

Prayer Tips Adapted from Fellowship of Prayer Strategists

Pray Scripture.

- Apply His Word. It is forever true and a sure foundation for all we seek Him for.
 - *“Your Word is a lamp unto my feet and a light unto my path”* Psalm 119:105.
 - *“Forever, O Lord, your word is firmly fixed in the heavens”* Psalm 119:89.
 - *“...for you have exalted above all things your name and your word”* Psalm 138:2b.
- Use Scripture as a launching point for your prayers.
 - An example, using Titus 2:11-14: *“For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.”* Lord, train us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age. Empower us to wait faithfully for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ. Redeem us from every lawless deed and purify us as a people for your own possession who are zealous for good works.
 - Pray a spiritual perimeter of safety around a house, group, event, etc. *“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. 2 I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust.’ 3 For he will deliver you from the snare of the fowler and from the deadly pestilence. 4 He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.”* Ps 91:1-4
 - Pray the blood of Christ as the New Testament application of the Passover Lamb. *“The blood shall be a sign for you, on the houses where you are. And when I see the blood, I will pass over you, and no plague will befall you to destroy you, when I strike the land of Egypt.”* Exodus 12:13
 - Pray repeatedly around the perimeter of an issue and ask God to break through as He did with the walls of Jericho. *“See, I have given Jericho into your hand, with its king and mighty men of valor. 3 You shall march around the city, all the men of war going around the city once. Thus shall you do for six days. 4 Seven priests shall bear seven trumpets of rams' horns before the ark. On the seventh day you shall march around the city seven times, and the priests shall blow the trumpets. 5 And when they make a long blast with the ram's horn, when you hear the sound of the trumpet, then all the people shall shout with a great shout, and the wall of the city will fall down flat, and the people shall go up, everyone straight before him.”* Joshua 6:2b-5

Pray Kingdom Opposites. When praying through issues, particularly strongholds that oppose the Kingdom of God and His Truth, ask God to bring His light into the situation. Pray that His will be done as it is in heaven. *“Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven.”* Matthew 6:9b-10. I.e., ask God for:

- The unity of the Trinity instead of strongholds of division: *“I do not ask for these only, but also for those who will believe in me through their word, 21 that they may*

all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. 22 The glory that you have given me I have given to them, that they may be one even as we are one, 23 I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me” John 17:20-23.

- His light and truth instead of deception: *“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life’” John 8:12.*
- Wholeness and life instead of destruction: *“For the bread of God is he who comes down from heaven and gives life to the world.”” John 6:33.*

Pray Blessing. Speak life and blessing over challenges and opposition. There is power in blessing. If you struggle with negative thinking, disqualifying thoughts, hurts from words or betrayals, aggressively seek to pray blessing over the person(s) or issues.

- *“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you” Matthew 5:44.*
- *“Bless those who persecute you; bless and do not curse them.” Rom 12:14*

Principles of binding and loosing. Pray the truth of Scripture. Use prophetic books such as Isaiah, Jeremiah, and Ezekiel. Also use Psalms, the gospels, and other books of the Bible. Bind to God and also to Truth. Loose the chains of darkness.

- *“And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven” Matt 16:18.*

Prophetic Acts. Use prophetic acts as you pray: i.e. movement, action, dance, creativity, prophetic art, drawing, writing. Follow God’s leading.

- *“And Hezekiah received the letter from the hand of the messengers, and read it, and Hezekiah went up to the house of the Lord, and spread it before the Lord” 2 Kings 19:14.*

Seek Discernment through His Presence and His Word.

Discerning the times and circumstances we face is increasingly important. Scriptures warn that in the end times, even the elect may be deceived (Matthew 24:24).

- Seek to be aware of strongholds when going to serve in a certain place. Strongholds in that place can also affect those who seek to minister there: i.e. division, fear, uncontrolled anger, unforgiveness, adultery. This can be compounded if someone has a weakness in that area. God wants to use these challenges to strengthen us in our areas of weakness. We need discernment—to be aware and appropriately address the issues. Hiding issues adds to the problem. *“For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.” Titus 2:11-14*
- Seek to separate emotions and fleshly responses from true discernment. Remember that not every voice you hear is your own and not every feeling is your own. Test everything by His Word. Hold onto what is true. Seek the godly fruit of self-control. *“But also for this very*

reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love” 2 Peter 1:5-7. Ask God to keep you from falling into any traps these strongholds may present. These issues can be compounded if someone has been wounded or has a weakness in an area. God wants to use these challenges to strengthen us. Be alert but not afraid. We need discernment—to be aware and appropriately address the issues. Hiding issues adds to the problem.

- Use challenges and infirmities as a springboard into the spiritual realm. Ask God to help you discern and overcome any potential demonic interference.

Be intentional about praying for healing. *“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.” James 5:13-16.*

- Sometimes infirmities and other challenges reveal strongholds that need to be prayed into. Seek to discern similarities between physical (or other) challenges (for you or others) and any related prayer burdens or strongholds, i.e. eye problems and spiritual sight.
- When praying for healing, ask God to show the person if the problem is revealing any strongholds that need to be addressed, either in their life and/or related to a prayer burden God has given them.
- Be aware of the possibility that there may not be any underlying issues and/or the evil one may be trying to distract you. Some health issues may simply need prayer for healing.

Fight Distractions. One of the most difficult challenges in developing personal time with the Lord is fighting distractions. *“Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us” Hebrews 12:1. A few ideas for fighting distractions in your personal or corporate time with the Lord:*

- Take focused time for thanksgiving and praise. *“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!” Psalm 100:4.*
- Diligently seek His Presence. *“I love those who love me, and those who seek me diligently find me” Proverbs 8:17.*
- Actively fight distractions, especially when they occur at significant times. They are a common tactic to try to throw you off course and keep you from hearing from the Lord. Ask *“for strength to those who turn back the battle at the gate” Isaiah 28:6.*
- Keep active. Periodically get up and walk around. Go out for a prayer walk or drive.
- Pray through The Lord’s Prayer and its application to the things you’re interceding for. *“Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven. 11 Give us this day our daily bread, 12 and forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from evil” Matt 6:9b-13.*
- Listen to Sunder Krishnan’s 2009 Urbana Plenary *Pray Big and Bold* www.youtube.com/watch?v=3ZRT5q1DuMg. Pray through issues from the “four corners of the field” he describes: God as sovereign, revealing, creative, and acting.

- Worship, simply worship, with intent focus on God. You can use music to help you.
“Worship the Lord in the splendor of holiness; tremble before him, all the earth!” Ps 96:9
- Pray in tongues if God has given you that gift.

Other suggestions.

- Regularly practice listening prayer.
- Invite the presence of Christ into each place and situation. Breathe prayer wherever you go.
- Commit to do what He shows you to do. Trust Him to empower you and provide.
- Pursue holiness. Intentionally put off the old and put on the new: “...*put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.*” Eph 4:22-24.
- Intercede for Muslims using these four common Muslim names: Mohammed, Fatima, Achmed, Hadijah.
- Ask God to guide your prayers, hide you in His shelter, give you wisdom and insight, keep you from all evil, and move in power, for His glory and fame.