



KARMEI COMMUNITY

PRAYER
HANDBOOK

VOL.1

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SECTION

1

HOW TO USE THIS HANDBOOK

PRAYER HANDBOOK

HOW TO USE THIS HANDBOOK

Welcome to the first volume of our handbook on prayer. Please watch the video [here](#) to learn more about using this handbook.



"Prayer is God's plan to supply man's great and continuous need with God's great and continuous abundance."

- E.M. Bounds

Prayer is so vital in the life of a believer, and this cannot be emphasised enough. Our prayer is that this handbook will truly serve as a tool in your arsenal as you build and cultivate your prayer life. As you embark on this journey, may your life truly never be the same.



SECTION

2

THE CLARION CALL

PRAYER HANDBOOK

THE CLARION CALL

The need for Prayer has never been more pressing than it is in our day. We live in a time where we are seeing Biblical prophecy literally come to pass. There is no question that we are in the last days. Even those who do not believe in God recognise that something has shifted on the earth; how ironic?

Amongst other things this has proven that prayer is so essential and key in the life of a believer in Jesus Christ. For one who calls himself a Christian; a true follower and disciple of Jesus Christ, prayer is not an option.

Our world today is full of distractions. Many have lost their passion for God and the things of God without even knowing it. For those who have not turned away from God completely, some have chosen to live in the realm of lukewarmness and just being “comfortable” or otherwise described as carnal. The enemy is on a warpath to constantly pull people away from God. As such, believers must adopt the right posture and recognise the importance of prayer in their lives. We cannot afford not to pray.

Prayer changes things, creates things, legislates God’s will on the earth, and aligns us with God.



"And he spake a parable unto them to this end, that men ought always to pray, and not to faint"

- Luke 18:1

The opposite of not praying is fainting. Prayer is life to the Christian as oxygen is to the natural man. One who does not pray is literally like a dead person walking.

Our prayer is that this book will indeed stir up wells within your belly to fall in love with prayer and to see it from a new perspective. Most of the things you will come across may already be known to you if you have been a Christian for some time, but there will indeed be something new ignited in your prayer life.

These resources have been put together by the Holy Spirit, and we know He has something for you. As you embark on this journey, we ask that you maintain a heart posture that is open to hear God. Have an expectation that you will encounter God and let your spiritual senses be alive. You will hear the Master, He will instruct you, He will direct you and awaken you as you connect with this handbook and resources.

Please make sure you share this with others who will benefit from it because iron does really sharpen iron. We all need to grow in this journey of seeking God.



SECTION

3

UNDERSTANDING PRAYER

PRAYER HANDBOOK

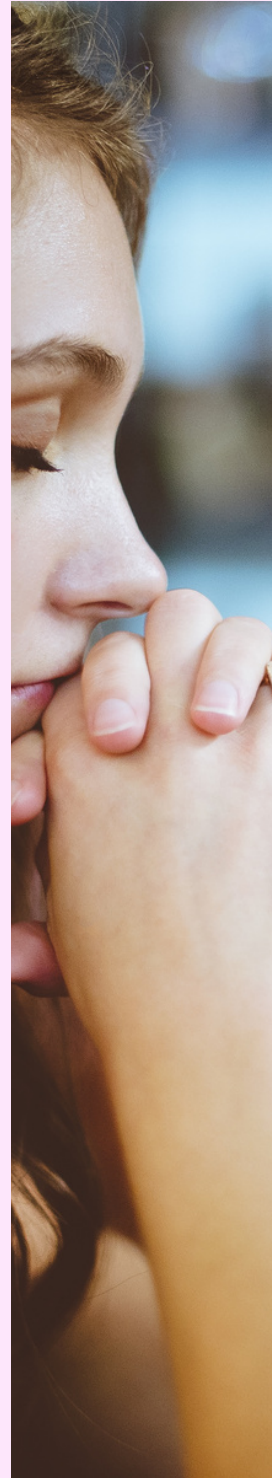
WHAT IS PRAYER

Defining prayer can sometimes be a little tricky. This is not because there is no definition for it but because prayer is so vast and is often interpreted by one's experience of it, rightly or wrongly.

Simply put, prayer can be defined as communication with God, but taking it a step further is partnering with God to legislate His will on the earth. It is earthly permission for heavenly intervention.

It is a powerful relationship through which we open up our hearts to the one who loves us and as such, create a channel for Him to work in and through us.

Prayer is a dialogue and not a monologue. It is not just us talking to God or saying "amen" to words spoken. Prayer is a two-way spiritual and loving relationship between us and God; it is our love response to Him. It is a love affair done in the name of Jesus Christ and in the power of the Holy Spirit. Prayer is part of our culture as believers.



“

A prayerless Christian is powerless

- Billy Graham

PRAYER & OUR RELATIONSHIP WITH GOD

Can you go days without communicating with someone you love when they are in close proximity to you?

The answer is probably a big 'no'. When you love someone dearly, a spouse, child, parent, or friend, if given a chance, you would likely have multiple conversations with that person throughout the day or at least just be in the person's presence, even if no words are exchanged.

We pray because we love God. We converse with Abba because we love Him and want Him involved in all we do. When we are faced with challenges, trying to navigate life, experiencing abundance or when something amazing happens, we must always pray. We pray because it is our culture as believers and not just a strategy we adopt when we need a miracle.



WHY WE MUST PRAY

There are lots of reasons why we must pray, but having established that prayer is a love affair, we know that we pray because it is our response to God's love for us. The core reason for this is that in ourselves, we are insufficient. We are insufficient by design. This goes against the notion often propelled by motivational speakers that says, 'you are enough'. The truth is without Christ, we are not enough. Independent of God, you are not enough.

At creation, even though man was given the mandate to dominate the earth, man was designed to be in constant fellowship with God. This is why after man fell, God's key focus was implementing His redemptive plan through His son. It can sometimes seem that one can live independently from God, and truthfully, we can, as He has given us free will and the ability to make our choices, but the question here is whether that is really living.

You need to pray to live the life God has called you to live as a disciple of Christ. Jesus is our example, and we see that throughout His life, He valued prayer in spite of Him being God Himself. He did it diligently and taught it. It was His lifeline as a man here on earth, and as Christians, it should be ours. 1 Thessalonians 5:17 and Luke 18:1 further highlight the truth that we must pray constantly.

Prayer is not something reserved for a select few. It is every believer's business. It is, therefore, expedient that we answer the call to be a people of prayer. It is an urgent clarion call.

PRAYER & OUR HEART

Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully'
Psalm 24:3-4

To ascend to the presence of the Lord and dwell in His holy place, we must be people with clean hands, have a pure heart, not lift up our souls to idols, nor have a lying tongue.

In this section, we will briefly examine the role the state of our heart plays in our prayer life.

Matthew 5:8 tells us that the pure in heart will see God, further emphasising that the purity of heart is required to constantly dwell in God's presence.

We can appear to be seemingly active in prayer, may even lead prayer in a gathering and say all the right things, but all of that would not matter if our heart is not in the right posture. Matthew 15:8 and Isaiah 29:13 shows us that God is more concerned about the state of our hearts than what we say.

These people draw near to Me with their mouth, And honour Me with their lips, But their heart is far from Me - Matthew 15:8

Therefore, the Lord said: "Inasmuch as these people draw near with their mouths And honour Me with their lips, But have removed their hearts far from Me, And their fear toward Me is taught by the commandment of men - Isaiah 29:13

PRAYER & OUR HEART

But the Lord said to Samuel, Do not look at his appearance or at his physical stature, because I have refused. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart - 1 Samuel 16:7

When we pray, our prayers ascend as incense, which has a unique fragrance. This fragrance is influenced by our hearts.

Now, when He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each having a harp, and golden bowls full of incense, which are the prayers of the saints - Revelation 5:8

And the smoke of the incense, with the prayers of the saints, ascended before God from the angel's hand - Revelation 8:4.

Our heart is the altar on which our prayers ascend. The right words with an impure heart posture will result in insincere prayers.

A type and shadow of this altar can be seen in Exodus 30:1–38. The sacrifices and prayers that ascended to God on behalf of Israel were symbolised by the altar of incense. The Lord gave specific instructions on how the incense was to be prepared, and it gave off a fragrant aroma when it was burned. The people would then smell it and know that their prayers were continuously going up to God.

PRAYER & OUR HEART

"Anything that has not affected your heart cannot change your life"

- Apostle Arome Osayi

The Psalmist in Psalm 141 vs. 2 wrote, *"May my prayer be set before you like incense; may the lifting of my hands be like the evening sacrifice."*

The obvious question you may be asking is how we can practically live this out in our prayer life. How do we ensure our heart remains pure before God? In this context, your altar is your heart, so the posture of one's heart is extremely critical. We must, therefore, prepare our hearts before we engage God. We must tend to our hearts as it prepares us for intimacy with God. Our hearts should be free of all guile, envy, strife, bitterness, pride and anything that does not please God.

Proverbs 6:16-19 outlines 7 things the Lord detests, which we must stay far away from. Proverbs 16:5 further emphasises how God hates a proud heart.

There are six things the Lord hates - no, seven things he detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family - Proverbs 6:16-19

PRAYER & OUR HEART

Everyone who is proud in heart is detestable to the LORD; be assured that he will not go unpunished - Proverbs 16:5

We must live our lives daily with hearts fully surrendered to God, meaning we are submitted to His ways and obedient to His instruction. God understands that life may present challenges that sometimes make this difficult, but He desires that we remain real and honest with Him.

If at all we struggle with things in our hearts that are not of God, whether through situations or circumstances, we should bring them before Him so He can work upon our hearts. This is how we build intimacy with Him.

Here are some other ways we can actively and practically cultivate a pure heart:

- Meditate on scripture - Joshua 1:8, Romans 12:1
- Study the Word - Psalm 119:105
- Maintain joy - Psalm 32:11
- Practise gratitude regularly - 1 Thessalonians 5:18
- Guard your gates, i.e. be mindful of what you watch, listen to and speak - Psalm 101:3, Proverbs 4:23-24
- Avoid unwholesome talk, such as gossip and the like - Ephesians 4:29

PRAYER & OUR HEART

Listed below are some songs that will also help you on this journey. Mediate on the lyrics and soak these in.

- This altar by Psalmist Raine - listen [here](#)
- I Can Be Real by Victoria Orenze - listen [here](#)
- Give Us Your Heart by William McDowell - listen [here](#)
- I want your heart by Tasha Cobbs - listen [here](#)
- Purify My Heart by Jeremy Riddle - listen [here](#)

These are also contained in the playlist in section 8.



SECTION

4

TYPES OF PRAYER

PRAYER HANDBOOK

TYPES OF PRAYER

There are different expressions of prayer we see in the Word of God and may have even experienced in our own lives. In this section, we will briefly explore some of these expressions.



"Prayer is God's plan to supply man's great and continuous need with God's great and continuous abundance."

- E.M. Bounds

The purpose of looking further into this is not intended to create a rigid approach to how we pray but rather to guide us so we can be effective in our approach and use what we see in scripture as a framework when needed.

The Holy Spirit is our guide, and we should always be led by Him when we pray. That is not to suggest that we should not allocate specific time slots to pray regularly, but when it comes to what, how and any other details, we should follow His lead. Outside of our allocated times, the Holy Spirit can also prompt us to pray, and we should always respond to this. This is how we learn to pray with ceasing, as we see in 1 Thessalonians 5:17.

TYPES OF PRAYER

PRAYING THE SCRIPTURES

Praying the Scriptures is exactly what it says on the tin. It is praying what is written in the scriptures. It is simply taking a chapter or verse in scripture with a command, principle or promise and using it to pray over ourselves, others or a situation. It is usually done best after we have spent time meditating and/or studying the scriptures so that a better understanding can take root.

As believers, our lives should be soaked in God's Word, so it is only natural that our prayers should be filled with it, too. This is important because the world we live in is opposed to God's will, but when we remain in God's word by praying daily, our hearts become more aligned with His, and we live our lives as He intended.

In the scriptures, we find examples of the saints of old and even Jesus Christ praying the scriptures. It is a powerful way to legislate God's will on the earth. It also prevents us from praying amiss because it comes directly from God's word. There is also an assurance and a conviction that God hears and answers our prayers when we pray His will through the scriptures.

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

TYPES OF PRAYER

Below are four practical steps to praying the scriptures, which you can put into practice.

1. Ask the Holy Spirit to teach and speak to you as you read the scriptures. The scriptures were written by the inspiration of the Holy Spirit; therefore, He is the best person to teach and guide us through it.
2. After that, proceed to meditate and/or study again with the help of the Holy Spirit to understand the context of the scriptures you will be praying.
3. Now, personalise the scripture. Ask the Holy Spirit to show you how to make it applicable to your life, family, nation and more. Believe that it will be true in your life as you pray.
4. Go ahead and pray. You can write the prayer down to pray it over.

Let's quickly put this into practice using one of the Pauline prayers in Ephesians 1:17-18.

"Father, I pray that you grant me the spirit of wisdom and revelation in the knowledge of who you are. Lord, I pray that the eyes of my understanding are constantly enlightened with Your light. I declare that I know your heart per time. I pray that regardless of what happens, I am confident that you will always guide me. I am yours, and I enjoy the glorious inheritance you have laid out for me." AMEN

TYPES OF PRAYER

INTERCESSION

The word “intercession” was coined from the Latin word “intercessiō,” which means to go in between, mediate or interpose on someone’s behalf. Intercessory prayer is seeking the presence and audience of God on behalf of someone else. Most commonly, it is referred to as standing on the gap. In its true sense, it is a legal position similar to how a lawyer represents their client in a courtroom. It goes beyond just praying for someone’s needs.

Jesus is our ultimate intercessor and is always interceding on our behalf. *Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us* - Romans 8:34

The Holy Spirit also intercedes by helping us pray in accordance with God’s will, for the Spirit searches the mind of God. *But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God* - 1 Corinthians 2:10

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God - Romans 8: 26-27

TYPES OF PRAYER

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

It is God's desire that we embrace the posture of intercession so we can learn to pray beyond ourselves, our needs and move to the dimension of praying the heart of God. This includes praying for the lost, the oppressed and even nations. Intercession is so powerful as it not only focuses on what is being prayed for but also often transforms the person doing the praying. It is a guaranteed way for one to grow in one's relationship with God as long as it is done with the right motives.

Apostle Paul also pointed out the importance of intercession as part of our prayer life. In exhorting Timothy, he encouraged him to lift up prayers of intercession.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness - 1 Timothy 2:1-2

TYPES OF PRAYER

PRAYER OF AGREEMENT

Can two walk together, except they be agreed? - Amos 3:3

When the prayer or power of agreement is often referred to, the scripture in Matthew 18:19 is usually referenced.

Again, truly, I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven, for where two or three gather in my name, there am I with them - Matthew 18:19

This scripture talks about agreement between believers and how God is present when we gather, but in its true context, it actually speaks more about unity and dealing with conflict, as referenced in the prior verses (Matthew 18:15-17). This is also important. There indeed is power in coming into agreement with another believer about something we have been praying about, but when we speak about the power of agreement, first and foremost, we MUST agree with God. This means that when we come into agreement with God, who He is, what He has said, what He is saying and everything about Him. We cannot effectively walk with God if we do not agree with him.

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 diligently seek Him - Hebrews 11:6

TYPES OF PRAYER

Imagine a home where there is disagreement between a husband and wife; there is no harmony, peace and unity in that home. Even if they may agree on certain things but not all, there will likely be some strife and a lack of trust within that environment. This is because they are not in full agreement.

The scripture in Amos 3:3 actually speaks regarding the children of Israel agreeing with God. We have to agree to move in the direction that God is calling us to move in. If God is telling us one thing, and we are not in agreement with Him, there is no way we can be completely unified with Him. Yes, God is sovereign, and His will can supersede even the actions we take, but more often than not, we have to be in agreement and make up our minds to do the right thing. If we don't choose to obey the direction the Lord is leading us in, then essentially, we are not in agreement with Him. God never forces us to do anything because He has also given us free will, so it is important that we agree with God so that we can walk with Him. In Genesis 5:24, we are told that Enoch walked with God, and was no more. The focus here is not that he was no more but really that he walked with God. He was in agreement with Him. There really is power in a heart posture of agreeing with God.

The prayer of agreement is really about agreeing to what God has already said, whether it be through His Word, an instruction He has given us directly, or something He has laid on our hearts. As we begin to do so, we pray God's will and avoid praying amiss.

TYPES OF PRAYER

There is also something to be said about agreeing with other believers concerning a matter. There is power in unity.

We see this in Genesis 11:1–9, where when people were all speaking the same language and of the same mindset, they were able to build a tower described as being to the heavens, albeit it was not of God, but it demonstrates the power of unity. We see all over our world today that where there is unity concerning a matter or an agenda, there is a force that propels and sustains it. Whether good or bad. In the same way, we can come together and pray with other believers on a matter, and as long as it is in agreement with the word of God, it has power behind it.

There is power in our agreement, but the first person we need to agree with is God.

Maybe this is the first time you have actually considered this from the perspective outlined. Why don't you spend some time meditating on the scripture in Amos 3:3 and asking the Lord to show you where you are struggling to agree with Him? Ask Him to show you His true will regarding the things He has highlighted to you and what is serving as a hindrance for you coming into this so that you can journey with Him on the road to recovering your true identity and His will for your life.



SECTION

5

THE HEAVENLY COURTS

PRAYER HANDBOOK

THE HEAVENLY COURTS

In this section, we will take a look at the courts of heaven and how this relates to prayer. This topic could be a book in itself. Given that this is the first volume of our prayer handbook, we will explore this at a high level and dig into this further in future volumes.

For some of you, this may be the first time you have heard anything to do with the courts of heaven. It is not something that is often spoken about and that a lot of believers are familiar with, but the courts of heaven are real. They exist as a reality in the spiritual realm, so we should not be ignorant of this.

When we have prayed for a really long time concerning a matter that we know is in line with God's will, but we have not seen any notable progress or victory. The issue is more often than not due to a legality that needs to be addressed. This is being stated from both scriptural evidence that we see playing out even today and experiential knowledge where the Lord has made things clear when something needs to be addressed in the courts of heaven.

Many people spend time praying over and over certain matters, expelling a lot of energy, taking on a posture of spiritual warfare, and going on extensive fasting about it when the persistent nature of the issue is rooted in legality. It is like trying to handle the fact that trespasses keep on coming on your land by building small fences to keep them away instead of actually just taking them to court and getting an injunction (or the like) against them.

THE HEAVENLY COURTS

When most people hear a 'legal' issue, they often equate it to legalism in Christianity, which is based on the idea that salvation is by doing good works or by obeying the law, but that is not what is being referred to here, far from it. This may be the reason why many dismiss or are not aware of the heavenly courts. Sadly, the enemy plays on this ignorance and cycles remain unbroken.

When we come into Christ, yes, we are made new and old things are passed away (2 Corinthians 5:17), but if we do not enforce our newly acquired authority, then we will not live out the full victory that has already been obtained for us. The scripture actually gives us the full permission to live out this authority.

When we don't enforce our victory, what happens is that some of those old things may continue to persist in our lives because the ground on which they took root in the first place has not been addressed. The truth is God is a covenant-keeping God. As we actively grow in our relationship with the Lord and partner with Him, He will reveal more about things we may be dealing with, so we do not pray amiss. He will also make clear to us what things relate to legal grounds, along with the strategy to help us navigate through as we pray.

Being made new in Christ means that we have the authority to ascend to the courts of heaven and stand against our accuser as heaven backs us and through the blood of Jesus.

THE HEAVENLY COURTS

The truth of the matter is the enemy is an accuser and stays accusing us day and night, and it is his role. We see this referenced in Revelation 12:10. Sometimes, he can bring accusations against us that we have no knowledge of, or that we were not involved in. More often than not, this is the case with generational issues, (cycles and patterns) and even those things that through ignorance, we may have come into agreement with. The enemy comes in to take legal ground because by law (covenant), the door has been open for these things to take root. That is why it is important that we are not ignorant of these things and we enforce our victory.

A court is a location where justice is administered, and that is what takes place in the heavenly courts. In this case, God is the judge, Jesus is the mediator, we are the accused, and we have already established who the accuser is. In Luke 18:1-8, Jesus shared the parable of the persistent widow & the judge, and in this illustration, He places prayer in the courtroom.

To examine this even further, it's essential that we understand what it means. When we say, God is a judge. God is multidimensional, and we must embrace this as believers. Yes, He is a loving father who cares for us, provides, makes ways and protects us, but God is also a judge. An understanding of this will help us and shed even more light on the court system in heaven. Scriptures like Hebrews 12:23, James 4:12, 2 Timothy 4:8, Psalm 75:7, Jeremiah, 11:20 and Isaiah 66:16 all speak to this reality of God being judged. You are encouraged to spend some time meditating and studying further on this. Ask the Holy Spirit to help you as you do so.

THE HEAVENLY COURTS

Let's briefly look at some scenarios in scripture where we see the heavenly courts in session. Please take time out to read these in detail and study further.

- **Daniel's vision of the 4 beasts** (Daniel 7: 1-28) - this is an interesting one as we see the full proceeding take place and then someone explaining this to Daniel from verse 15. It is actually really profound as even though this took place in Daniel's day, what we see described is actually taking place today. It was prophetic.
- **Joshua being accused by satan** (Zechariah 3:1-7) - this was due to his garments being unclean. Though Joshua was not engaged in the discussion, he was still being accused. We see that Zechariah, who was a prophet, was present there. This also draws on the truth that real prophets are intercessors.
- **Job being examined by the enemy** (Job 1:6-12) - here, we not only see a full court in session, but we also see 1 Peter 5:8 at play. The enemy, when asked in verse 6, "Where have you come from?" by God responds by saying, "I have been patrolling the earth, watching everything that's going on."

This particular topic and going deeper into the court of heaven is very vast but it is important we touch on it so that you can allow the Lord to reveal more to you about it. This will hopefully be addressed in more detail in later volumes of this handbook.



SECTION

6

PRAYER IN THE BIBLE

PRAYER HANDBOOK

PRAYER IN THE BIBLE

Let us look at some examples of those that prayed in the scriptures.

- **Jesus** – Jesus Christ our Lord and personal saviour, the first begotten son of God, regardless of who and how powerful He was, spent time praying. He fasted for 40 days and 40 nights, praying, and He was so filled with power to overcome the temptations of the devil (Matthew. 4:2-11). He prayed on the mountain so much that His countenance was altered, and He was transfigured (Luke 9:28-31). He faced trials and persecution, yet even in His weakest state, He prayed, and then, the angel of the Lord appeared and strengthened Him so much that he prayed more earnestly (Luke 22:41-44). Jesus Christ on earth was a man of prayer and urged His followers, including you and I to pray. In Matthew 6:9-13, He taught His disciples how to pray.
- **Elijah** – Prophet Elijah was a man of prayer, which made the miracle-working power of God mightily available when he spoke. In 1 Kings 17:24, the widow from Zarephath confirmed that he was a man of God after he prayed and her very sick son regained consciousness. In chapter 18, by the power of God through prayer, Elijah made a public show of the prophets of baal, caused it to rain again and even outran a moving chariot because the Spirit of God came upon him while he prayed. In James 5:16, we are urged to pray like prophet Elijah.

- **The Disciples** – It was in the place of prayer they received the baptism of the Holy Spirit, as seen in Acts 2:1-4. It was also in the place of prayer they received the instruction to send Paul and Barnabas away for the work of the Lord (Acts 13:2-4). The Book of Acts is filled with several examples of where prayer directed and protected the disciples.
- **Anna** – Anna the Prophetess was a woman of prayer. As recorded in Luke 2:36-38, she spent her days in the temple praying and fasting. As much as Anna was referred to as very old, she was also referred to as a devout Hebrew who regularly practised praying. Anna stayed in the temple, not praying for herself but interceding, and in the place of prayer, she prophesied about the child (Jesus Christ) to all who were looking forward to the redemption of Jerusalem.
- **Hannah** – The story of Hannah is such that it stirs hope in the heart of a believer. Indeed, prayer produces great results. As recorded in 1 Samuel 1, Hannah who was considered barren and mocked by others but stayed in the place of prayer regardless. The prophet Eli thought she was drunk, but she still stayed and prayed because when we pray, it is between us and God, not the people. Her fervent prayers caused her to come into alignment with God's will for her child and carry her evidence, the prophet Samuel.

**Every great move of God
can be traced to a
kneeling figure**

- D.L Moody





SECTION

7

PRAYER IN ACTION

PRAYER HANDBOOK

LET US PRAY

One key thing about prayer is that to develop a habit of praying more effectively, we need to pray. The solution for combating a prayer drought is to actually start to pray.



"The cure for
prayerlessness
is prayer. There is no way
around it"

- MoAdiah

This section is designed to give some practical strategies you can adopt to help you pray more effectively; whether your focus is on prayer time or the content of your prayers.

You can choose to apply these strategies on your own, but if you can, consider carrying these out with a group or getting a prayer partner to whom you can be accountable.

7 DAY PRAYER CHALLENGE

Over a 7 day period use the following prayer prompts and scriptures to pray. Start by meditating on the scriptures given and then praying them.

DAY 1 THANKSGIVING



1 Thessalonians 5:16-18
2 Corinthians 9:15

DAY 2 BEING HONEST WITH GOD



1 Samuel 1
Psalm 139:23-24

DAY 3 SEEKING GOD'S HEART



1 Chronicles 22:19
Matthew 6:33

DAY 4 BLESSING OTHER PEOPLE



Ephesians 1:15-23
Colossians 1:9-11

DAY 5 PRAYING FOR THE NATION



Psalm 2:8
Ezekiel 22:23-31

DAY 6 THANKSGIVING



James 1:17
Psalm 118:24

7 DAY PRAYER CHALLENGE

DAY 7



'I AM' DECLARATIONS

See below for the full list of declarations

1. I am loved by God - 1 John 3:1

Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him.

2. I am blessed with spiritual blessings in heavenly places - Ephesians 1:3

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places

3. I am reconciled to God - 2 Corinthians 5:18-19

Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, 19 that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation

7 DAY PRAYER CHALLENGE

4. I am a royal priesthood – 1 Peter 2:9

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into His marvellous light

5. I am created for His pleasure – Revelation 4:11

Worthy are You, our Lord and God, to receive the glory and the honour and the power; for You created all things, and because of Your will they exist, and were created and brought into being

PRAYER WHEEL

The prayer wheel is a great way to develop a routine and habit of prayer. The wheel is broken into 5 minute blocks each containing a topic and an accompanying scripture(s). You can use this as outlined below or apply it with other topics and scriptures.



Also consider using the following video to carry this out for 60 minutes - [1 Hour Prayer Wheel](#)

PRAYER WHEEL

SCRIPTURES

1. THANKSGIVING – Psalm 100:4

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

2. CONFESSION – Psalm 92: 12–13

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God

I AM PLANTED IN THE HOUSE OF THE LORD, I FLOURISH LIKE A PALM TREE

3. PRAY THE WORD – Ephesians 1:17–18

That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints

4. WORD MEDITATION – 1 Peter 3:12 & 1 John 5:15

For the eyes of the Lord are on the righteous and His ears are attentive to their prayer, but the face of the Lord is against those who do evil – 1 Peter 3:12

And if we know that He hears us whatever we ask we know that we have what we asked of Him – 1 John 5:15

PRAYER WHEEL

5. **WAIT** – Wait and spend time listening to God, Isaiah 40:31

But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint

6. **INTERCESSION** – Pray for the saints and the church
1 Thessalonians 3:1-2

Finally, brethren, pray for us, that the word of the Lord may run swiftly and be glorified, just as it is with you, and that we may be delivered from unreasonable and wicked men; for not all have faith



S E C T I O N

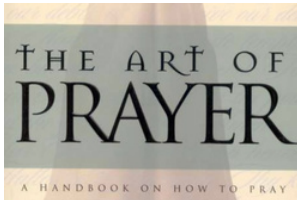
8

**RESOURCE
LIBRARY**

P R A Y E R H A N D B O O K

BOOKS

Listed below are some books for further reading and study. These are from a handful of great authors and specifically focus on prayer.



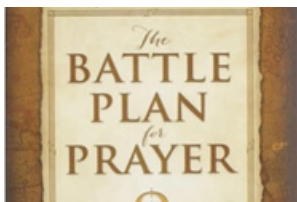
THE ART OR PRAYER BY KENNETH E. HAGIN

[CLICK HERE](#)



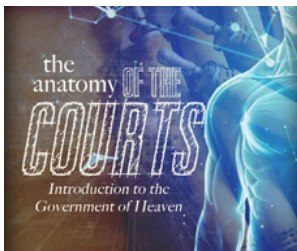
THE ESSENTIALS OF PRAYER: HOW CHRISTIANS OUGHT TO PRAY BY E.M BOUNDS

[CLICK HERE](#)



THE BATTLE PLAN FOR PRAYER BY STEPHEN KENDRICK & ALEX KENDRICK

[CLICK HERE](#)



THE ANATOMY OF THE COURTS: AN INTRODUCTION TO THE GOVERNMENT OF HEAVEN BY KINGDOM CULTURE, INC.

[CLICK HERE](#)



PLEAD YOUR CASE BY KENNETH E. HAGIN

[CLICK HERE](#)

MESSAGES

Below are some messages we have recommended which focus on different aspects of prayer. We suggest you take some time out to listen to these and make notes for further study



HOW TO BUILD A PRAYER LIFE BY BROTHER GBILE AKANNI

[CLICK HERE](#)

THE ENTERPRISE OF PRAYER BY APOSTLE AROME OSAYI

[CLICK HERE](#)

HOW TO CREATE A SPIRITUAL CLIMATE BY REV OYIKS ALFRED

[CLICK HERE](#)

BUILDING A PRAYER ALTAR BY APOSTLE GIDEON ODOMA

[CLICK HERE](#)

PURPOSE FOR PRAYER DR MYLES MUNROE

[CLICK HERE](#)

5 TRUTHS ABOUT PRAYER BY MOADIAH

[CLICK HERE](#)

DEVOTIONALS & PLAYLISTS

Below are some recommended short devotional you can use to learn more about prayer



GROWING ON THE FRONTLINE: A PRAYER JOURNEY

[CLICK HERE](#)

SEEKING A PRAYERFUL LIFE

[CLICK HERE](#)

THE POWER OF THE DECREE

[CLICK HERE](#)

ONE HOUR PRAYER CYCLE

[CLICK HERE](#)

PLAYLISTS

The links below contain playlists which have messages and music that would be useful to you in this journey of learning more about prayer.

- [Sermons/Messages](#)
- [Music](#)



S E C T I O N

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ACTIVATION

P R A Y E R H A N D B O O K

ACTIVATION PRAYER

Now that you have taken some time out to learn more about prayer let's spend some time in prayer.

Heavenly Father, I thank you so much for this journey you have brought me on. I thank you for the truth and the light that has been illuminated in my heart concerning prayer. I thank you for the journey I have been on so far, and how you have kept me up until this point. I am grateful for every road travelled, even those which have not been so great but have brought me to this point. Lord, I am grateful.

I thank you for opening my eyes to new dimensions and realities in You. Thank you for showing me the importance of prayer in my life. I repent; meaning I wholeheartedly turn away from where I have downplayed the importance of prayer in my life and have allowed myself, my will or what others have told me to influence my prayer life negatively.

I yield myself to what you are doing in my life in this season. I am ready and willing to be who You want me to be, to do what You would have me do and go where You send me.

I come into agreement now with Your will concerning prayer for my life, and I say that, Lord, I am ready to pray. I am ready to be one that does your bidding here on the earth. I am ready to be one that communicates the mind of God because I have spent time in fellowship with you. I am ready to be Your representative and ambassador here on the earth.

ACTIVATION PRAYER

Lord, please work in my heart to posture me to desire prayer. Sever anything that is not of you away from my heart and my life. Cleanse my heart of anything I have idolised knowingly and unknowingly above the knowledge of You. I surrender my heart, myself and everything in me to You, and I ask that You do spiritual surgery in me so that my heart may be aligned with Yours. Posture my heart to desire prayer.

Lord, I ask You to give me a praying spirit. Help me to pray. You are my helper. I cannot do it without you, for it is Your Spirit that quickens me. May I always be quickened to pray that I may not miss the moments you beacon on me.

God, teach me what it means to pray without ceasing. Teach me what it means to pray the mind of God. Teach me, Lord, what it means to intercede, to truly stand in the gap. Teach me what it means to have a posture of thanksgiving constantly. Teach me every aspect and expression of prayer I need to be schooled in at every stage of my life. Lord, sign me up to the school of the Spirit to learn more about prayer. Sign me up for a life of prayer. Give me a burning desire for prayer. Awaken and activate every aspect of my spiritual and natural senses so that they are alive to heavenly realities.

I am committed to this Lord, not by power or might but by Your Spirit. Thank you for this journey that I am going on to get deeper and deeper in You. Make every heavenly resource and technology that I need to grow in the place of prayer available to me. Help me to remain sensitive and to always be at my post in the name of Jesus. AMEN



S E C T I O N

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**CONCLUSION & NEXT
STEPS**

P R A Y E R H A N D B O O K

CONCLUSION AND NEXT STEPS

Now you have embarked on a journey of consistent prayer and intentionally spending time with God it is important that you carry on with this habit and do not lose the momentum you have gained.

I can most certainly assure you that there will be distractions that will come your way. There will be temptations to fall and/or join the bandwagon of complacency and mediocrity that is being celebrated as normal in our world today. You may even be in a position where you feel that this journey you have been on has not added anything to your life but trust me when I say that it has.

It is important that you ask the Holy Spirit to help you as you continue to pursue God and embark on this journey. He is the only one that can truly help you and keep you in the path of God. Stay disciplined, stay focused and continue to rely on Him.

Find a community of similar like-minded believers to plug into so that you have a company of people who can feed you, encourage you, who you can encourage and be accountable to.

Why not consider plugging into our community, the Karmel Community? We have a number of initiatives and resources to help with your spiritual growth. Click the button below to join.

[JOIN OUR COMMUNITY](#)

CONCLUSION AND NEXT STEPS



CONNECT WITH US

-  [@KarmelCommunity](#)
-  www.karmelcommunity.com
-  info@adiahtalks.com
-  [Karmel Community](#)
-  [Karmel Christian Community](#)
-  [Karmel Prayer Room \(Facebook\)](#)
-  [Join Karmel Community](#)

Stay Blessed!

CONTRIBUTORS



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MoAdiah is the founder and lead servant at Karmel Community. Amongst others things, she is a psalmist, visionary leader, corporate executive and aspiring coach.



CHITIRU

Chituru is the ministry liaison lead at Karmel Community. She is a trained linguist, communicator and an upcoming poet. She is passionate about seeing the younger generation grow deeply rooted in Christ.