

# How to Become a Prayer Warrior: A Guide to Praying Moving Mountain Prayers

Created by:  
Jayme Lynne Dorsey

Founder & CEO of  
JLD Nonprofit





## **Framework for Establishing a Daily Prayer Regime**

1. **Set aside time to spend with God:** Prioritize the times that you are going to spend with God. You have to be intentional in carving out space in your schedule for your prayer time. You can pray in the morning, midday, or in the evening. The length of your prayer time may vary. However, the more you grow in your relationship with God, your prayer time will increase.
2. **Set up your secret place:** Create a dedicated space that is quiet and comfortable that you can focus without any interruptions. Bring your Bible, a journal, and worship and praise music into your secret place.
3. **Prepare your heart and mind:** Clear your mind from all distractions. Invite the Holy Spirit in. Be still and have a few moments of silence to calm yourself.
4. **Structure your prayer time:** You can utilize the Prayer or Acts prayer model as examples for structuring your prayer time.
5. **Incorporate Scripture:** Use scripture to guide your prayers. Personalize the verses the Holy Spirit gives you during your prayer time. Apply the verses to your current circumstances and stand on the Word of God.
6. **Listen and reflect:** Listen to what God wants to say to you. Prayer is a conversation with God. After you have talked, spend some time in silence to hear God's response to your needs and requests. Write down any thoughts, revelations or responses that God gives you during your prayer time. Journaling allows you to keep track of God's answered prayers and a way to see your spiritual growth.
7. **End with Commitment:** End your prayer time with dedicating your day, or your night to Him. Give God your yes. Commit to follow His will. Commit to implementing the revelations that He has given you during your prayer time. Do not just be a hearer of the Word, but commit to being a doer of the Word.

## **Frameworks for Structuring your Prayer Time**

### **Prayer Model**

1. **P= Praise:** Praise and worship God. Acknowledge His greatness. He sits on the throne of our praises.
2. **R= Repent:** Confess your sins and ask God for His forgiveness. Ask God to examine your heart and life to show you all the areas in your life that you are falling short from His glory.



3. **A= Ask:** Submit your needs and requests to God. Ask Him for the guidance and provision that you need in this season.
4. **Y= Yield:** Yield your will to God. Surrender everything to Jesus. Surrender your life to His plan and purpose for your life.
5. **E= Embrace:** Embrace the presences of God. Accept willingly the promises that God has for you. Embrace His love, mercy, grace, faithfulness, provision, and goodness in your life.
6. **R= Rejoice:** Rejoice in the Lord. Express your love to God. Delight in Him. Celebrate Jesus and all that He has done for you.

### **Acts Prayer Model**

1. **A= Adoration:** Praise God for all that He is. Express your deep love and respect for Him. Bless Him!
2. **C= Confession:** Confess your sins and ask God for His forgiveness. For we all fall short of His glory. Admit that you are guilty of your sins. Ask God to show you where you are falling short.
3. **T=Thanksgiving:** Express your gratitude to God. Thank Him for all that He has done, that He is currently doing, and all that He is going to do. Thank Him prophetically for what you are expecting from Him.
4. **S= Supplication:** Submit your needs and requests to God. Humbly and earnestly ask God for what you want.
  - **Intercessor:** Plead to God on the behalf of others. Stand in the gap for them.

### **10 Types of Prayers**

1. **Prayers of Thanksgiving:** Expressing gratitude to God for His blessings, grace, and provision. Focus on acknowledging the goodness of God and appreciate all that He has done in your life. Thank Him for what He has done, what He is currently doing, and what He is going to do in your life.
2. **Prayers of Petition:** Requesting God's help for personal needs or desires. It is a way of showing dependence on God and that He is the source of all of your needs and desires.
3. **Prayers of Intercession:** Praying on behalf of others, asking God to intervene in their lives. You are standing in the gap for others. Your focus is on the personal needs and desires of others. You are asking God to move in their lives.
4. **Prayers of Confession:** Admitting sins and asking for God's forgiveness and cleansing. You are repenting and asking God for his mercy and grace to overcome the sin in your life.



5. **Prayers of Adoration:** Praising and worshiping God for who He is and His attributes. Express your reverence, awe, and love towards God. You are acknowledging His greatness, holiness and majesty.
6. **Prayers of Supplication:** Humbly asking God for specific needs and desires. You are pleading to God for Him to move in a storm and seeking His help during a difficult situation. You are asking for His provision and favor.
7. **Prayers of Lament:** Expressing sorrow, grief, or anguish to God and seeking His comfort. You are pouring out your heart to God. Expressing your deep pain and what you are suffering with. During this time, you are seeking God's comfort, peace and resolution for your distress.
8. **Prayers of Consecration:** Dedicating oneself or something to God's service and will. You are committing to align with God's will and purpose He has for your life. You are committing to live in a way that brings Him glory and honor.
9. **Prayers of Spiritual Warfare:** Asking for God's protection and strength against spiritual opposition. You are rebuking, renouncing, and divorcing any covenants that you have made with a demonic satan. You are commanding demonic spirits to leave from you or others. You are seeking God's power to resist the devil and proclaim your victory by your faith in Jesus Christ. You are walking in your authority and pleading the Blood of Jesus.
10. **Prayers of Guidance:** Seeking God's direction and wisdom for decisions and actions. You are seeking God for clarity and discernment, especially when you are facing important life choices or uncertain circumstances. You are asking God for the ability to understand His will.

### **Examples of Scriptures to Pray**

Incorporating scripture when you pray strengthens your prayers. It helps you to come into agreement with the will of God. Praying scriptures allows you to apply Biblical truth and principles in your prayers and in your life. When you pray God's Word, you are coming in alignment with God's truth.

**James 4:7** Submit yourselves, then, to God. Resist the devil, and he will flee from you.

**Psalms 32:7** You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

**Psalms 34:4** I sought the LORD, and he answered me; he delivered me from all my fears.

**Psalms 34:17** The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

**Psalms 107:6** Then they cried out to the LORD in their trouble, and he delivered them from their distress.



**Isaiah 43:19** “Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

**1 Peter 5:8-9** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

**2 Samuel 22:2-3** He said: “The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior— from violent people you save me.

**James 5:15** And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.

**Romans 6:18** You have been set free from sin and have become slaves to righteousness.

**Romans 8:1** Therefore, there is now no condemnation for those who are in Christ Jesus

**Romans 8:6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

**Psalms 91:2** I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.”

**Psalms 91:9-10** If you say, “The LORD is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent.

**Psalms 91:15** He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

**Psalms 68:20** God is to us a God of deliverances; And to God the Lord belong escapes from death.

**2 Chronicles 20:17** You need not fight in this battle; station yourselves, stand and see the salvation of the Lord on your behalf, O Judah and Jerusalem.’ Do not fear or be dismayed; tomorrow go out to face them, for the Lord is with you.”

**Philippians 1:9** And this I pray, that your love may abound still more and more in knowledge and all discernment,

**Psalms 44:4** You are my King, O God; Command victories for Jacob.

**Psalms 74:12** Yet God is my king from of old, Who works deeds of deliverance in the midst of the earth



**Acts 7:25** For he supposed that his brethren would have understood that God would deliver them by his hand, but they did not understand.

**Psalms 108:12** Oh give us help against the adversary, For deliverance by man is in vain.

**1 Samuel 2:1** Then Hannah prayed and said, "My heart exults in the Lord; My horn is exalted in the Lord, My mouth speaks boldly against my enemies, Because I rejoice in Your salvation.

**Proverbs 21:31** The horse is prepared for the day of battle, But victory belongs to the Lord.

**Psalms 60:11** O give us help against the adversary, For deliverance by man is in vain.

**Jeremiah 15:21** "So I will deliver you from the hand of the wicked, And I will redeem you from the grasp of the violent."

**Psalms 2:8** Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth for Your possession.

**Jeremiah 29:7** And seek the peace of the city where I have caused you to be carried away captive, and pray to the Lord for it; for in its peace you will have peace

**Jeremiah 29:11** For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope

**Jeremiah 29:12** Then you will call upon Me and go and pray to Me, and I will listen to you.

**Jeremiah 29:13** And you will seek Me and find Me, when you search for Me with all your heart.

**Jeremiah 29:14** I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive.

**Jeremiah 33:3** Call to Me, and I will answer you, and show you great and mighty things, which you do not know.'

**Isaiah 45: 2-3** I will go before you And make the crooked places straight; I will break in pieces the gates of bronze And cut the bars of iron. I will give you the treasures of darkness And hidden riches of secret places, That you may know that I, the Lord, Who call you by your name, Am the God of Israel.



**Isaiah 45: 13** I have raised him up in righteousness, And I will direct all his ways; He shall build My city And let My exiles go free, Not for price nor reward,” Says the Lord of hosts.

**Isaiah 45: 22** “Look to Me, and be saved, All you ends of the earth! For I am God, and there is no other.

**Isaiah 45: 23** I have sworn by Myself; The word has gone out of My mouth in righteousness, And shall not return, That to Me every knee shall bow, Every tongue shall take an oath

**Joel 2:28-29** “And it shall come to pass afterward That I will pour out My Spirit on all flesh; Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions. And also on My menservants and on My maidservants I will pour out My Spirit in those days.

**2nd Chronicles 7:14** If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

**Joshua 24:15** But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.”

**1 Timothy 2:3-4** For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth.

**Ezekiel 22:30** So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one

**Hebrews 13:3** Remember the prisoners as if chained with them—those who are mistreated—since you yourselves are in the body also.

**2nd Peter 3:18** But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

**Ephesians 2:10** For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

**2 Corinthians 5:17** Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

**John 15:12** My command is this: Love each other as I have loved you.



**John 15:7** If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you

**John 15:16** You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you

**Matthew 6:33** But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Micah 6:8** And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

**Hebrews 10:24** And let us consider one another in order to stir up love and good works

**Matthew 28: 20** I am with you always, to the very end of the age

**Psalms 23:1** The Lord is my shepherd; I shall not want

**Isaiah 43:1** Fear not, for I have redeemed you; I have called you by name, you are mine

**Zephaniah 3:17** The Lord your God is with you, the Mighty Warrior who saves

**Philippians 4:13** I can do all things through Christ who strengthens me

**1st Peter 2:9** You are a chosen people, a royal priesthood, a holy nation, God's special possession

**Joshua 1:9** Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go

**Psalms 27:1** The Lord is my light and my salvation—whom shall I fear?

**Psalms 46:1** God is our refuge and strength, an ever-present help in trouble

**Nehemiah 8:10** The joy of the Lord is your strength

**Isaiah 40:31** But those who hope in the Lord will renew their strength. They will soar on wings like eagles

**Psalms 18:2** The Lord is my rock, my fortress and my deliverer

**1st Peter 5:7** Cast all your anxiety on him because he cares for you



**Psalm 139:14** I am fearfully and wonderfully made

**Romans 8:28** And we know that in all things God works for the good of those who love him, who have been called according to his purpose

**John 14:27** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid

**Psalm 29:11** The Lord gives strength to his people; the Lord blesses his people with peace

**Psalm 34:18** The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**Romans 15:13** May the God of hope fill you with all joy and peace as you trust in him

**Isaiah 26:3** You will keep in perfect peace those whose minds are steadfast, because they trust in you

**Nahum 1:7** The Lord is good, a refuge in times of trouble. He cares for those who trust in him

**Proverbs 3:5-6** Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

**Galatians 6:2** Carry each other's burdens, and in this way you will fulfill the law of Christ

**Galatians 5:13** You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love

**Galatians 6:9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up

**Proverbs 11:25** Whoever brings blessing will be enriched, and one who waters will himself be watered

**Proverbs 27:17** As iron sharpens iron, so one person sharpens another

**Romans 12:21** Do not be overcome by evil, but overcome evil with good

**Hebrews 10:23** Let us hold unswervingly to the hope we profess, for he who promised is faithful



This is not an exhaustive list, but a starting point. It is important to read and study the Word of God. Paul tells Timothy:

"Study and be eager and do your utmost to present yourself to God approved (tested by trial), a workman who has no cause to be ashamed, correctly analyzing and accurately dividing [rightly handling and skillfully teaching] the Word of Truth." (2nd Timothy 2:15 AMPC)

The Holy Spirit can only bring to mind what you have read. The more scripture you know and utilize in your prayers, the more powerful your prayers will become. You can also use various resources to find scriptures that pertain to your unique situation. The internet is a valuable tool for searching scriptures about faith, love, deliverance, healing, salvation, hope, and more.

My deepest prayer is that this guide helps you establish a strong prayer life. With man, things can be impossible, but with partnering with God and relying on Him, all things are possible! You can move mountains with your prayers!

### **Additional Prayer Resource**

Join us every Tuesday morning at 5 AM PST for a powerful time of prayer hosted by JLD Nonprofit. Our weekly Zoom call is a sacred opportunity for us to come together in unity, seeking God's guidance and intervention. During our prayer sessions, we lift up God's church, intercede for the lost, pray for our world, stand in solidarity with Israel, and combat the attacks of the enemy through fervent prayer. As scripture says, "Where two or three are gathered in My name, there I am with them" (Matthew 18:20). We invite you to be part of this transformative experience. For more information, please contact us at 661-412-2347. Details for our weekly prayer call are provided below. We look forward to having you join us!





### **Vision Statement**

Our vision at JLD Nonprofit is to partner with individuals, ministries, churches, companies, and corporations to build up Jesus Like Disciples that organize community service events all around the world to provide volunteer opportunities with the intention to give back to the less fortunate members of the community by providing Jesus Like Deeds.

### **Mission Statement**

Our mission at JLD Nonprofit is to build up Jesus Like Disciples that go out into their communities to perform Jesus Like Deeds.

### **Purpose**

The purpose of JLD Nonprofit is to build up Christian leaders that create their own ministry that will have an impact on the community. We also organize various community service events that meet the needs of our community. The more leaders walking in their purpose will have a tremendous impact on our community and lessen the burden on the government. Christian leaders are problem solvers, more Christian leaders means more problem solvers.