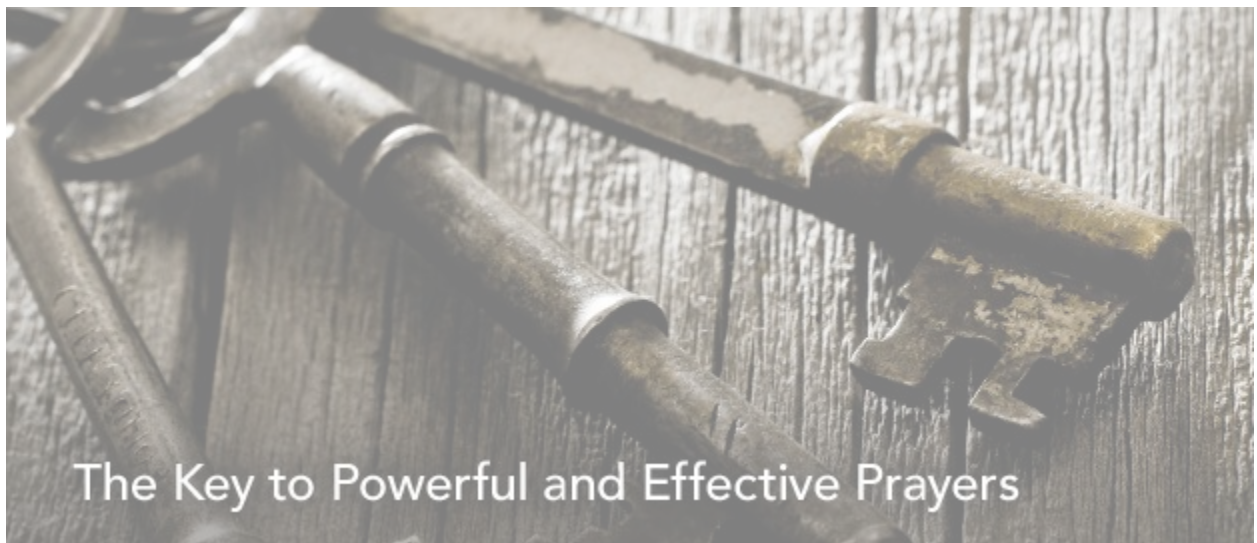




CHRISTIAN FELLOWSHIP CHURCH GLOBAL MINISTRIES INC.



CONSECRATION MANUAL



The Key to Powerful and Effective Prayers

What is Sanctification?:

- *the state of growing in divine grace as a result of Christian commitment after baptism or conversion.*
- *The generic meaning of sanctification is "the state of proper functioning."*
- *To sanctify someone or something is to set that person or thing apart for the use intended by its designer.*
- *In the theological sense, things are sanctified when they are used for the purpose God intends. A human being is sanctified, when he or she lives according to God's design and purpose.*

Spiritual Goals for this Consecration:

1. *to reorder focus to think according to spiritual principles*
2. *to ignite a passionate relationship with Jesus*
3. *to receive a clear understanding of being a disciple of Jesus*
4. *to grow in the grace and knowledge of God*
5. *to flourish and overflow with the fruit of the Spirit (Galatians 5:22-23)*

Personal Goals for this Consecration:

1. *to read and meditate upon the word of God each day*
2. *to spend time in prayer & worship with God*
3. *to seek guidance and insight for God's will in life and personal matters*
4. *to release any & all negative: thoughts, emotions, desires and actions*
5. *to discover and develop the spiritual gift God has given*
6. *to pursue the calling in life, education and career*
7. **NOT TO ACCEPT LESS THAN ALL GOD HAS AVAILABLE**

Financial Goals for this Consecration:

1. *to eliminate the mindset of debt and lack*
2. *to develop a prosperous attitude*
3. *to begin to sow generously and cheerfully*
4. *to experience financial liberation*
5. *to prepare for future financial needs*
6. *to be a wise steward over financial resources*

Relationship Goals for this Consecration:

- 1. to associate with positive people*
- 2. to pray for friends, family, co-workers, schoolmates, neighbors and enemies*
- 3. to become more friendly (**Seek God's guidance**), with those that are proven*
- 4. to seek God's blessing for proper rewarding relationships*
- 5. to be connected with the people that will sow into your life and destiny*
- 6. to build strong marriages and families*
- 7. to heal, reconcile and restore broken families*

How to Have a Meaningful Quiet Time In Prayer

By: Adrian Rodgers

"Oh how love I Thy law! it is my meditation all the day." Psalm 119:97

Christianity is not a legal relationship, it is a love relationship. Ten thousand "don'ts" will never make you one iota more like the Lord Jesus Christ. It is Jesus Himself Who makes you like Him. But you need to spend time with Him. I want to give you five factors for spending some quiet time with Him each day.

➤ The Proper Period

You must find the right time. Your quiet time should last at least half an hour. But some time is better than no time, so if you can't start at thirty minutes, begin with ten. It should be your very best time. Don't give the Lord your leftovers. And don't try to find time - make time, and make it a priority. Also find time early in the day. Psalm 5:3 says, "... in the morning will I direct my prayer unto Thee, and will look up." You don't take the trip and then read the map, do you? Spend time alone with God to begin your day.

➤ The Proper Preparation

A quiet time is fellowship with a holy God. There are a few things you can do to be prepared for this time. First, be physically alert. Find a time when the cobwebs are out of your mind and you can think clearly. Second, be mentally aware. Be focused, and know He's there. Emotion doesn't really have all that much to do with it. And third, be morally pure and clean. Some people don't have a quiet time because they feel uncomfortable looking God in the face with sin in their lives.

➤ The Proper Place

Find a place where you can focus. Jesus said enter into your closet and pray (see Matthew 6:6). That simply means find a place of isolation where you can shut the door on the world and open the windows to heaven. Jesus sought out places where He could be alone, and so should you.

➤ The Proper Provisions

In order to have an effective quiet time, you need the right tools. Here are some tools I use:

- ◆ **Bible** - Invest in one with plenty of room to jot notes in the margins.
- ◆ **Spiritually stimulating books** - read material that will help you grow and mature.
- ◆ **Notepad** - Write thoughts that God place in your spirit, this is so you don't forget.
- ◆ **Worship music** - playing music helps set the atmosphere and it prepares the heart for devotions. Also, it is recommended to sing along, this is an offering to God

➤ The Proper Procedure

Finally, may I recommend some procedures to follow in your quiet time?:

Get still and quiet. The Bible says in Psalm 46:10, "Be still, and know that I am God." Focus your mind on Him. Calm down, relax, and recognize His presence. Take a deep breath and focus your thoughts on the Lord. Get into the Word of God. It's better to start by reading the Bible than it is to start in prayer. It is more important for you to hear from God, even than for God to hear from you. God already knows all about you, but you need to know a lot more about Him.

Read the Bible for quality and not quantity. It's good to have a goal to read the Bible through in a year, or a similar goal; but that's not the purpose of your quiet time. Also, devotional books are wonderful. But again, this is not the place for them. This is the time when you simply read the Bible with an open mind.

Meditate. As you focus on the Word of God and meditate, let it permeate you. Ask:

- Is there a command to obey?
- Is there a promise to claim?
- Is there a sin to avoid?
- Is there a lesson to learn?
- Is there a new truth to carry with me?

Record what God has given you. Write down what God says to you and what He tells you to do. It doesn't have to be flowery. You're not writing it for publication or to impress other people.

Now you're ready to pray. When you pray, pour out your soul. Be natural and honest with God. Tell Him how you feel. Pray out loud. It keeps your mind on track and enables you to stay focused.

Begin to share out of your quiet time. God did not make us to be reservoirs; He made us to be conduits. Tell others what God is showing you.

Finally, obey what God tells you. Your spiritual train is running on two rails. One is revelation and the other is obedience. And if either rail stops, your train stops. Learn to obey the Word of God.

I pray these simple suggestions will help you have a daily quiet time in the presence of our loving, almighty, powerful God.

Listen to the music, there will be times they express your hearts desire, then sing along with the song. It is alright to interrupt your prayer sing lovingly and worshipfully to God.

Make your time with God special add variety, don't be cold and dry. Initially, it may be difficult but as you begin to understand the rewards of wonderful fellowship with Christ, it will be worth the effort. **DON'T EXPECT IT TO BE EASY!!!!!!!**

Tips:

- 1.Keep working at your daily devotional plan for 21 days. By then it should become a habit.*
- 2.Pray for God to give you the desire and the discipline to spend time with him each day.*
- 3.Don't give up. Eventually you will discover the joys and blessings of your obedience.*

Your Personal Guide to Fasting and Prayer

Why You Should Fast

By Dr. Bill Bright

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II 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 will I hear from heaven and will forgive their sin and will heal their land."

If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

How to Prepare Yourself Spiritually and Physically

By Dr. Bill Bright

Spiritual Preparation

In preparation for this special time with God, I strongly urge you to examine your heart, and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it!

Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love. (Psalm 66:16-20)

In your prayers, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences. These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual

indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your pastor, or other members of your church.

Another great way to prepare for your fast is to practice what I call "Spiritual Breathing." The concept is simple, but it has changed my own life and that of millions of others.

Like physical breathing, Spiritual Breathing is a process of exhaling the impure and inhaling the pure. If you knowingly sin, breathe spiritually to restore the fullness of God's Holy Spirit in your life. You exhale by confessing your sins immediately when you become aware of them, and you inhale by inviting the Holy Spirit to re-take control of your life. As an act of faith, trust Him to empower you. During the fast, spiritual breathing-constant reliance on the Holy Spirit-will enable you to resist temptation, not only to sin but to abandon your fast.

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

How to Manage Your Schedule While Fasting **By Dr. Bill Bright**

Reasons for schedule adjustments, especially during an extended fast, are two-fold...

The first is physical.

Throughout your fast, you may feel somewhat weaker than normal. During the first few days, you may feel tired and irritable. Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.

The second reason is spiritual.

Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God's Word will be very essential if you are to enter into a more intimate communion with God to maintain your fast to its completion. While fasting, if you dissipate your energy on numerous errands or busy-work to the neglect of spending special time with God, you will starve both physically and spiritually. You will find yourself becoming discouraged and frustrated with your fast instead of being benefited and uplifted and blessed. I don't want that to happen to you.

The more time you spend with God in fellowship, worship, and adoration of Him, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be. So I encourage you to arrange your schedule accordingly!

How to Make Your Spiritual Experience the Best it Can Be

By Dr. Bill Bright

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

My major reason for fasting is for personal revival, revival for our nation, for the world and for the fulfillment of the Great Commission. But praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do. Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.

What Physical Effects to Expect

By Dr. Bill Bright

Although fasting can be an indescribable blessing, it is not always easy for everyone. In this time of discipline, self-sacrifice and reflection, do not be surprised if you experience mental and physical discomforts.

To begin, you may experience some inner conflict when you deny yourself the pleasure of eating delicious food. Any sort of fast may sometimes leave you feeling impatient and irritable. During a 3-day fast, this struggle can intensify toward the end of the second day. That seems to be a favorite time for the "self" to rise up and say, "This is as far as I want to go. I have done enough."

Physical Effect

Hunger Pangs: These are greatest usually during the first three days of the fast. Your body is adjusting from using the food in your digestive tract (which remains about three days) to consuming stored fats.

Suggested Relief:

Psyllium Bulk: Help eliminate hunger pangs and also aids in cleansing the body. Several capsules can be taken throughout the day with plenty of water.

Silymarin tablets may also be helpful, for they are believed to protect and enhance the cleansing of the liver.

Physical Effect

Coldness, bad breath and heightened body odor, changes in elimination (constipation or diarrhea), light-headedness, changes in sleeping and dreaming patterns, aches and pains.

A white-coated tongue at the beginning of a fast may be a part of the body's pattern of throwing off toxins.

Also expect to go to the bathroom often (you will be drinking lots of water!)

Suggested Relief

After the first two weeks of an extended fast, many of these symptoms subside. Continuing aches in a certain area of the body usually means elimination of fatty tissue is going on in that area, which is not harmful. However, any extensive pain should be examined immediately.

YOU SHOULD STOP FASTING IF YOU ARE EXPERIENCING SEVERE PAIN OR SWELLING.

Physical Effect

Headaches or stomachaches may be a result of salt, sugar, or caffeine withdrawal.

Suggested Relief

Eliminating those items from your diet prior to fasting is the best way to avoid these pains.

Physical Effect

Lower back pain may indicate that you are dehydrating

Suggested Relief

Drink more fluids

Physical Effect

Dizziness may be caused by a sudden change in position, such as rising suddenly from a chair.

Suggested Relief

Stop for a second or two, then recover. Move slowly. (A word of caution: these conditions may be symptoms of other problems requiring medical attention).

Physical Effect

Minor fasting discomfort

Suggested Relief

Take one teaspoon of psyllium seed powder morning and evening. Mixed in lukewarm water, it becomes like Jell-O. This powder will hasten the elimination of toxins from your colon and help to prevent headaches and dizziness for most healthy people. Alfalfa tablets can help control bad breath and cleanse the system. Two tablets at a time can be taken several times a day.

During your fast, you may have your struggles, discomforts, spiritual victories, and failures. In the morning you may feel like you are on top of the world, but by evening you may be wrestling with the flesh—sorely tempted to raid the refrigerator and counting how many more days are left in your fast. This is especially true if you are new at fasting. To counteract temptations like these, take extra time with the Lord to spend with God. Step outside for fresh air and a moderate walk of a mile or two, and talk to the Lord as you walk along. And in the process always keep on sipping water or juice frequently during your waking hours.

7 Basic Steps to Successful Fasting and Prayer

By Bill Bright

How to Begin Your Fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word, preferably on your knees.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet together for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

Tips on Juice Fasting

- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Mix acidic juices (orange and tomato) with water for your stomach's sake.
- Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Breaking Your Fast

By Bill Bright

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

STEP 6: End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Add a raw salad.
 - Second day: Add baked or boiled potato, no butter or seasoning.
 - Third day: Add a steamed vegetable.
 - Thereafter: Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days.

Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

I encourage you to join me in fasting and prayer again and again until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.

How to Experience and Maintain Personal Revival **By Bill Bright**

- 1.**Ask the Holy Spirit to reveal any unconfessed sin in your life.
- 2.**Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.
- 3.**Examine your motives in every word and deed. Ask the Lord to search and cleanse your heart daily.
- 4.**Ask the Holy Spirit to guard your walk against complacency and mediocrity.
- 5.**Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
- 6.**Refuse to obey your carnal (worldly) nature (Galatians 5:16,17).
- 7.**Surrender your life to Jesus Christ as your Savior and Lord. Develop utter dependence on Him with total submission and humility.
- 8.**Study the attributes of God.
- 9.**Hunger and thirst after righteousness (Matthew 5:6).
- 10.**Love God with all of your heart, soul, and mind (Matthew 22:37).
- 11.**Appropriate the continual fullness and control of the Holy Spirit by faith on the basis of God's command (Ephesians 5:18) and promise (1 John 5:14,15).
- 12.**Read, study, meditate on, and memorize God's holy, inspired, inerrant Word daily (Colossians 3:16).
- 13.**Pray without ceasing (1 Thessalonians 5:17).
- 14.**Fast and pray one 24-hour period each week.
- 15.**Seek to share Christ daily as a way of life.
- 16.**Determine to live a holy, godly life of obedience and faith.
- 17.**Start or join a home or church Bible study group that emphasizes revival and a holy life.

6 Vital Questions About Prayer

By Bill Bright

Q: What Is Prayer?

Simply put, prayer is communicating with God. Real prayer is expressing our devotion to our heavenly Father, inviting Him to talk to us as we talk to Him.

Q: Who Can Pray?

Anyone can pray, but only those who walk in faith and obedience to Christ can expect to receive answers to their prayers.

Contact with God begins when we receive Jesus into our lives as Savior and Lord (John 14:6). Praying with a clean heart is also vital to successful prayer. We cannot expect God to answer our prayers if there is any unconfessed sin in our life or if we are harboring an unforgiving spirit (Psalm 66:18; Mark 11:25). For God to answer our prayers, we must have a believing heart and ask according to His will (Matthew 9:29; 21:22; 1 John 5:14,15).

Q: Why Are We to Pray?

God's Word commands us to pray (Luke 18:1; Acts 6:4; Mark 14:38; Philippians 4:6; Colossians 4:2; 1 Timothy 2:1,2).

We pray to have fellowship with God, receive spiritual nurture and strength to live a victorious life, and maintain boldness for a vital witness for Christ.

Prayer releases God's great power to change the course of nature, people, and nations.

Q: To Whom Do We Pray?

We pray to the Father in the name of the Lord Jesus Christ through the ministry of the Holy Spirit. When we pray to the Father, our prayers are accepted by Jesus Christ and interpreted to God the Father by the Holy Spirit (Romans 8:26, 27,34).

Q: When Should We Pray?

God's Word commands us to "Pray continually" (1 Thessalonians 5:17). We can be in prayer throughout the day, expressing and demonstrating our devotion to God as we go about our daily tasks.

It is not always necessary to be on our knees, or even in a quiet room to pray. God wants us to be in touch with Him constantly wherever we are. We can pray in the car, while washing the dishes, or while walking down the street.

Q: What Should We Include in Our Prayers?

Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God: Adoration, Confession, Thanksgiving, Supplication (ACTS).

A-Adoration

To adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.

C-Confession

When our discipline of prayer begins with adoration, the Holy Spirit has opportunity to reveal any sin in our life that needs to be confessed.

T-Thanksgiving

An attitude of thanksgiving to God, for who He is and for the benefits we enjoy because we belong to Him, enables us to recognize that He controls all things - not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.

S-Supplication

Supplication includes petition for our own needs and intercession for others. Pray that your inner person may be renewed, always sensitive to and empowered by the Holy Spirit. Pray for others - your spouse, your children, your parents, neighbors, and friends; our nation and those in authority over us. Pray for the salvation of souls, for a daily opportunity to introduce others to Christ and to the ministry of the Holy Spirit, and for the fulfillment of the Great Commission.