

# Prayer Workshop

## SIMPLE STEPS



This next chapter will give you the step-by-step method found in *The Prayer Workshop*. In it, you will find out the keys to results in prayer. It's not a matter of using a key to "get what you want" as though there is any selfishness involved. There is no selfishness whatsoever in the following method. I use the word "key" because I found, to my joy, that making a few changes in how I was praying totally regenerated my prayer life and filled my heart and mind with peace.

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God,*

*which surpasses all understanding, will guard your hearts and minds through Christ Jesus.* Philippians 4:6–7

The above verse is the theme Scripture for *The Prayer Workshop*. This bit of advice from the apostle Paul sums it up: Don't worry, instead, pray about everything. It then adds that the peace of God, which surpasses understanding, will keep our hearts and minds through Christ Jesus. What a promise! Of course, we must pray according to God's will and in line with what Scripture teaches us. But many things *are* God's will.

In the Old Testament, David prayed that God would overthrow and overturn the works of darkness, and in response God sent out His arrows and scattered the foe, lightnings in abundance, and He vanquished them (Psalm 18:14). There are many answers to personal prayers in the Bible. Have you ever wanted to pray but didn't know how to

begin? Or have you tried everything but not received the joy and fulfillment you had hoped for in prayer?

Through these steps, you will become renewed in your excitement for spiritual things and about God Himself, His faithfulness, and the integrity of His Word. If you already have received answers, you will be further inspired and become even more full of faith in God. Through spending time with God in prayer, you will experience the priceless treasure of developing a relationship with God.

The price Jesus paid for our sins at Calvary affords us the opportunity to be born again and to come into the family of God, which is the Christian's greatest gift. The relationship we can then have with our God is the next greatest gift.

Prayer is the key to building a close relationship with God. As you engage in prayer, you will never be the same again.

Prayer need not be tedious. God does not require you to perform a list of prerequisites before He will answer you. Yet there are things that God asks of us.

### **Before You Start: Forgiveness**

Before you pray, you need to be sure there is nothing between you and God. You need to ask for forgiveness of your sins. You also need to forgive others of anything you have against them. How can we ask for forgiveness if we refuse to forgive others their trespasses against us (Luke 6:37 and 17:3)? If I feel like I can't forgive, I ask for His help: "God, I can't forgive, but I ask You to love and forgive in and through me by Your Holy Spirit. Please give me the grace." This will work!

*Leave your gift there before the altar,  
and go your way. First be reconciled to  
your brother, and then come and offer  
your gift. Matthew 5:24*

## **Enemies to Answered Prayer**

Look at the list of hindrances to prayer below. Take time to pray about these issues in your life. Once you've done it, you will be more likely to recognize these things as hindrances in your walk with God. You will want to take each issue to God, removing these obstacles from your life as soon as possible.

Here are some of the enemies and roadblocks to answered prayer:

- Unforgiveness (Matthew 5:24)
- Hatred (Matthew 5:24)
- Doubt (Matthew 17:41; 21:21  
Mark 9:14-29)
- Fear (Matthew 14:30)
- Unconfessed sin (Isaiah 59:2)

Now I will show you how to begin your path to freedom from the burden of unforgiveness.

## **Steps to Freedom**

- 1. Confess.** After you examine yourself, ask God to forgive and cleanse you:

*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9*

- 2. Accept forgiveness and cleansing.**

Walk in faith with a conscience void of offense toward God.

*Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. Hebrews 10:22*

## **Noted University Study**

Below is an excerpt from *Stanford Medicine*, Volume 16, Number 4, Summer 1999, which is published quarterly by Stanford University Medical Center:

## **The Art and Science of Forgiveness**

*If you feel good but want to feel even better, try forgiving someone.*

—FREDERIC LUSKIN, PH.D.

*For centuries, the world's religious and spiritual traditions have recommended the use of forgiveness as a balm for hurt or angry feelings. Psychotherapists have worked to help their clients to forgive, and some have written about the importance of forgiveness. Until recently, however, the scientific literature has not had much to say about the effect of forgiveness. But that's starting to change. While the scientific study of forgiveness is just beginning—the relevant intervention research having been conducted only during the past ten years—when taken together, the work so far demonstrates the power of forgiveness to heal*

*emotional wounds and hints that forgiveness may play a role in physical healing as well.*

*What is intriguing about this research is that even people who are not depressed or particularly anxious can obtain the improved emotional and psychological functioning that comes from learning to forgive. This suggests that forgiveness may enable people who are functioning adequately to feel even better. Published studies on forgiveness have shown the importance of forgiveness training on coping with a variety of psychologically painful experiences. Studies have been conducted with adolescents who felt neglected by their parents, with women who were abused as children, with elderly women who felt hurt or uncared for, with males who disagreed with their female partners' decisions to have abortions and with*

*college students who had been hurt. These studies showed that when given forgiveness training of varying lengths and intensities, participants could become less hurt and become more able to forgive their offenders.*

### **Receiving Forgiveness**

Forgiving others is powerful, according to the above study, and it brings emotional and physical benefits to your life. It also can benefit the lives of those being forgiven. Perhaps there can now be the opportunity for healing in a once severed relationship.

Forgiveness gives us a clear conscience and the associated peace of mind that it brings. “Forgive, and be forgiven” is good advice.

*Let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard*

*your hearts and minds through Christ  
Jesus. Philippians 4:6–7*

## **A Prayer Workshop to Get Started!**

- 1.** Confess and receive forgiveness for any sin, including unforgiveness, doubt, unbelief, fear, and anything else that might be between you and God (1 John 1:9).
- 2.** List your requests. “...Let your requests be made known to God” (Philippians 4:6).
- 3.** Take authority over the enemy. Pray that God will “overthrow and overturn the works of darkness” (2 Chronicles 25:8).
- 4.** Pray in detail. Make specific (scriptural) requests to the Father in Jesus’ name. You can always add “If it be Your will” on the end of a prayer if you don’t know the will of God.

5. Place your trust in His specific promises. Know that it is faith in Who God is, in His integrity, and in the integrity of His Word in which we rest our faith.
6. Thank God and praise Him for what He *is doing according to His will* “...by prayer and supplication with thanksgiving, let your requests be made known to God” (Philippians 4:6).

### **What Is GOD’S Part?**

God is faithful. His promises are true (1 Corinthians 1:20). His Word is true (Romans 3:4). He will watch over His Word to perform it (Isaiah 55:11). So, when you find promises upon which to rest your faith, God is pleased. He will hear and answer you. You must realize that God has more love and understanding for His creation than we can possibly comprehend. He is also more powerful than we can grasp.

## **Remember**

- There is joy in knowing that God is alive and well and that He is interested in you! He wants to answer your prayers. Did you know that in two of the gospels it says, “Everyone who asks receives” (Matthew 7:8, Luke 11:10)?
- Jesus said to ask and we would receive that our joy be full (John 16:23–24).

# Prayer Promises

TO REST YOUR FAITH UPON



Included in this chapter are some promises of God that you can trust in and rest your faith in when you pray. I have also included other Scripture that has brought great comfort to my heart. I hope the verses will bless you as well. My advice is to get a Promises of God booklet (in Christian bookstores). There are approximately seven thousand! It is inspiring to see all that belongs to us as Christians! Now for a last bit of advice...

## **Keep Your Mind on God**

Keeping your mind on Jesus and praying about everything will bring great victory. Too much emphasis has been placed on the devil, though it

is still important to address this area. Be aware; be vigilant; be vigilant in prayer.

Remember Who has the power: God does! He is limitless in power and might. Jesus is the big guy. The enemy is defeated.

The prayer method in this book works.

In the garden of Gethsemane Jesus said that He could pray to His Father and the Father would send Him legions of angels (Matthew 26:53). Pray to the Father in Jesus' name, and ask for Him to send His holy angels to fight for you, rescue you or a friend, etc.

Even though Jesus made it so simple, that in no way diminishes the limitless power of God moving on your behalf when you pray to the Father in Jesus' name, rest in Him and His Word, and thank Him for what He is doing and will do.

The simple promise of God to respond when we ask in Jesus' name is profound. The promises of God have His limitless power to back them.

The answer comes when you pray in line with God's Word. You will get results when you follow the scriptural principles.

### **The Promises Are Yours**

The Bible tells that all provisions, or promises contained in His Word belong to you. "Then Peter opened his mouth and said, 'In truth I perceive that God shows no partiality' " (Acts 10:34). What He gave to Christians in the Bible, He gives to all Christians today.

We know that through the New Birth we are indwelt by the Holy Spirit. The Holy Spirit IS His divine nature. Think about that! Scripture says that we are partakers of His divine nature!

*As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you*

*may be partakers of the divine nature, having escaped the corruption that is in the world through lust. 2 Peter 1:3-4*

*If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. John 15:7*

*This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe 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. Joshua 1:8*

*For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it NOT as the word of men, but as it is in truth, the word of God, which also effectually works in you who believe. 1 Thessalonians 2:13*

*It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life. John 6:63*

*So shall My Word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it. Isaiah 55:11*

*And what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead... Ephesians 1:19–20*

*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Ephesians 2:10*

### **In Time of Trouble**

*He who has begun a good work in you will complete it until the day of Jesus Christ. Philippians 1:6*

*And the Lord will deliver me from every evil work and preserve me for His heavenly kingdom. To Him be glory forever and ever. Amen! 2 Timothy 4:18*

### **For Protection**

*No evil shall befall you, nor shall any plague come near your dwelling; for He shall give His angels charge over you, to keep you in all your ways.*

Psalm 91:10–11

### **Promises for Answered Prayer**

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God and the peace of God, which*

*surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6-7*

*And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it. John 14:13-14*

*And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full. John 16:23-24*

*For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us. 2 Corinthians 1:20*

*Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Ephesians 3:20–21*

*And my God shall supply all your need according to His riches in glory by Christ Jesus. Philippians 4:19*

*Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. 1 John 5:14–15*

*Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.  
1 Peter 5:6–7*

## **Jesus' Words**

*And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him. In this manner, therefore, pray:*

*Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us*

*this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.*

*For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:5–15*

# **Part Three**

---

## **Prayer Journal**











