



Prayer Warriors Manual - The "Realms" of Spiritual Warfare



“What Is Prayer?”

Our Lord and Savior Jesus Christ had much to say about prayer. In the gospels, he consistently demonstrated a personal need for prayer. Oftentimes he would leave the disciples alone and go into a place alone to pray unto the Father (ex. Matt. 14:23). The disciples finally understanding the need for prayer, said unto him “Lord, teach us to pray”. His reply has become known to us as the “Lord’s Prayer”. We need to understand that Jesus did not intend for the Lord’s Prayer to become a specific verbatim prayer for all to repeat. However, it represents a “model” for prayer that

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1. **Communion** - (A desire to enter into conscious and intimate relationship with God.) This is the essence of what Adam and Eve had and lost in the garden. It is the purest form of prayer as we desire to be in his presence not because of what he did for us, but because of who he is.
2. **Adoration** - (The praise of God because of his greatness and goodness.) It is interesting to note that many of the Psalms are prof Adoration and Praise. The Psalmist wrote in 145:2 “ Every day I will bless thee; and I will praise thy name for ever and ever”.
3. **Thanksgiving** – (The outpouring of Gratitude to God because of his Grace, Mercy, and Love.) The Psalmist wrote numerous verses such as , Psalms 50:14 Offer unto God thanksgiving; and pay thy vows unto the most High:, Psalms 69:30 ¶ I will praise the name of God with a song, and will magnify him with thanksgiving., Psalms 95:2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms., Psalms 100:4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

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- 4. Confession** - (When we as sinful man acknowledge our disobedience to God) It is so very important that we acknowledge and confess our sins before God. True repentance is incomplete without confession. In Psalm 51, David gave forth an intense prayer of confession concerning his adulterous affair with Bathsheba. Also, 1 John 1:9 says, “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness”.
- 5. Petition** - (A Plea to God for personal help). The bible has an abundance of scriptural references to Petitionary prayer. Several are; Matthew 7:7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: John 14:14 If ye shall ask any thing in my name, I will do it John 16:23 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. John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. John 16:26 At that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you.

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6. **Intercession** - (A Petition on behalf of someone else). The bible has an abundance of scriptural references to Petitionary prayer. One great example is that found in Acts 12:1-17 which exemplifies the power of corporate intercessory prayer as the church prays for Peter’s deliverance from prison. Another great example is the Intercessory prayer life of Elijah for the nation of Israel. James 5:16-18 summarizes; “The effectual fervent prayer of a righteous man avails much. 17 Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months. 18 And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.

6. **Submission** - (When we abandon our own desires and surrender our will to the will of God). The Prayer of JESUS in Gethsemane (Matthew 26:39): In the garden of Gethsemane, Jesus uttered a profound prayer, expressing His human vulnerability yet surrendering to God's will. This prayer before His crucifixion resonates with believers facing challenges, emphasizing the strength found in surrendering to God’s Will

“Rules of Prayer”

In order for our prayer lives to be effective, there are conditions, or “**Rules**” of prayer that God’s Word declares must be kept. This is the area in which God’s people lack knowledge and understanding.

1. Prayer works only as it is made in faith. (Heb. 11:6, Matt 17:20, Mark 11:23,24, James 1:6)
2. Prayer works only as it is made in the name of Jesus. (John 14:13, 15:16)
3. Prayer works only as it is in keeping with the will of God. (1 John 5:14-15)
4. Prayer works only as it is made under the direction and influence of the Holy Spirit. (Jude 20, Matt. 20:22, John 4:10, Rom 8:26,27)
5. Prayer works only as it has been made by one who has confessed and repented of sin. (Ps. 66:18, Prov. 28:9, Isa. 59:1,2)
6. Prayer works only as it has been made by a forgiving heart. (Matt 6:12-15, 18:21-35, Mark 11:25-26)
7. Prayer works only as it is made in the context of harmonious relation between other people. (1 Peter 3:1-7, Matt 5:23-24, 18:19)
8. Prayer works only as it is made with persistence (Luke 11:5-8, 18:1-8)

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2. Prayer works only as it is made in the name of Jesus.

(John 14:13, 15:16)

- What does it mean to “Pray” or “Ask” in Jesus Name?
- Covenant relationship is the basis of our prayer
 - IE; what gives us the right to ask God to do anything for us?

John 14: 12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. 13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. 14 If ye shall ask any thing in my name, I will do it.

John 15:16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

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- What does it mean to “Pray” or “Ask” in Jesus Name?
- Jesus Christ as our great ‘High Priest’ is another basis of our prayer
 - IE; what gives us any access to God to ask him to do anything for us?

John 14: 5 Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? 6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Hebrews 4:14 Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. 16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

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- What does it mean to “Pray” or “Ask” in Jesus Name?
 - Consider the example of “Power of Attorney”: In the natural, “Power of Attorney” is a legal process (document) that allows someone else to act on your behalf. The person who grants the power is called the principal, grantor, or donor, and the person who is granted the power is called the agent or attorney-in-fact.
 - Praying in the name of Jesus means more than petitioning to God and adding the phrase, “**in Jesus name**” to the end of our petition! When we pray in the name of Jesus, we are praying as one who is representing the desires of Jesus who has authorized us to represent him in matters of the kingdom. Our prayers are to reflect the character, nature, and purpose of Jesus Christ.
 - When we pray in Jesus’ name, we pray with spiritual authority. We must understand it is based upon a “delegated” authority that Jesus Christ passed down to the church (true believers).

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- What is the “spiritual LEGAL” basis to “Pray” or “Ask” in Jesus Name?
- “The Blood of Jesus”
 - We must “appropriate” the “merits” of the shed blood of Jesus!
 - All that has been made available to us through;
 - Redemption
 - Righteousness
 - Atonement
 - Justification
 - Sanctification
 - Grace
 - Forgiveness
 - Reconciliation
 - Inheritance
 - Election/Predestination
 - Ascension
 - Exaltation
 - Reigning

“Models of Prayer?”

1. The Lord's Prayer (Matthew 6:9-13): The Lord's Prayer, spoken by Jesus Himself, stands as a model for believers worldwide. This prayer encompasses adoration, submission to God's will, seeking daily provision, forgiveness, and deliverance from evil. Its simplicity and completeness make it a timeless guide for approaching God in prayer.

2. The Prayer of Faith (James 5:13-18): James describes how the prayer of faith is one of the key ingredients to healing and deliverance from God.

3. The Prayer of Jabez (1 Chronicles 4:10): In the midst of genealogies in 1 Chronicles, the prayer of Jabez stands out as a powerful plea for blessing and expansion of territory. Jabez's earnest request demonstrates the transformative power of seeking God's favor and the realization that our prayers can shape the course of our lives.

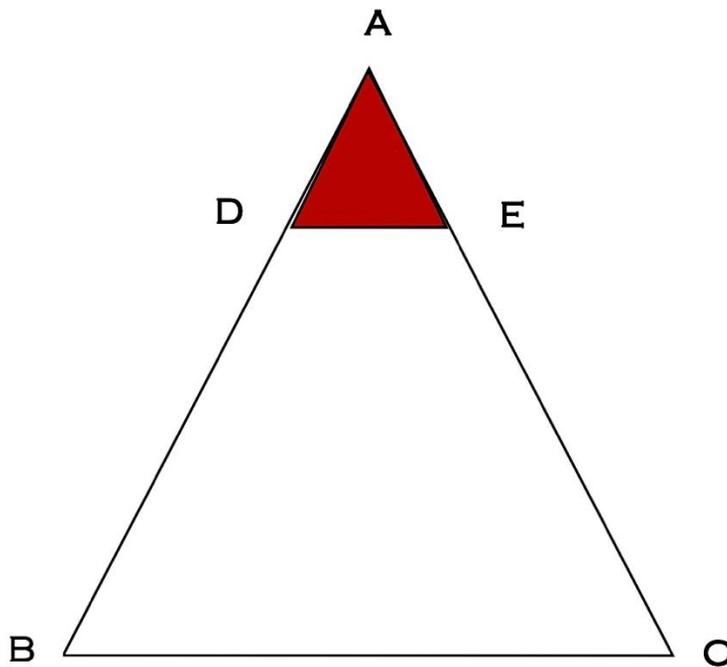
4. Hannah's Prayer of Thanksgiving (1 Samuel 2:1-10): Hannah's prayer of thanksgiving in 1 Samuel 2 is a beautiful expression of gratitude and praise. It reflects the joy of a woman who experienced God's faithfulness in the midst of barrenness. This prayer resonates with those seeking hope and victory in their circumstances.

“Models of Prayer?”

- 5. The Prayer of Solomon at the Dedication of the Temple (2 Chronicles 6:14-42):** Solomon's prayer at the dedication of the temple is a majestic and comprehensive plea for God's presence, forgiveness, and guidance. It reflects the humility of a leader acknowledging the dependency of the nation on the Almighty, making it a timeless prayer for leaders and nations today.
- 6. The Prayer of JESUS in Gethsemane (Matthew 26:39):** In the garden of Gethsemane, Jesus uttered a profound prayer, expressing His human vulnerability yet surrendering to God's will. This prayer before His crucifixion resonates with believers facing challenges, emphasizing the strength found in surrendering to God's plan.
- 7. Paul's Prayer for Spiritual Wisdom (Ephesians 1:17-19):** Paul's prayer for the Ephesian church is a powerful example of intercessory prayer, focusing on spiritual insight and understanding. This prayer serves as a guide for believers seeking deeper knowledge of God and His purpose for their lives.
- 8. The Prayer of the Publican (Luke 18:13):** The humble prayer of the tax collector in Luke 18 is a poignant reminder of the power of genuine repentance and humility. This simple yet powerful prayer teaches us about the transformative nature of a contrite heart and the mercy God extends to those who approach Him with humility.

“Guide to Fasting and Prayer”

In order for our prayer lives to be the “most effective”, **Fasting must be included with our prayer.** Jesus taught this principle in Matt. 17:21 and Mark 9:29 . Furthermore, he teaches that there is a “level” in God that can only be accessed through Fasting & Prayer.



The illustration above teaches a simple principle about the power of combined Fasting with Prayer. The area of the triangle ABC represents the “complete” will of God for every believer. The lower area DBCE represents the area of God’s will accessed through prayer alone. The top shaded area ADE represents the level that God the Father desires his children to walk in. It is here that we “flow” in victory, power, peace, dominion, prosperity, and revelation. This area can only be accessed by **FASTING AND PRAYER!**

“Guide to Fasting and Prayer”

It is important to note that the early Christian Church placed great emphasis on Fasting and Prayer as a combined practice. Because of this, they received power and direction from the Holy Spirit which allowed them to transform the world.

Here are several important points to understand about fasting;

1. Fasting “Intensifies” Prayer!

- In bible times, God commanded his people to “mourn” or to “afflict” their souls to share in God’s grief over the sin and re- bellion of humanity.
- Leviticus 16:31 31 It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever.(This became known as the Day of Atonement or the day of the “fast”. “Yom Kippur”, the Day of Atonement is still observed by Jews today!
- David said in Psalm 35:13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. {humbled: or, afflicted}
- IPsalms 69:10 When I wept, and chastened my soul with fasting,
- 2 Corinthians 6:4 But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; {in tumults: or, in tossings to and fro}

“Guide to Fasting and Prayer”

2. Fasting brings Deliverance and Victory !

- 2 Chronicles 20:1-30
- Ezra 8:21-23
- Esther 2:19
- Jonah 3:4-9

3. Fasting Prepares us for the Latter Rain !

- Daniel 9:2-3
- Joel 1:14 , 2:12-25
- Isaiah 58:8-12

Matthew 6:16-18

16 ¶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

“Guide to Fasting and Prayer”

1. Enter into Fasting with “Positive” Faith
2. Remember ; “Faith cometh by hearing, and hearing by the word of God”
3. Do not wait for some emergency to “drive” you to fasting
4. In the beginning, do not set yourself to long a period of fasting. Move gradually into longer periods
5. During your fast, give plenty of time to Bible study
6. Set certain specific objectives in your fasting. It is helpful to make a written list
7. Avoid making a religious show and boastfulness
8. Each time you fast, keep a watchful check on your motives
9. If you are on regular medication or suffer from diabetes or some other wasting disease, obtain medical advice before entering into a fast that extends beyond a meal or two.
10. Do not abstain from fluids (water) for excessively long periods
11. Break your fast gradually. Don’t pig out immediately after fasting
12. Pray specifically for those who are fasting collectively along with you. There is “great power” when we pray for each other and stick together during a fast!