

PRAYER POWER

*The foolproof guide to
spend an hour in prayer*

by Manley Miller



THE FOOLPROOF GUIDE WHICH TEACHES
**HOW TO SPEND
ONE SOLID HOUR**
in *Effective* **Dynamite** Prayer

that will *boost* your spiritual **growth**
and *catapult* you into the *presence* of God

*"God does nothing except in response to
believing prayer."* **John Wesley**



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One Hour of Prayer

A Step by Step Prayer Guide

Read out loud:

Matthew 26:36-46...*36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 40 And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." 42 Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand."*

*"I would rather teach one man to pray than
ten men to preach."* **Charles Spurgeon**

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Prayer Guidelines

- Remember this is a spiritual activity and you should rely on God's strength and supernatural power to help you.
- God is not looking for perfection, just a willing spirit who will die to the flesh
- Line up some praise and worship music (you can use CD'S or an IPOD). You want to select soft music maybe even instrumental.
- It is okay to take breaks in your praying to sing along with your songs and worship
- We are going to separate our prayer effort into six - 10 minute sections - based upon the Lord's Prayer (Our Father)

Open with the LORD'S PRAYER out loud

"Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.

*"And so I tell you, keep on asking,
and you will receive what you ask
for. Keep on seeking, and you will
find. Keep on knocking, and the door
will be opened to you. For everyone
who asks, receives. Everyone who
seeks, finds. And to everyone who
knocks, the door will be opened."* -

Jesus Christ



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FIRST 10 MINUTES "Our Father in heaven Hallowed be thy name"

- During this time you want to praise God's name in your life. To honor his name means to give his WORD weight and value in your life. Think about how to honor the Lord in your Thoughts, Actions, Decisions and Words.
- **Pray through the names of God thanking him for how he manifests Himself in each of these areas in your life**

1. **Jehovah Nissi** - which means The Lord Our banner - He is our protector and goes before us like a sign to the world that we belong to Him. He watches and defends our backs (and our fronts)
2. **Jehovah Tsidkenu** - which means The Lord Our Righteousness - He's the one who cleanses us and makes us right with Him
3. **Jehovah Jireh** - which means The Lord Our Provider - He's the source of all our needs
4. **Jehovah Shalom** - which means The Lord Our Peace - He's the one who stabilizes us in the midst of our circumstances
5. **Jehovah Rapha** - which means The Lord Our Healer - He's the healer of our spiritual, physical & emotional sickness
6. **Jehovah Shammah** - which means The Lord Is There (present) - He's an ever present help in time of need
7. **Jehovah R'oi** - which means The Lord Our Shepherd - He's your guide, protector and leader

Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. -

Paul the Apostle

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NEXT 10 MINUTES "Your Kingdom Come, Your will be Done"

- **In my own life** - Pray for yourself, that you would do God's will in your life. Ask him for guidance in accordance with James 1:5-8
- **In my family** - Pray for each member of your immediate and extended family by name. Ask God them to bless them and that they would honor God by doing his will
- **In my church** - Pray for specific people in your church, and pray for your pastors to do God's will
- **In my City-State-Nation** - Pray for specific Government leaders by name including the president.
 - Pray for the President

Despite their overthrow, the powers of darkness have not yet conceded their defeat; they continue to contest every inch of their territory. The kingdom of Satan retreats only as the kingdom of God advances.

- John Stott

- Pray for Mr. Obama's protection
 - Cover his wife and daughters in prayer
 - Pray that Mr. Obama will govern with God's wisdom
 - Ask God to keep our President Humble
 - Pray for wise and righteous advisers to surround him
 - Ask for the spirit of reconciliation
 - Pray that Mr. Obama will adopt pro-life convictions
 - Bind all evil forces assigned to manipulate our President
 - Pray that Mr. Obama's door will remain open to the church
 - Pray that our nation will enjoy God's Peace and Blessing during Mr. Obama's administration
- Pray for your Governor & State Leaders
 - Pray for your Mayor & Local Leaders



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NEXT 10 MINUTES "Give Us this Day Our Daily Bread"

- Thank God for His provision.
- Thank God that your needs are met - the needs of your family/church/nation.
- Know it is God's will for you to prosper.

“We can be certain that God will give us the strength and resources we need to live through any situation in life that he ordains. The will of God will never take us where the grace of God cannot sustain us.”

- Billy Graham

- Read **Psalm 1** out loud

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish.”

- Read **Philippians 4:19** out loud

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

- Ask God for anything you are unsure he will provide for you, be honest with him
- Ask God to provide for your church

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NEXT 10 MINUTES "And Forgive Us Our Debts As We Forgive Our Debtors"

- Ask God to forgive you. 1 John 1:19
- Specifically consider these sins
 - **Destructive Attitudes:** *These are attitudes which hold you back from God's best plan for your life.*
 - Jealousy
 - Self-Pity
 - People Pleasing
 - Envy
 - Hatred
 - Lust
 - Selfishness
 - Pride
 - Vengeance
 - Hurtful Attitudes
 - Unforgiveness and Grudges
 - Anger
 - Argumentativeness
 - Covetousness (wanting what belongs to others)
 - Greed
 - Perfectionism
 - Unbelief
 - **Destructive Habits and Actions -** *These are the actions which can secretly steal the blessing of God from your life.*
 - Gossip
 - Hurtful Speech

*“Forgiveness is to set a
prisoner free, and to realize
the prisoner was you.”*

- Corrie Ten Boom

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- Dirty Language
- Cursing
- Stealing
- Lying
- Breaking Promises
- Murderous Thoughts
- Idolatry
- **Addiction or Dependency on:** *These are the addictions which keep us distracted from placing our trust in the Lord.*
 - Gluttony (Excessive Eating)
 - Nicotine
 - Mind-Altering Drugs
 - Alcohol
 - Gambling
 - Credit Cards
 - Excessive Computer Use (Facebook, etc...)
 - Television
 - Video Games
 - Shopping
- **Then pray outloud** “Heavenly Father, You have called me to clothe myself with Christ and ‘not to gratify the desires of the sinful nature.’ God, I now choose to turn from all destructive habits, actions and attitudes and to rely only on you. I choose to walk in obedience to your Word and your Spirit. Through the power of Jesus’ shed blood I claim your total freedom. Amen.”
- Pray for and forgive those who sin against you. **Matthew 5:44**

*“But I say to you, Love
your enemies and pray for
those who persecute you”*

**- Jesus Christ
(Matthew 5:44)**



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NEXT 10 MINUTES "And Lead Us Not Into Temptation But Deliver Us From Evil."

“The key to temptation is not to see how close you can get without giving in, but how far you can stay away”

- John Hagee

- Put on the whole armor of God. Ephesians 6:13-18
- **Read out loud** Ephesians 6:11-19 – “Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”
- **Then Pray on the armor of God out loud**
 1. *“Stand firm then, with the belt of truth buckled around your waist...”* Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I so desperately need today. Expose the lies I’m not even aware that I believe.
 2. *“...With the breastplate of righteousness in place...”* And yes, Lord, I wear your righteousness today against all condemnation and corruption. Fit me with your holiness and purity—defend me from all assaults against my heart.

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3. *"...And with your feet fitted with the readiness that comes from the gospel of peace."* I do choose to live for the gospel at any moment. Show me where you are working and lead me to it. Do not let me become slack in my walk.
4. *"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."* Jesus, I lift the confidence that you are good against every lie and every assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me, because you are with me.
5. *"Take the helmet of salvation..."* Thank you, Lord, for my salvation. I receive it in a new and fresh way from you and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in your kingdom.
6. *"...and the sword of the Spirit, which is the word of God..."* Holy Spirit, show me specifically today the truths of the Word of God that I will need to counter the assaults and the snares of the Enemy. Bring them to mind throughout the day.
7. *"...and pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints."* Finally, Holy Spirit, I agree to walk in step with you in everything—in all prayer as my spirit communes with you throughout the day.
8. *"Pray also for me that whenever I open my mouth, words may be given me so that I will tirelessly make known the mystery of the gospel."* Lord, I pray that I will take every opportunity to share the gospel today.



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- We are at war, but this battle is not one of this world. We are at war with the very darkness that seeks to destroy all that is good. We are fighting the forces of evil that desire to snare and trample our fellow believers. We cannot take this war lightly.
- Fight confidently. *“For if God is for us, who can be against us?”* **Romans 8:31**
- *“Submit to God, resist the devil and he will flee from you.”* **James 4:7** Quote this verse out loud and then pray accordingly
- Recognize God is not tempting you. Read **James 1:13-14** and pray accordingly

Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one, but each person is tempted when he is lured and enticed by his own desire.

James 1:13-14



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**LAST 10 MINUTES "For Thine Is The Kingdom And The Power And The Glory
Forever."**

- Praise God for his love - His goodness to you.
- Praise Him for His mercy, praise Him for His grace.
- Bless Him and worship Him
- Close by singing one of your favorite worship songs to the Lord

*Men may spurn our appeals, reject our message,
oppose our arguments, despise our persons,
but they are helpless against our prayers.*

- J. Sidlow Baxter

*"The great people of the earth today
are the people who pray,
(not) those who talk about prayer...
but I mean those who take time and pray."*

- S. D. Gordon