

I will cover the following topics in this presentation.

1. Why you need an effective prayer life
2. My outline for Prayer
3. Using the Lord's Prayer as a Model
4. Give Him 5 - Pastor Ronald Nathan
5. The elephant in the room: Why people are afraid to pray
6. My prayer testimony
7. Other Helpful tools for prayer

1. **Why You need an effective prayer life.** There is no magical formula or words that **make prayer effective** and thus powerful. But **effective prayer** does require that we understand and believe that we are indeed talking to our God and Father who loves us (John 16:26-27). Furthermore, it is important, however, that we understand that **without an effect prayer life:**

- a. We cannot have a relationship with God
- b. We cannot find God's direction for our life
- c. We cannot receive the things we need
- d. We cannot have the power of God
- e. We cannot have victory over sin

2. **My Outline for Prayer:** I have adapted the following outline for when I pray. I use it when whether I write out a prayer or just speak it.

A. ADDRESS GOD (in Jesus' name) (Acknowledge, Praise and Worship)

B. ASK FOR FORGIVENESS (Today I forgive...as I ask for forgiveness)

C. THANK HIM FOR BLESSINGS

D. ASK HIM FOR BLESSINGS (This is your petition for God's Will, protection, your needs and the needs of others, including our government)

E. CLOSE IN JESUS' NAME

3. **How do I use the Lord's Prayer as a model?**

The Lord's Prayer is actually quite short. This is how Jesus tells us to pray: with fewer words and more intimacy. One way to pray like Jesus is to pray the Lord's Prayer word for word. You can also personalize it and use Jesus' words as a structure for your prayers.

The Lord's Prayer Matthew 6:9-13 KJV

9 Our Father which art in heaven,
Hallowed be thy name.

10 Thy kingdom come, Thy will be done in earth, as it is in heaven.

11 Give us this day our daily bread.

12 And forgive us our debts, as we forgive our debtors.

13 And lead us not into temptation, but deliver us from evil:

For thine is the kingdom, and the power, and the glory, forever. Amen. These are the words from the Lord's prayer in Matthew 6:9-13, taken from the King James Bible

ADDRESS GOD:

- **9 Our Father which art in heaven:** *Here, you praise God as your Father and lift up His name as holy.*
- **Hallowed be thy name.** Psalm 103:2-5 lists the benefits of His name. ***Through the benefits of His name He forgives, heals, redeems, and shows love and mercy and renews you.***
- **10 Thy kingdom come, His kingdom brings righteousness, peace, and joy in the presence of the Holy Spirit; and you are asking Him to usher these values into the world.**

- **Thy will be done in earth, as it is in heaven. Trust your life into the hands of the Lord.** *God is just and kind, and He sees what is best for you in the long run, so you seek to submit yourself to His will.*
 - **11 Give us this day our daily bread.** Ask God to help you with your daily needs. This is "supplication". "Supplication" is to express a need to God: food, clothing, bills, transportation, etc.
 - **12 And forgive us our debts, as we forgive our debtors. Here you Ask Him to wash away your sins,** while reminding you that you should let go of your grudges and anger. **Matthew 6:14-15 14For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."** So get this, YOU CANNOT ASK GOD TO FORGIVE YOU FOR NOT FORGIVING OTHERS (for holding something against someone). Be careful of this part. We are very good at deceiving ourselves into believing that we have forgiven someone when in fact, we HAVE NOT.
 - **13 And lead us not into temptation, but deliver us from evil:** Ask **God** to guard you from testing and evil. "Satan's kingdom is real. The temptations we face originate in Satan, not God. Every day, we should put on the "whole armor of God" to stand firmly against every attack of the enemy ([Ephesians 6](#)). Consider praying for your city, state, and nation. Pray against attacks upon your family, business, and health.
 - **For thine is the kingdom, and the power, and the glory, forever:** Declare His power, trusting that everything is possible with Him.
 - **Conclude your prayer humbly by saying: "Amen."**
4. **GIVE HIM 5 - An approach to prayer by Pastor Ronald Nathan.** Pastor Nathan has shared with us a method he calls "GIVE HIM 5" in which he suggests that we can all give God AT LEAST 5 MINUTES as often as we can. He timed the Lord's Prayer and found that it only takes a minute to say it. The rest of the time he divided up to a total of 5 minutes. WHAT IS 5 MINUTES our of 24 hours?
- **1/2 minute to Acknowledge God**
 - **1 minute to recite the Lord's Prayer (or make your supplications to God)**
 - **1/2 minute to Thank and Praise Him**
 - **3 minutes to just LISTEN TO GOD.**
5. **THE ELEPHANT IN THE ROOM: Why are we so afraid of praying in public or praying out loud?**
Why the uncomfortable moment when a group leader asks for a volunteer to lead the prayer, why does everyone instinctually look down at their feet and hope the leader will pick someone else? I often I catch myself . I find myself, out of life-long habit, looking down at my feet when someone asks for a volunteer to pray. Yet, I'm not afraid of prayer. I don't want to hide its importance in my life. I really don't mind praying in public. I pour out my heart and my prayers. I've led prayers before large groups So, why would I still hesitate to volunteer to lead a small group in prayer? The answer is this: ***We don't feel like we're doing it right.***
While there are different formats and methods for prayer, those are only techniques to help us enter the conversation, rather than prescriptive ways to pray. God simply wants to meet us where we are and enter a conversation with us. Don't worry about what others think about your prayer, but rather what GOD thinks about your prayer. Matthew 6:7-8 7But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. 8Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.
- It's our natural habit to defer to the most senior or most experienced in the room. So, when it's time to pray, if a preacher, a member of the church staff, or a known "prayer warrior" is in the room, we most often look to them to lead the prayers. After all, it's intimidating to lead prayer in front of these "experts," isn't it?

The thing is, mastering prayer isn't about getting the words right or sounding like the "experts." **Mastering prayer is simply consistently engaging in conversation with God and speaking to Him from your heart.**

And as for those we consider "experts", Don't you think it would be a blessing to them to sometimes be on the receiving end of a prayer instead of always leading? Don't you think Overseer Bryant would love to see how we have been able to inspire and educate others on developing a strong prayer life?

6. My Prayer Testimony Here is a prayer I prayed before I became an intercessor. It is very transparent:

"DEAR HEAVENLY FATHER,

AS I SEE THE FUTURE OF MY FAMILY, OUR POSITION IN YOUR CHURCH, THE ELEVATING OF MY HUSBAND TO PASTOR, I SEE SO MUCH THAT IS "INSUFFICIENT" IN ME.

I FREEZE WHEN I AM ASKED TO PRAY OUT LOUD ON THE PRAYER LINE. or IN FRONT OF A CROWD.

Others have been on the prayer line for almost a year. I even encouraged Sandy to not give up on the prayer line when it was first starting out. I saw it as a way to bring me up to standards. BUT, Then, my flesh said that I WOULD NEVER BE ALERT THAT EARLY IN THE MORNING. Now Sandy and several members of our church have been on the prayer line for a year and are stronger than ever. And I am NOWHERE near where I should be in prayer or in fasting."

You see, I had several reasons develop a prayer life

1. To protect my family
2. For our new positions in the church
3. I felt very insufficient as a Christian
4. I was afraid to pray openly
5. I was not as strong as I needed to be

But one day I made up my mind to become a prayer warrior! Here is how I dictated it into my notes: (praises and all, but "tongues" did not come out in the dictation. LOL)

"I made up in my mind one day that when I pray ... I want God to hear my prayer. and when I pray I want to hit the mark every time. ... glory to God thank you Lord Jesus. ...I want to be a strong warrior. when I came to prayer team and Sandy pressed me so hard to be on the prayer team in the morning, i refused. but my daughter called me one time and she was so distraught and I got so indignant at the devil coming for my child that I decided to put on my armor.

I put on all the armor that I could fine. I put on my helmet I had my helmet and I held up my shield.

I strapped on my boots. Hallelujah, I grabbed every possible grenade, took hold of my AK 47 which is the word of God. I took My AK 47 and I got on the ground. I

got on the ground I got under there. I crawled through the enemy's lines. hallelujah!

I crawled through and I prayed for my daughter like I was praying for my very life! hallelujah Jesus glory to God hallelujah

I sensed the spirit of suicide and called out his demons around my child. hallelujah. and I prayed for her deliverance hallelujah praise God! hallelujah ! that she could break through. hallelujah i couldn't go where she was... hallelujah I couldn't make it there...hallelujah! I couldn't get there in time. hallelujah ...but God could get their ...hallelujah! God had angels of mercy there and ...hallelujah glory to your name Jesus hallelujahthere was a massive battle. and I got down on the ground and I called out everything I possibly could call out and I prayed...hallelujah ...until my daughter broke down in tears and she began to praise God because she couldn't praise God beforehand.

Prayer was effective that day. That's when I made up my mind that I will not do friendly fire and shoot my own people. But when I pray I'm not going to be like a 3 years old holding an AK 47 to a 3 year old..hallelujah Glory to God...If you put a handgun in the hand of one of these children and let them have it they'll shoot everybody in the room and they could turn it on themselves and shoot themselves."

7. OTHER HELPFUL TOOLS FOR PRAYER - These are separate documents that I will forward to those who want them. They may also be available on our website.

- A. WORDS OF PRAYER**
- B. WORDS OF PRAISE**
- C. FATHER, THANK YOU FOR...**
- D. 4 Simple Steps to Prayer**
- E. 7 Tips for When It's Your Turn to Pray Out Loud**

[<https://www.wikihow.com/Pray-the-Lord%27s-Prayer>](https://www.wikihow.com/Pray-the-Lord%27s-Prayer)

[<https://www.thoughtco.com/how-to-pray-p3-2159013>](https://www.thoughtco.com/how-to-pray-p3-2159013)

<https://www.prayerandpossibilities.com/how-to-pray-out-loud-7-tips-for-when-its-your-turn-to-pray/>

<https://www.prayerandpossibilities.com/why-are-we-so-afraid-of-praying-in-public/>

<https://faithfullyplanted.com/lords-prayer-personal-guide/>>