

## EFFECTIVE PRAYER

Prayer is the slender nerve that moves the muscles of Omnipotence. Prayer is the vision of the believer. It gives eyes to our faith. Only in prayer we surrender our problems completely to God and ask for Divine intervention.

When man prays God responds. Difficult situations change. Unexplained miracles occur. When we neglect the closet of prayer we remove ourselves from the focus of God's power. Our prayer expresses our commitment to Christ. Prayer is much more than mere theoretical power - is practical power. Prayer must be nourished and cultivated if it is to grow.

Prayer is not a system at all but the development of a relationship between man and God.

Why pray? Jesus calls us to pray and moreover prayer works.

### I. Classification:

- a) **Individual Prayer:** Personal time with God in closet (Mt. 6:5-15)
  - b) **Corporate Prayer:** Collective prayer of believers when two or three are gathered.
- Both are necessary for the growth of a believer.

### II. Varieties of Individual Prayer:

- a) Daily Prayer - have regular time
- b) Flash Prayer - sudden prayer for somebody or some problem
- c) Shooting Prayer - for immediate occasion / need
- d) OMNI Prayer - One Minute Need Intercession
- e) Prayer Walk - Prayer while walking / driving
- f) Fingers Method - 5 points 5 fingers
  - 1. Thumb - Self
  - 2. Index Finger - Preachers
  - 3. Middle Finger - Authorities
  - 4. Ring Finger - Rich
  - 5. Little Finger - Weak & Sick
- g) Week Method - 7 points 7 days in a week
  - Sunday - Servants of God
  - Monday - Medical Professionals, Missionaries
  - Tuesday - Teachers
  - Wednesday - Weak & Sick
  - Thursday - Talented People
  - Friday - Friends & Family
  - Saturday - Self

### III. Practical steps to Effective Prayer:

- a) Set apart time and be on time
- b) Develop the skill of using phrases of Scripture
- c) Learn to give thanks for spiritual & material blessings

- d) Keep a prayer diary
  - Write down
  - Update
  - Write God's answer
- e) Use magazines & bulletins for meaningful prayer
- f) ACTS method is helpful - Adoration, Confession, Thanksgiving & Supplication

#### **IV. Overcoming Hindrances:**

- a) Avoid late night chit-chat - Inform others politely your prayer time
- b) Get up early in the morning - brush & be fresh
- c) Change position if feeling drowsy
- d) Get out of the bed - don't lean on bed while praying
- e) Avoid silent prayer in the morning - Don't shout.
- f) Choose calm place
- g) Use prayer diary / Cards
- h) Do not mourn if you fail

#### **V. Tips for Corporate prayer:**

- a) Pray louder & specific to the given point
- b) Pray meaningfully - Words are important
- c) Listen while others pray
- d) Always be brief when you pray in a group.

**“Pray Without Ceasing”**

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