

Five Steps to Effective Prayer

(A Practical Guide that prepares you to Pray and Fast)

Step One - Definition of Repentance

What does Scripture teach about repentance? The most common translation of "repent" is "turn" or "return". The basic idea is returning to God or turning away from evil. In the New Testament, the key term for repentance is metanoia - It means a "change of mind" and "regret/remorse."

True repentance leads a person to say, "I have sinned" and prove it by a change of their direction in life. Repentance is NOT asking the Lord for forgiveness with the intent to sin again. Repentance is an honest, regretful acknowledgement of sin with a commitment to change.

A Prayer for Daily Repentance

Dear Lord, thank you for your forgiveness. Thank you for not abandoning me to my mistakes, but for reaching out instead to bring me home. Help convict me of sin and help me accept your mercy without shame. Thank you for the love you have poured out for me. Help me daily to strive to live with a clean heart.

In Jesus' Name, Amen.

Scripture Reference

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

1John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Proverbs 28:13

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

2Corinthians 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Acts 3:19

Repent therefore, and turn back, that your sins may be blotted out.

Psalms 51:10-12

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.

Step Two - Definition of Recognition

Acknowledgment of something's existence.

Now that you took the first step to repent the second step is to recognize that area of your life that caused you to be separate from God. True change cannot be legislated or imposed. It is not the fault of your environment. Adam & Eve had a perfect environment but sinned anyway. It's not because you come from a dysfunctional family. All families are dysfunctional because of sin. True change comes from the inside out. It comes through recognition. You must recognize the basis of your reconciliation to God. It's not based on you, it's based on a God of love, kindness, tender mercies and compassion and blameless judgement.

You must recognize your true spiritual condition:

- a) It is a transgression of God's law (Psalm 51:1)
- b) It is sin (Psalm 51:2)
- c) It is iniquity (Psalm 51:2) (*distorting what is good, wicked, or immoral in nature or character*)
- d) It is evil (Psalm 51:4)
- e) It is dirty (Psalms 51:7)

A Prayer for Daily Recognition

*Dear Lord, thank you for showing me the areas in my life that need help. Have mercy on me. I know the lawless acts I've committed. You are the one I've really sinned against. Give me a spirit that obeys you so that I will keep going. Uphold me so I won't fall in defeat again.
In Jesus' Name, Amen.*

Scripture Reference

Proverbs 3:6

In all your ways acknowledge Him, and He will make your paths straight.

Psalms 32:5

Then I acknowledged my sin to you and did not cover up my iniquity.

I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

You must recognize the results of sin:

Psalms 51:7-12b

Defilement: Purge me, wash me

Deafness (spiritually): Make me hear...

Disgrace: Hide my face...don't overlook me

Damage: A dirty heart, a wrong spirit

Doom: Separation from God's Presence

Depression: Restore my joy

Defeat: Uphold me God so I won't fall again

Step Three - Definition of Submission

The action or fact of accepting or yielding to a superior force or to the will or authority of another person. Submitting means putting others before yourself; it means not always doing what you want to do. It means putting God's desires above your desires. As a believer our submission is not an act of human will. It is a divine work. We can submit to God's authority and His will only through the power of the Holy Spirit.

Jesus gives us the greatest example of submission to the Father the night before his crucifixion in the Garden of Gethsemane. *Matthew 26:39, "My father, if it possible, let this cup pass from me; nevertheless, not as I will, but as you will."* He never exercised his own will; he always obeys the Father's will.

The third step is to submit your life to the Father's will.

A Prayer for Daily Submission

Dear Lord, out of my love for Christ and my gratitude of salvation, I choose to submit my way, my will, my affections, my thoughts, my desires, and my understanding to you! Because Jesus submitted himself to God for my sake, I trust you. So, through the power of the Holy Spirit, empower me to lay down my life for the gospel.

In Jesus' Name, Amen.

Scripture Reference

Psalm 40:8

I delight to do your will, O my God; your law is within my heart.

Psalms 143:10

Teach me to do your will, for you are my God; let your good spirit lead me on level ground.

James 4:7

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Job 22:21

Submit to God, and you will have peace; then things will go well for you.

1Peter 5:6

Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you.

Step Four - Definition of Believe

The word "believe" in the Bible means more than simply agreeing in our minds that something might be true. It means "trust" - that we believe so strongly in God that we are willing to commit our lives to Him and live the way we know He wants us to live.

Suppose you take a walk and you come to a bridge that crosses a deep canyon. You might look at it and believe that it will hold you, you might even see other people crossing the bridge. But so far, your "belief" in the bridge is only in your head. When do you begin to really believe the bridge will hold you? You believe it when you are willing to commit your life to it and walk across it.

It's the same way with Christ. We can believe that God exists, but God wants us to come to know Him personally. And He has bridged the gap between us by sending His Son to remove the barrier of sin and become that "bridge." To believe in Christ is to commit our lives by faith to Christ - to trust Him personally as our Lord and Savior. Our prayer is that you come to truly believe in Christ.

A Prayer for Daily Believers

*Dear Lord, I thank you because your Word declares, "If I believe, I will receive whatever I ask in prayer." By faith, these past couple of days I have done my best to align myself with the will of the Father. I trust you and thank you for the power you are going to perform in my midst.
In Jesus' Name, Amen.*

Scripture Reference

Matthew 21:22

If you believe, you will receive whatever you ask for in prayer.

Mark 11:24

There I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you.

Romans 10:11

For the scripture says, "Whoever believes in Him will not be disappointed."

Hebrews 11:6

And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.

Mark 9:24

Immediately the boy's father cried out and said, "I do believe; help my unbelief."

Step Five - Definition of POWER (Walking in the Supernatural)

You made it! The stage has been set. I hope you are ready to experience a supernatural move from a Supernatural GOD, who operates outside of time, space, and matter. The supernatural is above natural laws. It's unseen and eternal and it's accessed by "faith."

It disrupts the normal course of natural life. The Word of God gives many examples: God stopped the sun (Joshua 10:12-13), He opened the Red Sea (Exodus 13:17), healed the sick (John 9), raised the dead (Luke 7:11-17), He died and removed the keys to death and rose again!

Are you ready to see God perform Miracles, Signs and Wonders in your life and ministry?

Scripture Reference

Psalm 62:11

God has spoken plainly, and I have heard it many times: Power, O God, belongs to you;

Psalm 77:14

You are the (awesome) God who works (powerful) wonders; You have demonstrated Your power among the people.

Mark 16:17

And these signs will accompany those who believe: In My name they will drive out demons: they will speak in new tongues

Deuteronomy 10:21

He is the one you praise; He is your God, who performed for you those great and awesome wonders you saw with your own eyes.

Jeremiah 32:27

I am the LORD, the God of all mankind. Is anything too hard for me?

Job 5:9

He does great things too marvelous to understand. He performs countless miracles.

Exodus 14:21

And Moses stretched out his hand over the sea, and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided.

Psalm 78:4

We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders.