

PRAYER

7 Steps of Effective Prayer

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Find a Spot to Pray

Before we talk about the 7 steps of effective prayer, let's start by finding a spot to pray. First, look for a place in your house, room, or even your car, where you can have some quiet time with God. As we go through these 7 points, you'll understand more and more why having a connection with God through prayer is so important. It's important to note that it's not a religious or ritualistic practice; you don't have to follow a specific order. The most important thing is having a relationship with God.

These steps are simply a guide to help you get started.



Confession

In starting our time with God, the first step is confession, where we acknowledge who God is. Whether you're in a chair, a quiet corner, or your car, begin by expressing and magnifying truths about God—His goodness, faithfulness, strength, might, etc. Even if you're not well-versed in the Bible, simply declare that God is good and faithful. As 1 Kings 18:36 suggests, let it be known that He is God in your surroundings. In Psalms 34:3, we're encouraged to magnify and exalt the Lord together, emphasizing the importance of declaring His greatness over our circumstances. Confessing who God is allows us to magnify His presence in our hearts and lives. We will deal with many things throughout our day but we will magnify our God above everything else.

1 Kings 18:36 (NKJV)

"LORD God of Abraham, Isaac, and Israel, let it be known this day that You are God."

Psalms 34:3 (NKJV)

"Oh, magnify the Lord with me, and let us exalt His name together."

In your personal time with God, you can open up and confess, saying, "God, I need to talk to you about my mistakes, wrong thoughts, or when someone has hurt me." This sacred moment in prayer allows you to release everything the enemy tries to burden you with. It's essential to acknowledge our mistakes, not ignoring them but admitting them before God, who already knows them. In 1 John 1:9, it assures us that if we confess our sins, God is faithful to forgive and cleanse us from all unrighteousness, bringing about a cleansing in our hearts.

1 John 1:9 (NKJV)

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."



Petitions – We Have Not Because We Ask Not

I want to encourage you to never hesitate to ask God for what you need. God, your Father, invites you to bring every single need, whether big or small, to Him. Don't complain about what you lack; instead, ask God for it. In prayer, express your needs to God, seeking His provision and supply. In Matthew 7:7, He says, "Ask and it will be given to you. Seek and you will find. Knock and it will be opened to you." So, if you don't see things happening, don't be discouraged; start asking, seeking, and knocking today. As you bring your petitions before the Lord in your prayer closet, whether it's a financial breakthrough, a new job, the salvation of a loved one, etc, know that the Lord is not intimidated by your requests, situations, or concerns. Cast all your cares on the Lord because He cares for you. Leave your prayer space with confidence,

knowing that God heard and will answer your prayer. This will bring joy throughout your day as you trust in His care for your family, finances, and children.

Always ask in faith, relying on God's promises, and seek His will through the Word of God.

1 John 5:14-15 (NKJV)

"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. 15 And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."

Mark 11:24 (NKJV)

"I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."

Adoration

Begin to worship Him like the angels do. Pour out your love to God saying something similar as, "I adore you, God. I worship you. I'm so glad to be here. I miss you. I've been looking forward to spending time with you."

1 Peter 3:13 (MSG)

"Don't give the opposition a second thought. Through thick and thin, keep your hearts at attention, in adoration before Christ, your Master."

Always give God what belongs to Him: His praise. Before we ask God for anything, let Him know you just want to worship Him, glorify Him, and magnify Him. He is our Father and our best friend. Make God number one in your heart. We should love Him more than anything and more than anyone. Always give God what belongs to Him - HIS PRAISE.

Psalm 34:1 (NKJV)

"I will bless to the Lord at all times; His praise shall continually be in my mouth."



Isaiah 6:3 (NKJV)

And one cried to another and said: "Holy, holy, holy is the LORD of hosts; The whole earth is full of His glory!"

Intimacy

After you've declared who He is, and have asked for what you need, and spent time in worship, you can now spend intimate time with God.

Psalms 27:4-8 (NKJV)

"One thing I have desired of the Lord , That will I seek: That I may dwell in the house of the Lord All the days of my life, To behold the beauty of the Lord , And to inquire in His temple. 5 For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. 6 And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. 7 Hear, O Lord , when I cry with my voice! Have mercy also upon me, and answer me."

That's a relationship that God wants to have with every single one of us. We can't find that out in the world. We can't find that satisfaction or that intimacy with anything or anyone out there in the world. No amount of drugs, alcohol, movies, entertainment, promotions, or relationships can provide the fulfillment that intimacy with God brings. Only God can satisfy the deepest longings of your soul. Only God can heal the hidden places in your heart where you're hurting, the spaces unseen and unknown to anyone but Him. And when you experience His presence, you're compelled to pursue Him relentlessly, to spend every moment in His company, and to lead others to the same intimate relationship with Him. This is true life, authentic living - a life dedicated to God.





Intercession

Intercession is when God places someone in your heart and you begin to pray for them. You are standing before God on behalf of someone else. You could be praying for their salvation, or whatever the Holy Spirit puts on your heart to pray. Sometimes, a person's face comes to mind during prayer, prompting you to pray fervently, even in the Spirit.

I recall praying for loved ones, like my father, who wasn't serving the Lord. For years, I interceded for him, praying for his salvation and protection from darkness. Intercession involves commanding the enemy to release their grip and praying for God's light to illuminate their hearts. I would pray that the blinders would be lifted and he would see the truth of Jesus Christ.

Exodus 22:30 Speaks of seeking someone to stand in the gap, and we must respond to God's call to be that person. We declare, "God, use me to intercede, to pray for healing, deliverance, and salvation." Prayer is potent—it changes lives and circumstances.

Romans 8:26,28 (NKJV)

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. 28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

Ezekiel 22:30 (NKJV)

"So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one."

Intercession is crucial because many are blind to the truth of Jesus and are fighting battles they don't understand. By praying in the Spirit and breaking off rebellion and bad influences, we stand in the gap for our families, friends, and even strangers. I remember a time when a sick girl came to mind in the middle of the night. I prayed relentlessly until something shifted, and peace settled in. Today, she's healthy and a testimony of the power of intercession.



Thanksgiving

Giving thanks to God before we see a breakthrough is vital because it acknowledges His goodness and faithfulness in our lives. Scripture teaches us to enter His presence with thanksgiving. When we offer thanks, we cultivate a spirit of gratitude, which aligns our hearts with God's will and brings joy into our lives. Thanksgiving also brings a deeper intimacy with God as we express our appreciation for His blessings. Ultimately, it glorifies God and strengthens our faith as we acknowledge His continual grace and mercy in our lives. No matter the circumstances there is always something to be thankful for.

1 Corinthians 15:57 (NKJV)

"But thanks be to God, who gives us the victory through our Lord Jesus Christ."

Psalms 100:4 (NKJV)

"Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name."

Psalms 95:2 (NKJV)

"Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms."

Hebrews 13:15 (NKJV)

"Through Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name."





Praise

Praise has the power to transform the atmosphere and bring about victory. In Acts 16:25-26, we see how Paul and Silas' prayers and hymns to God led to a seismic shift, opening prison doors and freeing the captives. We embrace breakthrough praise, understanding that it can change and shift things in the spiritual. When we shout with faith and joy, as encouraged in Psalm 47:1 and Psalm 98:4, we declare God's faithfulness and invite His victorious presence into our circumstances. Through praise, we affirm our trust in God! The shout of victory is your declaration of faith that God is faithful.

Acts 16:25-26 (NKJV)

"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed."

Psalm 47:1 (NKJV)

"Oh, clap your hands, all you peoples! Shout to God with the voice of triumph!"

Psalm 98:4 (NKJV)

"Shout joyfully to the Lord, all the earth; Break forth in song and rejoice and sing praises.

As you practice these 7 steps to effective prayer, remember that this is just the beginning to an amazing relationship with God. Each step, from finding a quiet place to expressing adoration and presenting petitions, draws us closer to His heart. Prayer is a sacred privilege, offering direct access to the Almighty. So, let's embrace the intimacy of prayer, persist in seeking His face, and trust in His faithfulness. Our lives will reflect the joy and peace found in His presence.