

# Prayer Training 6

## The **Practical** - *How to Build a Strong Prayer Life*

### I. INTRODUCTION

A. Prayer has different expressions such as *intimacy with God* including pray-reading the Word and fellowshiping with the Spirit, *interceding for revival, justice, and social transformation*, referred to as contending prayer, providing *prayer covering for individuals*, and *praying for the sick*. In this way, we **encounter** God, do the works of the kingdom, and change the world.

**B. A consistent prayer life is essential.**

Only through a lifestyle of prayer can we receive the fullness of what God has provided for us.

**C. Prayer is how we talk to God.** It is a great privilege, a fierce struggle, and a powerful miracle of the Spirit who helps us in our weakness in prayer.

**D. Prayer is so necessary because it causes our spirit to be energized**, releases God's blessing on our circumstances, and results in changes in the church, our community, nation, and society. Prayer changes the spiritual atmosphere of a city by impacting the movement in the spirit realm. (Daniel 10:12-21)

**E. Prayer is a place of abiding in Christ**, of connecting with the Spirit who energizes us to love God and follow the First commandment, and causes us to overflow in love for others, the second commandment. (Matthew 22:37-40)

*He who abides in Me...bears much fruit; for without Me you can do nothing. (John 15:5)*

F. Prayer was never meant to be duty or merely results- based. **Prayer is the place of encounter with God**, where our spirit is energized as we grow to love Him more. It positions us to be energized to love God and people by receiving God's love as a Father and a Bridegroom.

**G. We will love others better as we encounter God's heart.** We do not have to give up our prayer time to make time to minister to people. We can do both. Most of us can capture time for building the kingdom of God from the time we spend on entertainment or on making more money. It is wiser to reduce our lifestyle and make time to connect with God, grow in the Word, and serve others.

H. Prayer that leads to intimacy with God protects our spirit from burnout as we minister to people over the years. Connecting with Jesus is our lifeline that enables us to sustain our ministry of winning the lost, healing the sick, and doing works of justice and compassion for decades.

**I. God want us to pray to connect with His heart in deep partnership.** Therefore, asking God for everything is a foundational principle of the kingdom of God. We must specifically ask, and not just think about our need with frustration and desperation.

*In everything by prayer...let your requests be made known to God... (Philippians 4:6)*  
*Yet you do not have because you do not ask. (James 4:2)*

J. There are blessings that God has chosen to give us, but He withholds them until we ask Him. In this way, He protects His relationship with us by not answering until we connect with Him by asking.

*The Lord will wait, that He may be gracious to you...19 He will be very gracious to you at the sound of your cry; when He hears it, He will answer you. (Isaiah 30:18-19)*

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#### II. PRACTICAL ISSUES IN DEVELOPING A CONSISTENT PRAYER LIFE

##### A. Three ways to strengthen our prayer life:

- Set a *schedule* for regular prayer times
- Make a *prayer list*
- Have a *right view* of God.

A schedule establishes “*when*” we will pray. A prayer list gives us focus on “*what*” to pray. A right view of God causes us to “*want*” to pray.

##### B. Two simple practices will help you to sustain your prayer life. First schedule a time to pray. Second create and use a prayer list.

C. Most people will pray much more by simply developing a schedule and prayer lists. Many who love God never develop a consistent prayer life because they lack these practices. Many refuse to do these two things, thinking they are legalistic, though they confess their inability to sustain their prayer life.

D. Once our prayer time has been scheduled, we must consider some of that time as “sacred time,” treating it as a *real appointment with the King*. Commit to the Lord certain scheduled prayer times as sacred appointments that you would not miss except in an emergency.

E. Using a prayer list is an essential tool that helps you focus as you pray. You can take liberty to deviate from your prayer list or *omit parts* as you are inspired by the Spirit.

#### III. DEVELOPING PRAYER LISTS

A. When developing a prayer list, it is helpful to think of our three main prayer focuses.

1. **Intimacy:** Focuses on giving your love and devotion to God. This type of prayer includes worship, meditation on the Word, by praying - reading, and fellowshiping with the Spirit.

2. **Personal requests:** Ask for God’s blessing on your personal life and ministry. We pray for a breakthrough in our inner man or heart, circumstances (physical, financial, relational), and ministry. That God’s power would be released through our hands, words, and deeds.

3. **Intercession:** Asks for God’s power or justice for other people, places or strategic issues.

a) **Prayer for people and places:** Individuals in ministries, marketplace, and government, and for the destiny of ministries, cities, or nations.

b) **Prayer for strategic issues in society:** Government (elections, abortion), oppression (human trafficking, abortion), natural disasters (hurricanes, droughts), diseases, etc.

B. When developing a prayer list, understand that there are three main prayer themes. We ask for the gifts, fruit, and wisdom of the Spirit to be released in each prayer focus

1. **Gifts** of the Spirit: God’s power and favor being released

2. **Fruit** of the Spirit: God’s character formed in us or others

3. **Wisdom** of the Spirit: God’s mind or the spirit of revelation imparted

C. **Free prayer lists are available:** *Ten Prayers to Strengthen Our Inner Man:* F-E-L-L-O-W-S-H-I-P; *Fellowshipping with the Spirit:* T-R-U-S-T. at: [www.MikeBickle.org](http://www.MikeBickle.org).

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#### **IV. RIGHT VIEW OF GOD: TENDER FATHER AND PASSIONATE BRIDEGROOM**

A. Foundational to our life of prayer is cultivating a right view of God. Many have a wrong view of God that sees Him as an angry taskmaster forcing us to endure prayer conversation with Him to prove our devotion to Him. **As we perceive God as our tender Father and Jesus as our passionate Bridegroom King, we will be energized in our spirit to confidently seek Him with all our heart.**

B. **Encountering the father heart of God is foundational to growing in prayer.** Jesus prayed for us that we might know that the Father loves us as He loves Jesus, thus giving us great worth.

*That the world may know that You...have loved them as You have loved Me. (John 17:23)*

C. We can have the assurance that we are enjoyed by God the Father, even in our weakness (Psalm 18:19, 35; 130:3-4). We pray very differently when our spirit is confident before God with the assurance that He enjoys us. The Father is filled with tender mercy. He is gentle with our weakness after we repent. We have “received the Spirit of adoption by whom we cry out, ‘Abba, Father.’” *Abba* is a Hebrew term of endearment, much like *papa* in our culture.

*You received the Spirit of adoption by whom we cry out, “Abba, Father.” (Romans 8:15)*

D. **Understanding Jesus as our Bridegroom and ourselves as His cherished Bride equips us to have a vibrant prayer life.** Jesus has burning desire for His people. The Bridegroom message is about Jesus’ emotions for us, His beauty, His commitments to us to share His heart, home, throne, secrets, and beauty. Our response of wholehearted love and obedience moves Him. The Spirit uses the message of the Bridegroom God to **restore the first commandment to first place** in the Church.

We must refuse all sensual overtones in proclaiming Jesus as our Bridegroom God. Jesus is *not* to be seen as our lover or boyfriend. (Isaiah 54:4-12; 62:2-5; Jeremiah 2:2; 3:14; 31:32; Ezekiel 16:13-15, 32; 23:1-45; Hosea 1:2; 2:7, 14-23; 3:1-5; Matthew 9:15; 22:1-14; 25:1-13; John 3:29; 2 Corinthians 11:2; Ephesians 5:25-32; Revelation 19:7-9; 21:9; 22:17)

E. **As sons of God, we are in the position to experience God’s throne** as heirs of His power. (Revelation 3:21; Romans 8:17) As the Bride, we are in the position to experience **God’s heart**, His affections.

#### **V. INTIMACY WITH GOD: PRAY-READING THE WORD**

A. **The best way to improve our prayer lives is by feeding on the Word of God.** This includes engaging in active conversation with God as we read His Word. Scripture gives us the “conversational material” in our prayer life and will make our prayer more enjoyable.

*This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night...then you will make your way prosperous, and...will have good success. (Joshua 1:8)*

B. **Bible study must lead to prayer with God.** Jesus rebuked the Pharisees for searching the Scriptures without using them to develop a real relationship with God (John 5:39-40).

*You search the Scriptures, for in them you think you have...life; these are they which testify of Me. 40You are not willing to come to Me [dialogue] that you may have life. (John 5:39-40)*

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C. Two broad categories of truth related to pray-reading the Word (meditating on Scripture) are: scriptures that focus on promises “*to believe*” and scriptures that exhort us “*to obey*.”

D. We actively dialogue with God by praying promises that we are “*to believe*” from His Word.

- First, *we thank God* for a particular truth. We turn that truth into declarations of thanksgiving or trust. For example, we say, “Thank you that You love, forgive, lead, and provide for me.”
- Second, *we ask God to reveal* particular truths to us (Ephesians 1:17). For example, pray: “Father, reveal to me more of Your love, forgiveness, direction, and provision for me.”

E. We actively dialogue with God by praying truths back to Him that encourage us “*to obey*” His Word.

- First, *we commit ourselves to obey God* in the specific way set out in scripture. We make declarations of our resolve to obey, saying, “I set my heart to obey in speech, time, and money.”
- Second, *we ask God to empower us to obey* a particular truth. We ask God for help, to give us wisdom, motivation, and power to obey in specific areas. For example, pray: “Father **help me** to love You, to bridle my speech, to use my time and money in full obedience.”

F. **We must articulate our love, gratitude, and requests to Jesus in simple phrases.** Take time to *journal* or record your thoughts and prayers as you “pray-read” through Scripture. This helps us capture the truths that the Spirit gives us and to develop language to talk with God.

*Take words with you, and return to the LORD. Say to Him, “Take away all iniquity; receive us graciously, for we will offer the sacrifices of our lips.” (Hosea 14:2)*

G. In prayer and meditation, we speak to God on His throne and to God the Holy Spirit, who dwells in our spirit. If we talk to the Spirit, then we will walk in the Spirit and receive His work in us. Ask the Spirit to let you “see what He sees and feel what He feels” about your life and others’ lives.

*...The love of God, and the fellowship of the Holy Spirit be with you all. (2 Corinthians 13:14, NAS)*

H. Take time to linger in His presence. Speak *affectionately* by intermittently saying, “**I love You Lord.**” Speak *slowly* and *softly* (not shouting or preaching at the indwelling Spirit), *briefly* (short phrases not paragraphs), and *minimally*. **Listen more than talk**, with *silence* and many *pauses*.

**TEN PRAYERS TO STRENGTHEN THE INNER MAN: F-E-L-L-O-W-S-H-I-P** (Ephesians 3:16)

**F- Fear of God:** Father, release the spirit of the fear of God into my heart (Psalm 86:11)

**E- Endurance [perseverance]:** Strengthen my spirit with endurance to do Your will (Colossians 1:11)

**L- Love:** Father, pour out Your love into my heart (Philippians 1:9)

**L- Light of glory:** Father, let me see the light of Your glory (Acts 22:6-11; Exodus 33:18; Psalm 4:6)

**O- One thing life focus:** I choose to be a person of one thing who sits at Your feet. (Psalm 27:4)

**W- Count me worthy:** Strengthen me to have a *worthy response* to God in my life (2 Thessalonians 1:11)

**S- Speech:** Father, set a guard over my lips. Free me from sinful speech (Ephesians 4:29; Psalm 141:3)

**H- Humility:** Jesus, I want to learn from You how to walk in lowliness (Matthew 11:29).

**I- Insight unto intimacy (wisdom):** Give me insight into Your Word, will, and ways (Colossians 1:9)

**P- Peace and Joy:** Strengthen my heart with peace and joy that overpowers fear (Philippians 4:7)

Prayer: Lord bless me with a hunger and thirst for Your Word and Your Spirit of intercession