

**I. Brief Overview of Prayer in Scripture**

A. Jesus and Prayer

-Matt. 9, Luke 5(often), Luke 18:1-8, Matthew 21, Luke 11:1-10(Mary of Bethany), Mark 1:35-early morning prayer, baptism, transfiguration, gethsemane, meals, prayed through the night, prayer and suffering(cross), etc

B. Early church and Prayer

Acts 1, 2, 4:29-30, 6, 13, etc.

God's power and activity increased everything the early church devoted themselves to prayer and many were added to the church.

C. Paul and Prayer

-Eph 6:17-20, Col. 4:2, I Tim. 2:1-5, I Thess 5:16-18, Rev. 22:16-20

**II. Prayer and Church History/Transformation**

-Comgall, Moravians, Wesley, Evan Roberts, Edwards, China, Cho

John Wesley, "God does nothing on the earth save in answer to believing prayer."

EM Bounds, "God shapes the world by prayer. The more praying there is in the world the better the world will be, the mightier the forces against evil...the prayers of God's saints are the capital stock of heaven by which God carries on His great work upon the earth...God conditions the very life and prosperity of His cause on prayer."

-Transformation George Otis Jr., and Doug Stringer

-Our Stories...

**III. How to Pray?**

A. Barriers to Pray? Don't know how, too busy, wandering thoughts?

B. Regular Set Times of Prayer and Practicing God's Presence(abiding)

-Lord's Prayer out of a Mary of Bethany lifestyle

- Armor, put on the armor of light

-Put Off/Put On, Put to death indwelling sin in our members  
Put off Old self, put on new self(Start with Identity, posturing and receiving the love of God)

John 15:9 (ESV), “As the Father has loved me, so have I loved you. Abide in my love.”

Put to Death: Romans 8:13 (ESV), “For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.”

- Yield your members, Romans 6
- Take authority over your members, 2 Cor. 10:4-5
- Wield the Word through Prayer, fight fire with fire!

-Meditate on Scripture(Hagah), Pray God’s Word Outloud to God Everyday!

-Tabernacle Prayer model

-Enjoyable Prayer, Worship and the Word, [www.fotb.com](http://www.fotb.com)  
-Prayer of Thanksgiving

-Intercession: Prayer List

-Pray for all those in authority, I Tim 2:1-5

-Living Your Faith out at home, Praying for your spouse and children

-Praying for the lost

2 Corinthians 4:4 (ESV), “In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.”

Pray for laborers, Matthew 9:35-39

-Prayer Walking, praying, “on-site with Insight”

### **C. Establishing Prayer in the local church**

-1hr prayer, night and day prayer meetings

-ORT, transformation task force teams, Informed intercession

### **7 Things that Attract God's Presence:**

(George Otis Jr, and Doug Stringer)

- Abandoned Expectation
- Fervant, Desperate Night and Day Prayer
- Personal Holiness: all glory is due his name.
  - \* Make yourself appealing to God!
  - \* What did God say?
- Honor: Spiritual Fathers and Mothers.
  - \* Prayer is a place of communication
  - \* Appreciate those who went before.
  - \* Releases the inheritance
- Humility: fear of the Lord and Availability
  - \* Humility attracts with confidence (confidence in God)
  - \* “ABBA” Father and Holy God: we need both fear and intimacy
- Commitment to Marginalized and Outcast
- Honesty:
  - \* If you are more impressed with miracles and signs, you are susceptible to deceit. I want to love truth more than life. Make decisions on principle not on preferences.

### **4 Characteristics of Leaders who Facilitate Transformation:**

(Doug Stringer)

- Humble and broken
- Private Prayer Life
- Kingdom Vision
- Perseverance, Focused-Tenacity

### **5 Sins that Hinder God's Transformation: (that kept Israel from the Promised Land)**

1. Lust
2. Idolatry Is. 26
3. Sexual immorality: pollution of spirit man
4. Tempting Christ
5. murmuring: spiritual immune deficiency
  - i. gossip, backbiting, beating each other up

## **Biblical Precedence for Regular Set Prayer**

-Jason Hubbard

God's Word gives us clear direction to organize our lives around set and regular prayer times. The highest goal of all prayer is to develop friendship with God, learning to keep company with him in all that we do. However, God knows that our human frame is weak and we are prone to distraction. Most desire a vibrant prayer life, yet don't know how or are feeling too busy to spend the time necessary to cultivate life in God. The key to developing a lifestyle of prayer is to organize our lives around regular set prayer times with Jesus, starting on time, ending on time and putting the right things in the middle.

Joshua 1:8 (ESV) tells us, "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Psalm 1 continues this same theme in 1:2-3, "but his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> 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." It is clear that God is calling us as the people of God to engage in prayer on a consistent daily basis. At the time of David, the phrase night and day was interpreted as evening, morning and noon (one hour prayer times each day). David practiced this when he writes Psalm 55:16-17 (ESV), "But I call to God, and the LORD will save me. <sup>17</sup> Evening and morning and at noon I utter my complaint and moan, and he hears my voice." Since David believed the sacrifice should be accompanied with morning and evening prayers, he prescribed, "the duty of the Levites was to help Aaron's descendants in the service of the temple of the LORD... They were also to stand every morning to thank and praise the LORD. They were to do the same in the evening." (I Chron. 23:28, 30) In captivity in Babylon, Daniel carried on this practice, "Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before." (Dan. 6:10) After the rebuilding of the temple, under Ezra's leadership, it became custom for Jews to pray 3 set times or hours of prayer at the Temple, synagogue or home. This custom was firmly in place during the time of Christ. Jesus, his father Joseph, Peter, James, John, and the apostle Paul all grew up praying set prayers every day.

Joachim Jeremias writes, "The three hours of prayer in particular were so universally observed among the Jews of Jesus' time that we are justified in including in the comment, "as his custom was," which is made in Luke with reference to Jesus attendance at Sabbath worship (Luke 4:16) He continues, "We may conclude with all probability that no day in the life of Jesus passed without the three times of prayer: the morning prayer at sunrise, the afternoon prayer at the time when the afternoon sacrifice was offered in the Temple, the evening prayer at night before going to sleep."

The New Testament endorses the OT practice of daily set prayer times. Luke 1:10 (ESV), "And the whole multitude of the people were praying outside at the hour of incense." Luke goes on to tell us that Anna was praying and fasting in the temple for 60 years using the same OT phrase, 'Night and day.' Jesus then endorses night and day

prayer in Luke 18, when he writes, “Men should always pray and not give up...God will bring about speedy justice when his elect cry out to him *night and day*” Following this passage, in Luke 18:10, he says, “and two men went up to the temple to pray.” The purpose in the heart of God for the temple was prayer. Jesus makes this clear when he thunders with fury, “My house (temple) shall be called a house of prayer for all nations.”(Mark 11:17) The one thing that caused righteous anger to rise up in Christ was when his father’s house had been turned into a marketplace, rather a place of prayer.

Jesus prayed regularly and often. Luke records that at the beginning of his public ministry Jesus prayed, “When all the people were being baptized, Jesus was baptized too. And as he was praying heaven was opened.”(Luke 3:21) Immediately following this prayer, Jesus is driven by the Spirit into the wilderness, where he again enters into a season of prayer for 40 days coupled with fasting.(Luke 4:1-2) As news spread about Jesus people came to hear his teaching and be healed of their sicknesses? What was Jesus’ response to this? He would “often withdraw to lonely places and prayed” (Luke 5:16). The Key word here is OFTEN! Before calling his disciples, “Jesus went out to a mountainside to pray and spent the whole night praying to God (Luke 6:12). He lived in total dependence upon the Father through a life of prayer. His prayer life often caused dramatic manifestations even in his body. While he prayed his face and clothes changed their appearance (Luke 9:28-29) and sweat fell to the ground like great drops of blood (Luke 22:44). He groaned, cried loudly and wept during His times of intercession(Heb. 5:7) He got up early and stayed up late just to Pray.(Mark 1:35-38).

In the Garden at Gethsemane Jesus tells his disciples to Wake UP, and asks them a haunting question, “Could you not watch (pray) with me for one hour?” And then continues to exhort them, “Watch and pray so you won’t fall into temptation.”

Just before Jesus ascended to the Father he commanded his disciples to gather in the upper room and wait for the promised gift of the Holy Spirit, probably the same upper room that they celebrated the Last supper together just before the cross. Luke 1:52, the last verse in his gospel records, “And they stayed continually at the temple, praising God.” This concept of ‘staying continually’ at the temple courts becomes critical to the understanding of daily prayer in the early church. As the early disciples prayed through the 10 days before the outpouring of Pentecost, Luke highlights that they were “constantly in prayer”(Acts 1:14) Then on Pentecost at the third hour(9:00am)-coming out of the early morning time of prayer, the Holy Spirit fell upon them. The initial outpouring of the Holy Spirit came out of a set, organized and regular prayer time!

The early church continued this practice of daily set prayer. “And they were continually devoting themselves to the apostle’s teaching and to fellowship, to the breaking of bread and to prayer. And day by day continuing with one mind in the temple. They gathered in the temple to pray. Many today tell us the Church enjoyed corporate celebration with worship and teaching at the temple, after which they went from house to house enjoying fellowship, bible study, and communion. However this is not true. They went to the temple to PRAY! They were praying fulfilling the customary hours of prayer. Luke points this out in Acts 3:1, “Peter and John were going up to the temple at the ninth hour,

the hour of prayer.” Without a doubt the apostles continued to observe the set hours of prayer. And when the ministry began to become too busy to spend time in prayer in Acts 6, Luke writes, “It would not be right for us to neglect the ministry of the word of God in order to wait on tables. Brothers, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them and will give our attention to pray and the ministry of the Word.” In other words they delegated some responsibilities in order to go back to the practice of daily prayer, along with the ‘ministry of the Word.’

Cornelius a God-fearer is called a devout man who prayed continually(Acts 10:2) About the ninth hour of the day, the hour of prayer, Cornelius clearly saw in a vision an angel of God who came to him and said to him, “Cornelius! Your prayers and alms have ascended as a memorial before God” Hourly prayer is further implied when Peter goes up to his rooftop to pray at the noon time of prayer (Acts 10:9)

Paul commands us on several occasions to constant prayer. He says in Romans 12:12 (ESV), “Rejoice in hope, be patient in tribulation, be constant in prayer.” Colossians 4:2 (ESV) says, “Continue steadfastly in prayer, being watchful in it with thanksgiving.” Jeremias says again, “When Paul says that he prays, “Continually,” “without ceasing”, “day and night” and “always,” we are not to think of uninterrupted praying but of his observance of the regular hours of prayer. The phrase “to be instant in prayer” (proskarterein, Rom. 12:12, and Col. 4:2) is to be understood in a similar way, for proskarterein here means “faithfully to observe a rite” (as in Acts 1:14, 2:46, 6:4)

One of the earliest documents that we have of how the church engaged in corporate worship gatherings is called the Didache (125-150AD). The materials from which it was composed reflect a much earlier time. In section 8 the document states, “But not let your fasts coincide with those of the hypocrites. They fast on Monday and Thursday, so you must fast on Wednesday and Friday. Nor should you pray like the hypocrites. Instead pray like this,” just like the Lord commanded in His Gospel (the Lord’s Prayer follows) (3) pray like this three times a day.” Paul Bradshaw in his book *Search for the Origins of Christian Worship* maintains that daily times of set prayer were the normal pattern in the early church. He writes, “The Oldest Christian pattern of daily prayer seems to have been three-fold, morning, noon, and evening together with prayer at night... Threefold daily prayer was indeed widespread, if not a universal, custom in the early church, whether structured according to the natural rhythm of the day-praying morning, noon, and evening-or adopting the major divisions of the day in the Roman Empire at third, sixth, and ninth hours.

It is clear that the Jews, Jesus, and the early church prayed a minimum of three set times of prayer each day. Whether they felt like it or not, whether they knew how to do it or not, whether then felt inspired or not, they were just called to show up and pray! Like them we need to set a time and make a place to get face to face with God in the Word! I would submit to you that daily set times of prayer is not just a good idea, the latest Christian fad, or program. It is not just something that committed intercessors do; it is for all of us! Scripture doesn’t command us to pray for an hour 3 times a day, but the

biblical principle is certainly a lifestyle of set regular prayer times. This helps us practically make the first commandment first place in our lives. This is our daily on-ramp into ‘practicing the presence of God’ at all times in all that we do, learning to abide in Jesus on a continual basis. Even if we don’t feel like it, book a time and meet with God and ask God for the grace to stick with it over the long haul!

## **CTK Prayer Campaign, 09**

Put simply, prayer is conversation with God: We speak, He listens. He speaks, we listen. He invites us to speak to Him just as one would talk with a loving parent, bringing Him our joys as well as our needs. At CTK we are encouraging all of our volunteer leaders to engage in consistent on-going prayer that would directly impact the ministries of CTK. We are asking every volunteer to consider committing to pray one hour once a week for CTK and for those that are about to come. We would like you to commit to a set time each week that fits in your schedule and you are welcome to pray from home or a convenient place that works best for you!

During this one hour of prayer, we encourage you to do the following things:

- 1) Spend time with Jesus, in His word and worship.
- 2) Spend time praying through the prayer focus items in the weekly prayer letter.
- 3) Spend time praying directly for the ministry that you are serving in. This will do two things: you will see God answering specific prayers on a regular basis in the ministry that you serve and second God will be preparing your heart to serve like Jesus when you engage the ministry that you are called to!

Please let us know what hour you would like to commit too and we will begin sending you the prayer letter on a weekly basis. We will also be providing some prayer resources to help you get started!

God bless you as you consider committing to pray on a weekly basis for the ministry that you are serving in! At any point you are welcome to take a break or change the time. Just let us know and we will make the appropriate adjustments.

Colossians 4:2 (ESV), “Continue steadfastly in prayer, being watchful in it with thanksgiving.”

**CTK Prayer wall-daily prayer for protection, healing, anointing, and blessing on families of every pastor, elder, and deacon.**

# 1hr prayer guide

The primary reason we pray is to Connect with God. Prayer is communicating with God, both talking and listening. It is keeping company with God, spending time with Him. Intercessory Prayer is standing in the gap on behalf of others, asking God for his Will to be done in their lives. This is a simple prayer guide to help you get started. You can spend as much or as little time on each section. You don't have to cover everything everyday. Ultimately God just wants to spend time with you! Make that your goal! God likes it when we talk to him, we don't have to 'get it right.' He enjoys the simple fact that you want to spend time with Him. One of the most practical things we can do is pray the bible out loud to him every day. Pray the bible prayers that we have listed, inserting your name or the name of someone you love.

- **10 minutes: Beginning:** Start your prayer time asking him to teach you how to pray. Ask him for wisdom. Spend some time at the beginning focusing on his character. Sometimes it helps to put on a few worship songs to get started. Or try beginning with reading a Psalm (145, 103, 91, 63, 27, 23, etc).
- **5 Minutes: Prayer of Thanksgiving.** Spend some time thanking God for all he has given you, salvation, forgiveness, life, health, family, provisions, etc. Start your prayer time with an attitude of gratitude. Psalm 103 is a good place to start. It is packed with the promises of God!
- **10 minutes: Prayer the Lord's Prayer**

“Our Father in heaven, hallowed be your name (Make Yourself Real), your kingdom come (Rule without Rival), your will be done on earth as it is in heaven (Fulfill all your good pleasures). Give us today our daily bread (Be our Provider). Forgive us our debts as we also have forgiven our debtors (Cancel all our debts and wash away all our sins). And lead us not into temptation, but deliver us from the evil one (Rescue us).”

- **5 minutes: Pray for more Revelation and Understanding of God.**

Ephesians 1:17-19 (NIV), “I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup> I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, <sup>19</sup> and his incomparably great power for us who believe.”

- **5 minutes: Pray for strength, increase of faith and knowledge of the Love of Christ.**

Ephesians 3:14-19 (NIV), “For this reason I kneel before the Father, <sup>15</sup> from whom his whole family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

- **5 minutes: Pray for those that don’t know Christ, the un-churched.** Pray for unsaved family members, co-workers, friends, or neighbors. Write out a list and then start praying that they come to know Jesus as their personal Lord and Savior.
- **5 minutes: Pray for immediate family members,** protection from the evil one, blessing, health, etc.
- **5 minutes: Pray for all those in authority,** civil government leaders, pastors, wives pray for husbands, and children pray for parents (I Timothy 2:1-5).
- **10 minutes: Pray for CTK focus items from the Prayer letter** or people’s prayer needs.(We send out two prayer letters each week, one for personal needs in the church and one for strategic prayer items for the church).

## Seeking God for Sudden Valley

**Objective: Pray over Sudden Valley for the next 40 days leading up to Easter, either walking or driving the streets, parks, buildings, homes, etc.**

### Action Step:

- **Set some regular times to prayer walk or drive, two by two is best.**
- **Personally invite some neighbors or those you know to attend Easter Services.**
- **Report to Jason through the maps where you have prayer walked.**  
**-First report: March 21/22 drop off at commons or at church.**

Ephesians 6:16-19 (ESV), “In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, <sup>19</sup> and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel,”

### “Praying On-Site with Insight”

- 1<sup>st</sup> Step: Ask God to teach you how to pray for the valley**  
**2<sup>nd</sup> Step: Pray for protection from the evil one, armor**  
**3<sup>rd</sup> Step: Prayer walking time**  
**4<sup>th</sup> Step: When you feel you are done for that time, spend a few minutes, journaling any thoughts you have and highlighting the roads, places that you covered in your prayer walk.**

### Ideas for what and how to Pray:

- Conversational Prayer
- Pray for those that come across your path.
- Pray Scripture, Lord’s Prayer, Matthew 6:9-12
- Claim the Valley for Christ, Joshua 1, and Psalm 24
- Pray for God to pour out his Spirit, Acts 2:17
- Pray a blessing over homes and families, Numbers 6:24-26
- Pray the blood of Christ especially at each of the gates, Ex. 12
- Pray for an open door for the gospel to be opened. Col. 4:2-4
- Pray for the Lord of the Harvest to send for laborers, Matt. 9:35-38
- Pray for those in authority, I Timothy 2:1-5

**Resources:**

Love to Pray, Alvin Vandergriend  
Praying the Bible, Wes Campbell  
The Transforming Power of Prayer, James Houston  
With Christ in the School of Prayer, Andrew Murray  
The Beginners Guide to Intercession, Dutch Sheets  
57 Words that Changed the World, Darrell Johnson  
Shaping History through Prayer and Fasting, Derek Prince  
Unrelenting Prayer, Bob Sorge  
The Rewards of Fasting, Mike Bickle  
Heights of Delight, Dick Eastman  
Prayer Saturated Church, Cheryl Saks  
Prayer Storm, James Goll  
Informed Intercession, George Otis Jr.  
Lost Art of Intercession, James Goll  
Intercessor, Rees Howells

**Key Ministries:**

International House of Prayer, [www.fotb.com](http://www.fotb.com)  
Transformed World, [www.transformedworldhouston.com](http://www.transformedworldhouston.com)  
Global Day of Prayer  
Watchman Ministries International, Tim Taylor  
Transformation Videos, and the Sentinel Group, George Otis Jr.  
Encounters God Network, James Goll

