings [of a person's personality and gifting] are peeled away, it is his or her prayer life that really defines the relationship with God. "No one has any more or less time than anyone else—24 hours per day. How each of us decides to use that time boils down to our personal priorities."(Wagner, C.Peter, 1116)

PRAYER IS NOT OPTIONAL (Munroe, 36)

Set a time, set a place, and make prayer your number one priority... TODAY!