

Re-Learning The Discipline of Prayer

A Prayer Strategy



An Introduction to
Biblical Steps of Intercession

by Richard W. LaFountain

The Struggle To Pray

Most of us, if we were honest about it, struggle with prayer. We don't pray enough, and we don't pray as we ought. Our lives are so busy from dawn to dark that there is little, if any, time for quiet moments alone with God. We trade our walk with God for a pot of porridge. We cheat ourselves out of the richest experiences God has to offer by not learning the art of intercessory prayer.

Prayer Is Not Easy

Intercessory prayer is not easy. It does not come naturally. It must be learned in the school of personal discipline. It will not come to us. We must pursue it. We must want it badly enough to sacrifice treasured activities to have it. For years I read material about the prayer lives of great men of God, how they prayed for many hours. They knew God. They enjoyed his presence. They walked with God. I wanted that!

A Desperate Prayer

A number of years ago now I began to pray in earnest, "Lord teach me to pray!" Though many complimented me on my personal disciplines and my prayer life I was acutely aware that I was falling far short of what God expected of me. My prayer life was sporadic and not very exciting. I was busy in the fields of the Lord but my romance with my Creator was dying. I was "lukewarm" – at least in prayer. I prayed that prayer every day for two years. "Teach me to pray, Lord. I don't know how to pray. I know about prayer, but I don't pray as I ought. Please, teach me to pray."

Search the Scriptures

I began to search the Scriptures for teachings on prayer and in so doing I discovered some important and neglected elements of prayer in my life. For many years prayer to me had been "asking." Prayer was not a refreshing interlude with God -- It was work! As I examined my prayer life I found that I was predominantly a beggar before the throne of God. I kept slipping into asking, begging, and pleading with God and most often for my own needs. How could I prevail in prayer for others when I was so needy? Then God taught me that there was a way to deal with my needs and put them away so that I could pray for others.

New Discoveries

As I walked through the Scriptures on prayer I discovered "undiscovered territories". There were things God teaches us about prayer that I never experienced, practiced, or saw evidenced in other believer's lives. I began to compile the truths about "how to pray" and came up with 12 Steps of Intercessory Prayer. It was time to embark on a new journey into the adventure of prayer. I discovered there is a way to come into God's presence in such a way that sleepiness never overtakes you. I discovered a way to stay in the presence of God and enjoy it immensely. I found ways to wait on the Lord and listen to Him in which you pray what is on the heart of God, not what's on your heart. I have discovered how to pray the purposes of God, in the will of God the way God intended.

This Course

These lessons are the result of years of study, practice, and struggle in the art of prayer. It is born out of the struggle that all of us feel. My hope is that they will be to you what they have become to me - precious treasures of God. Is it perfect? No. Am I perfect in my prayer life? No. But I am far richer because of it. This booklet is designed to be a guide to intercessory prayer. It is a training tool. Use it on a regular basis to develop skills as a Biblical intercessor.

Intimacy Before Intercession

“Are you known at the throne?” There is an interesting event in the 19th chapter of the book of Acts. Paul is preaching in Ephesus, and God is doing great wonders among the spiritist people. Two Jews take it on themselves to cast out demons like Paul, using the name of Jesus as their magic words. It didn’t work. Jesus name is not a magic word, it represents a relationship. Without the relationship, there is no power in using his name. So the demons jumped all over these clever fellows, but before doing so they left us with a clear spiritual insight. They said, “Jesus we know, and Paul we know, but who are you?”

You see Jesus was known in heavenly places because of who he is. Even the demons knew him in his ministry as Son of David, who came to destroy them. He, Jesus, was mighty in prayer. Paul was a follower of Jesus, but he also developed intimacy with God in his closet of prayer, so that he was a familiar face before the throne of God, and evidently a terrifying spectacle to demons as well. Paul was known around the throne! Paul was known in spiritual realms as a friend of God, and therefore a force to be reckoned with. God fought for him. Are you known at the throne?

Jesus calls us to develop an intimate relationship with him and the Father by becoming frequent visitors before the throne. This is why Paul could say in Hebrews 4:12, “*Therefore, (since we are intimate with the Son of God) let us come boldly to the throne of grace to find mercy and grace to help in the time of need.*” The secret was not some pretended, forced, or ad-libbed boldness of “name-it and claim-it” before the throne, but a natural result of intimacy with God developed over long hours, days, months, and years of being a regular worshipper around the throne.

The lesson is clear. We are not magicians before the throne, magically calling things into existence by using the mighty name of Jesus, but we are “friends of God” known at the throne, and therefore feared by demons. William Cowper said it rightly in his work, Exhortation to Prayer, “Satan trembles when he sees the weakest saint upon his knees.”

Early in my ministry one of my favorite books on prayer was by the notable Baptist preacher, John R. Rice. One of his memorable chapters was titled, “Prayer Is Asking.” One can easily be drawn into that kind of understanding of prayer but it is not quite true. Part of prayer is asking, but “*before the asking comes the basking.*” We need to learn to bask in the presence of God, to revel in God himself, to soak ourselves in the presence of the Almighty, to hide beneath his wing, to take refuge in his everlasting arms. God seeks such to worship him who would worship (pray) in spirit and in truth. (John 4:24) Daniel reminds us that prayer is a relationship, “*but the people that do know their God shall be strong, and do exploits.*” (Daniel 11:32 KJV)

Worship comes before wishing, wanting, or wallowing. We are not beggars before the throne. We are sons. Sons who only know their Father as Santa Claus are not sons. True sons revel in the relationship of their loving Father. The “stuff” they get as an overflow from the relationship, not a manipulation of it. Prayer is not asking. Prayer is living in the presence of God. Prayer is loving God and letting ourselves be loved by Him. We must learn that prayer is a love relationship. If it is anything else it is no different than the prayers of all other religions – it becomes merely an attempt to manipulate God for our own benefit. Only when we see prayer as a relationship can we understand the exhortation, “*Pray without ceasing.*” (I Thessalonians 5:17)

As I entered the school of prayer with Jesus as my instructor his first words, and only words for a year or more were, “*Be still and know that I am God.*” (Psalm 46:10)

Time With God:

We Are In a Rat Race.

In the western world we all fall into macro-habits, along with the rest of our nation. Generally, we let the world squeeze us into its mold. Conformity keeps us from standing out like sore thumbs. George Barna, of Barna Research Foundation, has found that by in large American Christians are not much different than the culture around them. They spend money the same, they watch the same amount of television, and the same programs. They have about the same stated values, incur about as much debt, read the same newspapers and magazines, and go to church 2.5 times per month. It is as though we were automatons, mass-produced clones of a post-industrial age, or cookie-cutter Christians stamped out in the same factory with little or no variety from the rest of the cheaply produced wares of an over-commercialized society.

Did You Ever Watch a Gerbil?

It is fascinating what a little rat can teach us! Gerbils are glorified rats, domesticated as house pets, shoved in cages, fed pellets, and basically stink up the house. Gerbils are known for their nocturnal hyper-activity. Every night, though they should know better by now, they climb aboard their spinning wheel and begin the race of a lifetime, chasing who-knows-what to get who-knows-where, just as fast as their little stinky feet can carry them. So what's the point? Who knows but they all do it, and always have as far as we know, so the habit goes on and on generation after generation. Parents teach it to their children (monkey see monkey do), those children in turn pass it on to their offspring and so on it goes.

We are just like gerbils. We run the same gambit of spinning wheels that our ancestors did before us. We pattern ourselves to run the rat race, perhaps believing against hope that we will somehow run it faster than our predecessors and win some glorious prize. (Yummy! Another box of pellets!) What is the point anyway?

We see Christians falling into the same ruts with the rest of the world, running faster and faster, earning and spending more than their predecessors, and all the while asking themselves, "What am I doing anyway?" Heart attacks, strokes, nervous breakdowns, divorces, are just as prevalent among Christians as with their counterparts in the world. STOP THE WORLD I WANT TO GET OFF!

It Was Not Always This Way.

There was a time when Christians found the secret of a fulfilling life. Years ago saints on every continent knew the secret of joy and true satisfaction that comes from an intimate walk with God. There is a cost to that walk. It cannot be had while with hold hands with the world and run to the beat of their drums. God speaks to his children of every age and calls to them in quiet whispers, "*Be still and know that I am God.*" and again, "*In quietness and confidence would be your strength...*" Unfortunately, as with the people of Israel, so it is with us. The epitaph is the same, – "*but you would not.*" Throughout the centuries God has had his called-out-ones, the Augustine's, the Francis of Assisi's, the AW Tozer's, who longing and heart's desire is to know God.

Choose Ye This Day

Solomon said it well for all of us, "*There is a way that appears right unto man but then end of it is the ways of death.*" The choice is yours. It is chosen every day of your life. We are not talking here in this booklet about a newfangled prayer fad, or some fantastic or novel prayer technique or discovery. We are talking about a decision to change our lifestyles, beginning with our prayer lifestyle. It is a decision to become "men and women apart," ones who daunt to walk with God as Enoch, Moses, and Elijah. Men and women who consider it more important to be known at the throne in heavenly places than to be rich and famous in earthly values. Men and women who are willing to trade all the riches of Egypt to sit at the feet of the Master and know Him, whom to know is life eternal.

In this book we will talk much about time and stillness for that is the crisis of our age – so many time-saving technologies, but little time for the Savior. Our challenge is not so much of strategy as it is of priorities. We challenge you to change your life, by changing your life aspirations. We challenge you to change the way you do prayer, and begin living a life of prayer. We challenge you to sacrifice sacred time – minutes, hours, yes, even days and weeks, to the Savior's call to come apart.

Little with God means
Little for God

A Personal Prayer Trainer

A Course In Personal Prayer

Welcome to my closet of prayer. I invite you to come into my private place of prayer. Please close the door behind you, (Jesus said to do so) and sit in silence as you watch me pray. I am not your guru or teacher. I am your prayer coach and this is a training course in intercessory prayer.

It is a prayer strategy based on 12 Biblical Steps of Intercession. This intercessory prayer strategy is to be divided into two parts: INTIMACY and then INTERCESSION. One precedes the other like a horse before the cart. We must get it right or we will be tripping over ourselves trying to get the cart before the horse.

Intimacy Is Learned

You did not start your love relationship with your spouse with immediate intimacy. It was something that developed with time. The more you spent time together, talking, walking, laughing, holding hands, or just sitting together staring at a sunset, the more you became comfortable with each other. You enjoyed each other first, then you built trust.

Get to Know God

Talking with God in prayer begins with the relationship. You have to spend time with God alone in order to become comfortable, “INTIMATE,” and safe with Him. You need to get to know Him. Daniel says, “*They who know their God will be strong and do exploits.*” (Daniel 11:32b) Daniel knew God because he spent many disciplined hours alone with him.

Be Still

Intercession is not a marathon “talk session” with God. Intimacy begins with the simple discipline of “being still” and grows from there. We start with learning to be quiet in God’s presence and so, to hear His whispers. It is about intimacy, not getting things from God. It is about relationship, not about telling God all the world’s needs. Begin small by learning the first step. It will take you awhile. It took me a good year to learn to be still. I still struggle with it. We are not used to being still or listening to God’s whisper. It takes time. It takes patience, but you can learn it.

Baby Steps

You probably didn’t learn to walk in one day. You build up to the point of walking. It begins with moving, stretching, flopping your arms and legs, then rolling over, eventually crawling, then your first step. Right away you are elated to take the first step, but then you fall, and you fall again and again. But you don’t give up.

One Step At A Time

Begin with one step, the first step; one step at a time. Learn it well until you can discipline yourself to spend three minutes on it without distraction. A three-minute egg timer will become your best friend as you seek to discipline your mind and heart in prayer.

It is extremely important to spend adequate time in preparation for intercession since that is the discipline most often neglected or missing altogether in our times of intercession. It is important because God says it is.

Patterns for Intercessors

The Power of an Hour

The intercessory part of your prayer time follows a Biblical pattern for prayer as well. It covers the world of needs in just six steps. Focus on talking to God about one or two items in each category, not listing a myriad of requests. Let God lead you as the Holy Spirit burdens your heart to pray for something in each step. Do not bring a list to the Lord. Carry the burden. Feel the need. Don't just say the need. Bathe the thing in prayer. Pray all over, under, and around the matter as you bring it to God.



The 12 Minute Prayer Meeting

This prayer strategy can be as short as 12 minutes. Take one minute on each step. Take a full three minutes for each category and it will then take 36 minutes to complete all twelve steps. Take 18 minutes of personal preparation and 18 minutes of intercession for others. You may want to start the day with the intimacy steps. Then continue the intercession steps at noon, or even one intercession for each hour in the day beginning at 9 in the morning and every hour after that until 9 p.m.

Biblical Principles

Each step is a Biblical principle of intercessory prayer. When you learn all of them begin small with one minute on each. From there grow strong and disciplined in your intercession. You may not be able to do this plan every day but while you are learning it make yourself do it every day for 4-6 weeks. That will build habit into your prayer time. Then use the plan several times a week for intense intercession.

Use it in your all-day prayer retreats or in extended times of fasting and prayer. Expand your exercise from 3 minutes to an hour on each when you are doing an all-night or all-day intercession. Pastors, use it as a guide to intercession in your prayer meetings. It will revitalize your prayer times and train your people at the same time.

A Timer

I suggest that you use a timer to keep yourself focused and to spend an equal amount of time on each. It takes work. Your mind is not used to focusing on one item. Your spirit is not disciplined and will want to hurry. Do not hurry! Spend time with God. That is what intercession is all about. It is not about asking many things from God. Spend time with God getting to know Him in unhurried preparation. Bathe yourself in prayer.

The Three-Minute Timer

My mind is like a wild stallion, not wanting to be tamed, refusing to be ruled. It wanders wherever it wishes. It speeds ahead to the agenda of the day. It clamors for its own way. It refuses to be bridled. It won't be still. Peter tells us to bring it under control. *"Gird up the loins of your mind."* (1 Peter 1:13) Put a girdle on it! Fasten it down. Make it do what you order it to. Paul says, *"Bring every thought into the captivity of Christ."* (2 Cor. 10:5)



I have found that it is virtually impossible for my busy mind to be still. So, I found a simple tool that helps me discipline my mind. It is a 3-minute timer. I use the three-minute egg timer to keep myself focused and to spend a disciplined amount of time on each step of intercession. It is hard. It takes work. It demands time. Make yourself do it.

I begin with BE STILL and force myself to lay quietly on my face before God asking him to help me be obedient and be still. Then I push things out of my mind by saying "No" to them. I demand a complete 3 minutes of a quiet mind and heart before allowing myself to go on.

I punish (discipline) my mind for wandering by tacking on another 3-minutes when I perceive that my mind has not been quiet - that is, it has not been brought into subjection to the obedience of Christ. "Be still" is a command, not a suggestion!

Sometimes it takes me five or six flips of the timer until my spirit and mind begin to slow down and obey. That's 18 minutes! I have had to spend as much as 36 minutes getting quiet in God's presence before moving on. Hurry is the enemy of prayer. Hurry and busy-ness is what has always kept you out of God's throne room. Satan knows that if he can get us worried about going somewhere, or doing some thing, we will not be where we should be to receive God's approval and blessing.



Your mind is not used to focusing on one item. Your spirit is not disciplined and will want to hurry. Do not hurry! It is Satan who is pushing you out of the presence of God. Corral that wild stallion! Make yourself spend time with God. That is what intercession is all about. It is not about asking many things from God. Spend time with God getting to know Him in unhurried preparation. God did not come to Adam in the cool of the day to check up on his progress or productivity in the garden of Eden. God came to spend time with his friend.

Your goal IS NOT supplication. Your goal is INTIMACY WITH GOD. It may be months before you get far enough along to walk through all 12 Steps in one sitting (kneeling). Your goal is not to do the steps. Your goal is to be intimate with the lover of your soul. Get familiar with the holy place. Get known before the throne. Spend time with God. Enoch "walked with God" and he was not because "God took him." God wanted fellowship with Enoch, not Enoch's productivity.

Pray Alone Before God

F
O
C
U
S

O
N

G
O
D

Be Still (Shhh - still your mind and heart)

- Slow down
- Keep silence
- Lay prostrate before God
- Rest in His arms
- Wait patiently for Him

Be Worshipful (It is not thinking but doing worship)

- Sing a Hymn to God - *sing of his greatness*
- Read Psalm of praise out loud - *declare His glory!*
- Do worship - *shout, exalt, extol, bow, clap, sing, dance, etc.* [verbs]
- You are _____ (*attributes of God*) [adjectives]
- You are my _____ (*Names of God or Jesus*) [nouns]

Be Thankful

- Mercies new every morning - *bread, breath, health, life, strength*
- My body which is wonderfully made - *sight, hearing, touch, smell, etc*
- All creation - *wonders of His amazing creation*
- Blessings and Benefits received - *all that I have*
- Bad, Sad, and Broken - *things that have gone wrong*

F
O
C
U
S

O
N

Y
O
U

Confess Sin (Do spiritual inventory, open heart surgery)

- Your Words - *have you spoken evil of anyone, criticized, sharp words*
- Your Attitudes - *complaining spirit, depressed, grouchy, know-it-all*
- Your Thoughts - *evil desires, lusts, doubts, fears, hatred, bitterness*
- Your Actions - *broken God's laws, trespassed on forbidden ground*

Clothe Yourself

- Apply God's forgiveness x 10 - *covered, forgotten, buried, etc.*
- Reckon who you are in Christ - *I am...*
- Raise the shield of faith against Satan - *resist, rebuke, command, etc*
- Embrace a promise of God for this day - *I believe you God when you said...*

Cast your Care

- Family - *each one by name and need*
- Finances - *debts, needs, provisions, wisdom*
- Frustrations - *with spouse, self, life, job, etc*
- Fears, worries, *anxieties about tomorrow*
- Failures - *faults, weaknesses, struggles, etc.*

Pray Through for Others

(the hour, the Day, or the Week)

| | |
|--------------------------------------|--|
| F O C U S | <u>Souls</u> (Monday) |
| | 1. That we establish an effective outreach and evangelism program. |
| | 2. That we constantly prioritize reaching lost people.(Kids, Youth, Adult) |
| | 3. That souls are saved every week & dramatic life-changing conversions. |
| | 4. That prayer meetings & partnerships labor, agonize, prevail, for souls. |
| O N O T H E R S | 5. That it becomes normal and expected that people get saved at church. |
| | <u>Saints</u> (Tuesday) |
| | 1. That God's people would grow faith-filled, and deep commitment. |
| | 2. That people would learn to <u>pray</u> and love to pray. |
| | 3. That <u>discipleship</u> would be a regular natural part of church life. |
| | 4. That openness and <u>fellowship</u> which shares Christ & struggles openly. |
| | 5. That people will have a hunger and thirst for God in <u>worship</u> . |
| | <u>Sick & Suffering</u> (Wednesday) |
| | 1. That people are regularly experiencing God's healing touch. |
| | 2. That we share openly what God is doing in healing. |
| | 3. That we as elders sincerely pray for healing of the sick. |
| | 4. That we have regular and special anointing services. |
| | 5. That we believe God for great-mighty things (healings, deliverance) |
| F O C U S | <u>Ministries</u> (Thursday) |
| | 1. That leaders have passion to lead by shepherding example. |
| | 2. That we get leaders to support and be excited about ministries. |
| | 3. That leaders enthusiastically participate and lead prayer ventures. |
| | 4. That we establish a strong leadership training SEAN program. |
| | 5. That we effectively train 10-20% new Awana leaders annually. |
| O N W O R L D | <u>Missionaries</u> (Friday) |
| | 1. That we be sending short-term missionaries annually. |
| | 2. That our missions giving excels. |
| | 3. That we pray passionately for "our" missionaries. |
| | 4. That we visually promote missionary highlights monthly. |
| | 5. That we have a strong children's & youth missions emphasis. |
| | <u>Magistrates & World</u> (Saturday) |
| | 1. That we pray diligently for National revival in America. |
| | 2. That we pray for Military personnel in harms way. |
| | 3. That we pray regularly for the President and cabinet. |
| | 4. Persecuted Church - God's imprisoned, persecuted, martyred |
| | 5. Yet Unreached Peoples - who have never heard of Jesus |

How To Use This Prayer Plan

There are an infinite variety of ways to utilize these prayer principles. There is nothing sacred about the method, but the principles are biblical and life changing if we apply them. Try some other ways of putting these prayer steps to practice.

Daily Meals With God

Begin the day with devotions at breakfast preparing your heart before God with the first six steps. Then use your meal times for the intercessory steps. Lunch will focus on people, and supper will focus on leaders. If you have a family you could pray around the table, assigning a person to lead in prayer for each of three steps.

Hourly Intercession

Begin the day with devotions and walking through the first six steps of personal preparation. Spend at least 3 minutes on each for 18 minutes of personal preparation. Go to work and each hour set your watch alarm to go off at the top of the hour. Spend the first 3-5 minutes of each hour in an intercessory step.

| <u>Morning Preparation</u> 18 Minutes Alone | <u>Hourly Intercession</u> Top of every hour |
|--|---|
| Be Still | 9 am - Souls |
| Be Worshipful | 10 am - Saints |
| Be Thankful | 11 am - Sick |
| Confession | 1 pm - Ministers |
| Clothe in Armor | 2 pm - Missionaries |
| Cast Cares | 3 pm - Magistrates |

Weekday Intercession





Every day spend use the first six steps of personal preparation to get your heart prepared for intercession. Then daily use one step of intercession as the focus of your intercession that day.

| <u>Daily Preparation</u> 18 Minutes Alone with God | <u>Weekday Intercession</u> Each day focus on a different need |
|---|---|
| Be Still | Monday - Souls |
| Be Worshipful | Tuesday - Saints |
| Be Thankful | Wednesday - Sick |
| Confession | Thursday - Ministers |
| Clothe in Armor | Friday - Missionaries |
| Cast Cares | Saturday - Magistrates |

The Day-Long Intercession

I am often asked by people what I do during my extended times of prayer, and specifically, how do I organize my hours of prayer?

- Top of the hour - 10-15 minutes of personal preps, worship, sing, give thanks, Scripture, etc
- 15 minutes after to 45 after is intensive intercession time - follow the schedule for variety
- Bottom of the hour 10-15 minutes is break time to read, walk, get a snack, drink, etc or even spend some quiet moments chatting with a friend. Keep your conversation on spiritual things.

| | |
|---|---|
|  | <p><u>Top of Every Hour</u></p> <p>At the top of every hour we begin a new step of intercession. This keeps us focused and moving along in our intercessory prayer time. Prayer discipline begins with “time.” Jesus asked his disciples, “<i>Could you not watch one hour?</i>”</p> |
|  | <p><u>First 10 minutes</u></p> <p>The first 10 minutes are preparatory so we use the first 3 steps of stillness, worship, and thanksgiving. Make this a regular pattern in your prayer life whenever you pray. “<i>Enter His gates with thanksgiving, and into His courts with praise, be thankful and bless His name.</i>”</p> |
|  | <p><u>40 Minutes of Intercession</u></p> <p>Each hour is composed of a solid 40 minutes of intercession on the step at hand. If you find trouble staying focused then use some prayer actions to keep attentive. Change your position often, journal to God, pray some out loud, pray Scripture, etc.</p> |
|  | <p><u>Last Ten Minutes</u></p> <p>The last 10 minutes of every hour is time for a break. You are only human and need to break your routine to keep from weariness. Take a bathroom break, a coffee or juice break. If you are on a retreat with others use this time to chat with a friend about what God is teaching you about prayer.</p> |

How To Pray for an Hour

Variety is the spice of life and it is variety in your prayers that will carry you through many exciting (not boring) hours of prayer. Using a variety of positions, expressions, voices, tools, and tactics will keep you alert and enjoying your prayer time.

Get Totally Involved

(Spirit, Soul, Body)

Your body and emotions are to be involved in prayer as well as your brain. So activate them! Count them. There are 24. Check them off when you have completed that involvement.

| | | | | | | | | |
|---------------|---------|-------|----------|----------|----------|--------|-----------|-------------|
| Spirit | Silence | Sing | Weep | Smile | Long for | Nap | Groan | Laugh |
| Mind | Read | Study | Memorize | Meditate | Examine | Search | Write | Count |
| Body | Sit | Walk | Pace | Stand | Kneel | Bend | Prostrate | Lay on back |

Prayer Positions

Keep your self alert by being constantly vigilant and moving positions while you pray. Don't get stuck in one position or your body's lethargy will affect your mental alertness. Keep moving!

| Alone Before God | Together Before Throne |
|---------------------------------|-------------------------------|
| 1. Standing | 1. Touching an object |
| 2. Kneeling | 2. Touching a person in need |
| 3. Prostrate (or sit on floor) | 3. Touching in agreement |
| 4. Bowing down | 4. Laying on of hands |
| 5. Walking around | 5. Anointing with oil |
| 6. Head lifted up | 6. Whispering in unison |
| 7. Eyes looking up | 7. Quoting Scripture |
| 8. Head bowed down | 8. All aloud in one voice |
| 9. Hands raised in worship | 9. Singing to the Lord |
| 10. Hands extended in authority | 10. Weeping |

Pray Worship Choruses

You should be careful to minister to the Lord, not just bombard him with requests. Refresh yourself in the Lord's presence by "singing songs, hymns, spiritual songs to the Lord." Use a chorus book or hymn book as offerings to the Lord.

| Exaltation | His Name | Thanksgiving | Examination |
|---|---|---|--|
| <ul style="list-style-type: none"> - Holy Holy (chorus) - Holy, Holy, Holy (hymn) - He is Lord - We Worship and Adore You - I Love You, Lord - Bless the Lord O My Soul - Be Exalted, O God - I Exalt Thee - Father I Love You - As the Deer - Holy Ground | <ul style="list-style-type: none"> - Something About That Name - Jesus Is the Sweetest Name - Emmanuel - More Precious Than Silver - His Name Is Wonderful - Alleluia, He's my Savior | <ul style="list-style-type: none"> - Great Is Thy Faithfulness - And Can it Be - All Hail King Jesus - Glorify Thy Name - It is Well With My Soul - Thank You Lord for Saving | <ul style="list-style-type: none"> - Just as I Am - Search Me O God - Be Thou My Vision - Take Time to Be Holy - Open Our Eyes Lord - Change My Heart O God - Refiners Fire (Purify My Heart) <p>Burdens</p> <ul style="list-style-type: none"> - I Cast All My Cares Upon You. - Burdens Are Lifted At Calvary - No One Understands Like Jesus - What a Friend We Have in Jesus |

Pray Scriptures

A marked and well-used Bible can be a wonderful asset to prayer. Take the time to review the Scriptures listed below. Mark them in your Bible, even copy this list to the fly leaf. Then salt your corporate prayer times with God's word.

| | |
|----------------------------|---|
| Thanksgiving | Psalm 103, 104, 105, 107, Psalm 111, 118, 124, 126, 136, 139 |
| Adoration | Psalm 111, 112, 113, 117, Psalm 134, 144, 145, 147, 148, 149, 150 |
| Confession | Psalm 51, Psalm 139, Isaiah 6:1-6, Daniel 9:4-19, I John 1:5-10 |
| Exaltation | Philippians 2:6-11, Rev. 4:8-11, Rev 5:6-14, Rev 7:9-12, Rev 19:16 |
| Encouragement | Isaiah 40:28-31, 43:1-7, 44:1-3, 44:21-24, Isaiah 51:11-16, 54:7-17, 55:6-13 Isaiah 59:16-21, 61:1-3, 64:1-4, 62:1-7, Malachi 3:16-18 |
| Longing After God | Psalm 27:1,4-8, Ps 42:1-5, Psalm 62:1-4, Ps 84:1-4, 9-12 |
| Promises to Seekers | 2 Chronicles 7:14-16, Jeremiah 29:11-14, Hosea 10:12, Isaiah 55:1-3, Isaiah 55:6-13 |
| God's Presence | Exodus 33:12-23, 34:5-8, Ex 40:32-35, 2 Chron. 5:11-14, 2 Chron. 7:1-3 |
| Doxologies | Heb 1:3, I Tim 1:17, I Tim 6:15-16, Col 1:13-19, Philip 2:9-11, Eph 1:20-22, Rev 1:8, 1:13-18 |

Pray God's Promises

There is no better time to use God's promises than when at prayer. You are laying claim to our inheritance in Christ. Declare it! Believe God for it! Encourage one another in it! *"Whereby are given unto us great and exceeding precious promises that by these you might be partakers in his Divine nature..."*

| | | | | | |
|--|---|---|--|---|---|
| PRAYER · Isaiah 65:24 · Psalm 37:4 · Psalm 37:5 · Jeremiah 33:3 · Jeremiah 32:17-18 · Matthew 18:19 | PROTECTION · Psalm 91:3 · Isaiah 54:17 · Isaiah 43:2 · Jeremiah 15:20 · Psalm 5:11-12 | STRENGTH · Isaiah 40:29 · Isaiah 40:31 · Isaiah 41:10 · Isaiah 41:13 · 2 Corinthians 12:9 | LEADING · Proverbs 3:6 · Isaiah 30:21 · Proverbs 16:3,9 · Psalm 37:23 · Isaiah 58:11 · Psalm 32:8 | WORD OF GOD · Isaiah 55:11 · Jeremiah 23:29 · Acts 20:32 · Hebrews 4:12 · 2 Timothy 2:9 · 2 Timothy 3:16 | GROWTH · Philippians 1:6 · Acts 20:32 · Ephesians 3:20 · Jude 24 |
| PEACE · Isaiah 26:3 · Isaiah 32:17 · Jeremiah 29:11 · Psalm 37:37 | SUPPLY · Psalm 34:10 · Psalm 37:25 · Philippians 4:19 · 2 Corinthians 9:8 | SUCCESS · Joshua 1:8 · Psalm 1:3 · Romans 8:28 | DELIVERANCE · Psalm 34:17,19 · Psalm 34:7,8 · Isaiah 59:19 | FEARS · 2Timothy 1:7 · Isaiah 41:10 · Isaiah 41:13 · Psalm 34:4 | SLEEP · Proverbs 3:24 · Psalm 4:8 · Psalm 127:2 |
| WISDOM · Isaiah 50:4 · Psalm 19:7 · Proverbs 1:7 · James 1:5 | CHILDREN · Isaiah 54:11-13 · Psalm 127:3 · Isaiah 59:21 · Isaiah 44:3 · Proverbs 22:6 | HEALING · Exodus 15:26 · Psalm 103:3-4 · James 5:15 · Matthew 8:17 | FORGIVENESS · Psalm 86:5 · 1 John 1:9 · Isaiah 1:18 · Isaiah 43:25 | SOULS · Psalm 2:8 · Psalm 126:6 · 2 Peter 3:9 | |

Promises are to be used, not just acknowledged and appreciated. Claim the truth of the promise in prayer. Lay hold of it by faith. Believe God for it.

Other Ways to Use These Steps

One Hour Daily Prayer - Begin the day quietly before God with the time of preparation. Do not be in a hurry. You should annex a one hour period (either morning, afternoon, or evening) to be quiet, undisturbed and unhurried before God. When your heart is quiet and prepared then do the Six Steps of Intercession.

Top-of-the Hour, Day-Long Prayer - Begin the morning with 18 minutes in prayer preparation. Then at the top of every hour, all through the day, spend three minutes on each consecutive step of intercession. This can be 12 hours of intercession spread through the day, or you may choose to do the preparatory steps in the morning, and the 6 Steps of Intercession in six hours. You will find it rewarding. Set your wrist watch timer, or an alarm clock for the top of every hour.

Weekly Cycle of Prayer - Begin every day with the six steps of preparation. Then ONE STEP of intercession for each day of the week. For example: Monday - Souls, Tuesday - Saints, Wednesday - Sick, Thursday - Ministries, Friday - Missionaries, Saturday - Magistrates

Weekly Half-Day of Prayer - Each Thursday I try to spend a half-day of fasting prayer with God. Begin at 6 am and running through 12 noon. Use the Steps spending a half hour on each. You can mix them up rather than doing them in consecutive order. Give yourself a 10 minute break each hour, or a 5 minute break each half hour.

Monthly Personal Retreat - Every month my goal is to spend a day and a half in intercessory prayer. This is usually the first or last Monday evening and Tuesday of the month. I go to a local retreat center for an overnight with God so as to have no distractions. Then I use the Steps of Prayer for 12 hours of intercession - one hour each. I give myself a 10 minute break each hour, and begin each hour with the first three steps.

Prayer Groups/Partners - With your prayer partner or a small group of people you can walk through the Steps of Prayer together. Each one offers to God a sentence or two on each Step as the Spirit leads them. It is refreshing.

Whole Church Prayer Concerts - A concert of prayer is a partial day dedicated to prayer in the church. See our lessons on Prayer Concerts for a schedule of AM Concerts or PM Concerts using the Steps of Prayer.

Extended Prayer Retreats - An extended prayer retreat is anywhere from a day and a half to three days in intensive prayer. See our lessons on Prayer Retreats for a variety of scheduling options.

A One Day Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there, and when we are we are in a hurry to get on to some other busy plans. It takes time to develop an intimate relationship with God. There are no shortcuts. Try setting aside a one day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it necessary to do an overnight stay so I am relaxed to start the day.

8:30 am – **ORIENTATION 1: FOCUS ON GOD**

9:00 am – Be Still (1)

9:30 am – *Journal to God about this day*

10:00 am – Be Worshipful (2)

10:30 am – *Walk and enjoy God's beauty*

11:00 am – Be Thankful (3)

11:30 am – *Smile, count blessings, study nature*

12:00 pm – Lunch

12:30 pm **ORIENTATION 2: FOCUS ON SELF**

1:00 pm – Confession (4)

1:30 pm – *Walk & listen to sermon tape/music, etc*

2:00 pm – Cover Yourself in Armor (5)

2:30 pm – *Read, meditate, memorize*

3:00 pm – Cast all Cares on Him (6)

3:30 pm – Nap time / read / sleep / listen

4:00 pm – **ORIENTATION 3: SCHEDULE PRAYER!**

4:30 pm – Adjournment

Prayer Activities

Think & Plan

Dream God's Visions

Plan Goals

Plan Yearly Calendar

Write Sermon/Lessons

Write Thoughts/Ideas

Journal to God

Evaluate Your Life

Evaluate Your Ministry

Make Family Plans

Do a Word Study

Rest

Take a Holy Nap

Go for a Walk

Sing to the Lord

Worship with Tapes

Converse With a Friend

Play an Instrument

Read and Study

Read Scriptures

Read on Leadership

Read on Prayer

Read Prayers of the Bible

Listen to Scripture

Listen to a Sermon

Study the Promises

Memorize Promises

Meditate on the Cross

Meditate on Creation

Meditate on Promises

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying.

A Day-Long Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there and when we are we are in a hurry to get on to some other busy plans. Take time to be holy.

Set aside a day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it helpful, even necessary to do an overnight so I am relaxed to start the day.

7 am – Simple Breakfast use this time to Be still (1)

8 am – Be Worshipful (2) | Be Thankful (3)

9 am – Confess Sin (4) | Clothe Yourself (5)

10 am – Walk & listen to sermon tape/music, etc

11 am – Cast your Care (6)

12 am – Lunch - soup and sandwich (read a devotional book)

1 pm – Intercession: Souls (7) *Your top 10 list*

2 pm – Break! (Take a Nap)

3 pm – Intercession: Saints (8) *Your church phone list*

4 pm – Break! (Do something active. Take a walk)

5 pm – Intercession: Sick (9) *The afflicted in mind, soul body*

4 pm – Praise w/ tapes (walk, journal, plan)

5 pm – Intercession: Ministers (10)

6 pm – Supper break - Listen to Scripture on tape

7 pm – Intercession: Missionaries (11) *Use Prayer Cards*

8 pm – Walk w/ pray (Music /Silence or Sermon)

9 pm – Intercession: Magistrates (12) *Use a Newspaper*

10 pm – Meditation on God's Name, Acts, Worth

11 pm – Return home (or bed) with Praise Tapes

Remember prayer is fellowship with God, not just bending God's ear with a list of requests. It is those who "know their God" that shall be strong and do exploits. Get to know God in prayerful listening, whispering, singing, worshiping, reading, meditating, memorizing his word, etc.

Prayer Activities

Think & Plan

Dream God's Visions

Plan Goals

Plan Yearly Calendar

Write Sermon/Lessons

Write Thoughts/Ideas

Journal to God

Evaluate Your Life

Evaluate Your Ministry

Make Family Plans

Do a Word Study

Rest

Take a Holy Nap

Go for a Walk

Sing to the Lord

Worship with Tapes

Converse With a Friend

Play an Instrument

Read and Study

Read Scriptures

Read on Leadership

Read on Prayer

Read Prayers of the Bible

Listen to Scripture

Listen to a Sermon

Study the Promises

Memorize Promises

Meditate on the Cross

Meditate on Creation

Meditate on Promises

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying.

A Weekend Prayer Retreat

We encourage serious intercessors to go on retreat three times per year. You will find it refreshing. Finding adequate time to get away is always a chore. Many jobs allow for personal days or vacation days which are ideal for this. We suggest taking a personal day two or three times a year, on Fridays, to give yourself the most amount of time to pray. If it is impossible to get Friday off you may want to do a retreat beginning Sunday night through Monday, taking Monday off. Otherwise, a weekend beginning on a Friday evening through Sunday afternoon might be best.

Day 1 – Thursday Evening (or Sunday Night)

- 6 pm – Arrival and supper together
- 7 pm – Tell God why you are here. - Journaling
- 8 pm – Quiet Private Worship & Orientation
- 9 pm – Devotional Reading
- 10 pm – Bedtime

Day 2 – Friday (or Monday)

- 7 am – Simple Breakfast
- 8 am – Be still, get a quiet heart (1)
- 9 am – Thanksgiving (2)
- 10 am – Confession and introspection (4)
- 11 am – Worship and Praise for who God is (3)
- 12 am – Lunch - soup and sandwich
- 1 pm – walk & listen to sermon tape/music, etc
- 2 pm – Clothe in God's Armor and promises (5)
- 3 pm – Nap time / read / sleep / listen
- 4 pm – Cast all Cares on Him (6)
- 5 pm – Supper -
- 6 pm – Joint worship time
- 7 pm – Souls to be saved (7) Top 10 list
- 8 pm – Saints in Trials (8) Church family
- 9 pm – Sick and Afflicted (9) Binding and Loosing
- 10 pm – Bedtime

Day 3 – Saturday (or Tuesday)

- 7 am – Breakfast - and sharing
- 8 am – Intercession: Ministries (10)
- 9 am – Intercession: Missionaries (11)
- 10 am – Praise break!
- 11 am – Intercession: Magistrates (12) World Leaders
- 12 am Lunch and Leave by 1 pm

Prayer Activities

Think & Plan

- Dream God's Visions
- Plan Goals
- Plan Yearly Calendar
- Write Sermon/Lessons
- Write Thoughts/Ideas
- Journal to God
- Evaluate Your Life
- Evaluate Your Ministry
- Make Family Plans
- Do a Word Study

Rest

- Take a Holy Nap
- Go for a Walk
- Sing to the Lord
- Worship with Tapes
- Converse With a Friend
- Play an Instrument

Read and Study

- Read Scriptures
- Read on Leadership
- Read on Prayer
- Read Prayers of the Bible
- Listen to Scripture
- Listen to a Sermon
- Study the Promises
- Memorize Promises
- Meditate on the Cross
- Meditate on Creation
- Meditate on Promises

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying.

A Concert of Prayer

Evening Session: 8:00 p.m. - 11:45 p.m.

8:00 p.m. Begin promptly. Worship Chorus and Pastoral Prayer

8:10 p.m. Brief instructions as to the concert of prayer activities.

8:30 p.m. Separate to the various prayer locations.

Focus on God

(10 minutes on each segment)

1. Be Still: Quiet Room - for silence, slowing down and preparing for prayer.
2. Be Worshipful: Adoration Room - for praise, exaltation, and worship.
3. Be Thankful: Thanksgiving Room - for giving thanks to God for everything.

9:00 - 9:50 p.m. Meet in sanctuary for corporate sentence prayers

9:10 - 9:40 p.m. Separate to the various prayer centers.

Focus on You

(10 minutes on each segment)

1. Confess Sin: Personal Room - for confession, self examination, surrender to God.
2. Clothe with Armor: Authority Room - for reading, applying promises, authority.
3. Cast your Care: Burden Room - for burdens to be laid down before the cross.

9:40 p.m. - Sanctuary: In Small groups pray for spiritual, physical, emotional needs.

9:55 - 10:10 p.m. -- BREAK FOR TEA, COFFEE, JUICE

10:10 - 10:40 p.m. Separate to the various prayer centers.

Focus on Others

(10 minutes on each segment)

1. Souls: Unsaved Souls Room - plead with God for your 10 most wanted list
2. Saints: Church Family Room - for the body of Christ, the families by name
3. Sick: Healing Room - for prayer, anointing for healing of body, mind, spirit.

10:40 - 10:50 a.m. - Meet in sanctuary. Use corporate prayers for Souls, Saints, Sicknesses.

(Or designate leaders who will take specific requests to the throne.)

10:50 a.m. Separate to the various prayer centers.

Focus on World

(10 minutes on each segment)

1. Ministers: Ministry Room - for servants leaders, pastors, teachers, outreach, etc.
2. Missionaries: Missions Room - for prayer for the world's peoples and missionaries.
3. Magistrates: World Room - for our world & national leaders, President, Senate

11:20 p.m. PRAISE AND THANKSGIVING in songs, hymns, and spiritual songs.

11:30 p.m. SHARING Scripture, Insights, Prayer Burdens

(What has God given you in the Word and through his still small voice?)

11:45 p.m. CLOSING: With joined hands in prayer - Everyone Dismissed