

Prayer Guide

Helping the Church pray strategically for spiritual breakthrough

Introduction

The aim of the prayer guide is to lead us to the Father through the Son in the power of the Spirit. Prayer is simply communicating with God. We *pray* that this guide helps you do just that. Part 1 helps us prepare to pray. Part 2 has some general ways to engage the spiritual world in prayer. Part 3 contains specific requests that will need to be updated over time.

Part 1 – How to Pray?

Prayer is not magic. God does not respond to our requests because we have the right formula. He is more interested in our hearts than in our words. John Bunyan, author of *Pilgrim's Progress*, said, "In prayer it is better to have a heart without words than words without a heart."

God's Word provides the basic elements that will enable us to receive His answers to our prayers. The elements are:

- Adoration
- Confession
- Thanksgiving
- Supplication

The guide can easily be remembered by the first letter of each word: **ACTS**.

Adoration

- Why should we praise God? (Jeremiah 32:17, I John 4:10, Philippians 1:6)
- What is the best way for you to show your gratitude toward God, and your faith and trust in Him in all circumstances? (Philippians 4:6) What would you conclude that God expects of us? (I Thessalonians 5:16-18)

Confession

- Psalm 51 was David's prayer after he had fallen out of fellowship with God. What did David conclude that God wanted of Him? (Psalm 51:6,16-17)
- What should you do when you find that your fellowship with God is broken? (I John 1:9) What sin in your life is keeping you from fellowship with God? How do you deal with that sin?

Thanksgiving

- Let us never be guilty of being ungrateful to God. How often should we give thanks? (Hebrews 13:15) For what should we praise Him? (Ephesians 5:20) Why? (I Thessalonians 5:18)
- What about a situation that seems adverse? (Romans 5:3-4)

Supplication

- Intercession. An example of intercession is provided in Colossians 1:3. What was Paul's prayer for the Christians of Colossae?
- Petition. Why should we expect God to answer our prayers? (Matthew 7:9-11, Romans 8:32) According to Psalm 84:11-12, what has God promised to do? What part does belief have in our prayers? (Mark 11:24, James 1:6-7) Faith is necessary, what else? (Matthew 6:9-10, I John 5:14-15)
- Explain II Corinthians 12:7-10 in light of Romans 8:28. What does this teach us about apparently unanswered prayer?

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Part 2 – We Are Engaging the Spiritual World

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.

Ephesians 6:12 (NIV) Effective prayer agrees with God about the physical, mental, emotional and spiritual realities that we are encountering. The following prayers place specific emphasis on the spiritual realities.

7 Spiritual Warfare Prayers Against Strongholds

Isaiah 54:17, 1 John 4:4

Almighty one, I thank You that You are my protector and my deliverer. I plead the blood of Jesus upon my life and I pray that every stronghold shall be broken and I shall be delivered in the Name of Jesus. I declare and decree that no weapon formed against me shall ever prosper in the Name of Jesus because greater is he that is in me than he who is in the world, Amen.

Jeremiah 29:11

Dear God, I thank You that You have overcome this world and victory belongs to You. Thank You that I am a child of the King and victory also belongs to me. I come against the plan of the enemy for my life in the Name of Jesus. I know that the plans that You have for me are thoughts of peace and not evil. Therefore, I declare and decree that these strongholds in my life will not prosper, Amen.

Luke 10: 19-20

Heavenly Father, I thank You for the power that You have invested in me. I pray that You will strengthen me daily that I will use the authority that You have given me to overcome the power of the enemy. Father allow me to trample on the head of the enemy so that every stronghold in my life shall be broken and no harm shall come to me in the Name of Jesus, Amen.

Psalm 40:2, Romans 8:31

Oh God, You are my strength, my strong tower and deliverer. I thank You that I can call on Your Name and be saved. God, I ask that You intercede upon my behalf and pull me out of this miry clay

and set my feet upon your solid rock. These strongholds in my life will not overcome me but they shall fall in the Name of Jesus because if God is for me, who could be against me, Amen.

Psalm 34:17, Galatians 5:1

Dear Lord, I thank You that You are a loving Father and that You hear my cry. Lord I cry out to You today and ask that You will deliver me from all of my troubles. I pray that the strongholds within my life will be no more and that they will no longer be a stumbling block. Help me to stand firm at all times and not to be burdened by the plans of the enemy, Amen.

2 Timothy 4:18, Psalm 31:18

Our Father, I thank You that You are a mighty God and that nothing is impossible in You. Father I pray that You will deliver me from the evil attack of the enemy and bring me safely back to You. I pray that You will be a fence of protection around me. I declare and decree that lying lips against me shall cease and that goodness and mercy shall follow me all the days of my life, Amen.

Colossians 1:13, 2 Thessalonians 3:3

Almighty one, I thank You that You have delivered us from every power and scheme of darkness. Lord I pray that You will guard me from the evil ones and that they shall not come near my dwelling place. Strengthen me against the evil ones and that I will not fear anything that is not of You. All strongholds in my life shall be destroyed and cast down in the Name of Jesus I pray, Amen.

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Part 3 – Specific Prayer Requests

Churches in Our Area

Portland Memorial Baptist Church is contacting its members for love, support and to assess needs. Pray for continued kingdom impact.

Pray that the food boxes **Southeast** is distributing will continue to develop relationships of trust and acceptance.

Pray for **Greater New Beginnings** sharing Christ with the families that received food boxes and for members to use the prayer line.

Pray for protection for **Body of Christ of Myanmar Church** for them to draw near to God.

Pray for the **online services** of every church to reach more people.

Pray for **unity** of the Body of Christ and for the **boldness** of her witness. (1 Cor. 1:12; Acts 4:28,29)

Ministries in Our Area

Love City is partnering with Portland Memorial Baptist Church for food distribution. Pray for blessing from this unified effort for the kingdom.

Pray that many women continue to contact **Scarlet Hope** and stay connected during this desperate opportunity.

Pray **Shawnee Christian Health Center** is able to continue to provide school-based healthcare and dental to maintain financial sustainability.

Pray for **ReCenter** to find volunteers to bring meals onsite.

Pray that **Love Thy Neighborhood** interns make wise decisions regarding their serving opportunities.

Pray for wisdom and creativity for **Portland Promise Center** in how to utilize this opportunity to meet needs and build relationships.

Pray that **Operation Care** in Shelbyville is able to find creative alternatives for their Thrift Shop, which had provided for their sustainability.

Pray for the opportunity that **Refuge Louisville** has to share the gospel with refugees who are confused and scared during this time.

Pray the word of God will pierce the hearts of those who hear the loud speaker from **Christ Chapel** on the backside of Churchill Downs.

Pray that many children continue to engage with **Elevate Dance** and their online “discipleship through dance”.

Pray for continued evangelistic and discipleship connections with students for the **Fellowship of Christian Athletes** (FCA) U of L, FCA Metro Louisville and other **college ministries** around the state, and elsewhere.

Pray with **International Student ministries** that God will continue to have students ask questions about their lives and futures and their need for a savior. Pray that the Lord will bring about harvest.

Pray for ministries as they try to move many of their programs to **online platforms**.

Pray for the **difficult decisions** non-profits have to make to lay off employees.

Community at Large

Pray for **citizens** to stand in the gap on behalf of the situation we are currently in and ask for God's kingdom to come here on earth as it is in heaven.

Pray for wise counsel and godly attitudes to be evident from our **leaders**.

Pray for protection, safety and strength for our **healthcare professionals**.

Pray that Christ will reveal himself in dreams and visions to all **followers of a faith**.

Pray for provision for those who have **lost employment**.

Pray for those **losing loved ones** but unable to mourn in community.

Partner Organizations Around the World

Pray that the house churches in **Cuba** will continue to grow during this time of social distancing.

Life in Abundance asks us to pray for protection from the Lord, to step into to love our neighbors, even while the enemy is working hard to steal, kill, and destroy.

Pray for **Josiah Venture** and the 80 college students in Slovenia who daily study the Bible together online.

Pray for **Cookson Hills** in Oklahoma for the ability to get basic needs (food and supplies) for their ministry.

Member Partners Around the World

Pray for people to respond to Christ during the 7 weeks of Bible studies in the house churches in **Portugal**.

Pray for the remote areas of **Nepal** where people travel in packed buses and healthcare is limited. Pray for J. who remains to love these people.

Pray for **refugees'** health living in close-quarter camps all around the world.

Pray for **global workers** who longer have the option to return to their home country.

Conclusion

Remember to keep this prayerful posture, to continue to connect with the Father, making our requests known to him through the practice of prayer.

Finally, join the prophet Daniel in a closing prayer for yourself and others:

“Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name.” – Daniel 9:17-19 (NIV)

If you have prayer requests, you can submit them through this [link](#).