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GET ANCHORED

Dear Reader,

This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

-Hebrews 6:19

Prayer has always been an essential element of any Christian's walk and has always been a critical aspect of LifePoint Church. If we want to know the will of God for our lives, prayer is a discipline that we cannot ignore. If we want to see God do amazing and powerful things in our community, it will be because we have communed with Him deeply in prayer. Even those outside the faith often turn to prayer in times of great distress and need, and yet prayer is often a tremendous challenge for us.

Many times we fail to pray because we don't know how, we get too bored, or we feel that to be any good at it we need to have a deeper faith. My hope is that this small guide will help you learn how to pray confidently, consistently, and constantly. (John 15:7, Romans 12:12, 1 Thessalonians 5:17)

I have found prayer to be a powerful way to connect with God, find inspiration, rekindle my joy, and find direction. Once you learn how to pray, you can find those things too as you make prayer more and more a part of your daily life.

Let the adventure begin!

A handwritten signature in black ink, appearing to read "Kelly Roads". The signature is fluid and cursive, with the first name "Kelly" written in a larger, more prominent script than the last name "Roads".

PRAYER BASICS

There is a certain anxiety that often surrounds prayer for many people. How do I do it? What do I say? What are the rules? What is supposed to happen? These are all common questions that many people have, but the best way out of the anxiety surrounding prayer is through. We learn to pray by making a habit of prayer in our daily lives, and it is much less complicated than you think.

Base your happiness on your hope in Christ. When trials come endure them patiently, steadfastly maintain the habit of prayer.

-Romans 12:12 Phillips

God has called us to relationship, and just like every other relationship, communication is vital to connection. Prayer is simply having a conversation with God. It is sharing our heart, and listening to His. So how do we do that? Here are a few tips on prayer from Scripture.

BE REAL

When you pray, do not be like the hypocrites, for they love praying standing in the synagogues and on the street corners to be seen by men.

-Matthew 6:5 NIV

Don't try to impress God, He already knows more about you than you do, and He loves you anyway! Just talk normally as you would with a friend.

Don't try to impress other people, your prayer isn't for them, it's for the Lord. We are often tempted to make ourselves sound way more holy than we are, but God's desire is that we just be ourselves.

BE ALONE

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

-Matthew 6:6 NIV

There is power in developing a personal discipline of daily prayer. Find a place where you can be comfortable and free of distraction so you can focus on God.

BE TOGETHER

"They all met together and were constantly united in prayer"

-Acts 1:14 NLT

There is also power in gathering with other believers to pray, it was one of the central practices of the early church. Many times praying with other people will help you learn how to pray, and can help you learn to pray for others.

BE IN POSITION

In interpersonal communication our body language, often communicated by how we carry ourselves, communicates as much as the words we choose to use. It also matters when we pray. Scripture tells us that people used all kinds of means to pray:

Bowing - Psalm 95:6

Kneeling - Daniel 6:10, Luke 22:41, Acts 7:60

Standing - Chronicles 6:3;13

Sitting - 2 Samuel 7:18

Lying - Facedown Numbers 16:22, 20:6, Joshua 5:14

Hands Raised - Psalm 134, 141

1 Thessalonians 5:17 calls us to “pray without ceasing” and in John 15:7 Jesus teaches us that as long as we are “in Him” no matter where we are or what we are doing God will hear our prayer.

One way to figure out what works for you is to ask the question:

What do you do when you are thinking about a problem?

Do you pace, sit still, or put your hand on your forehead? Whatever your practice is, that is a good posture to start with in prayer.

As you grow more comfortable with prayer you will find yourself using different prayer postures in different situations. The important thing is that you find a way to get comfortable as you pray.

BE REVEALING

“Don't recite the same prayer over and over as the heathen do, who think prayers are answered only by repeating them again and again. Remember, your Father knows exactly what you need before you ask Him!”

-Matthew 6:7-8

Prayer is all about opening up and pouring our heart to to God. He wants to hear from you! So don't worry about saying all the right words, just speak to God from your heart.

BE AGREEING

“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.”

-Matthew 18:19 NIV

The term “Amen” is used as a way to close a prayer time. It doesn’t mean “OK I’m done talking”, it is an expression of agreement. When we take time to pray God’s will and agree with each other God does powerful things! True power comes when we agree with God’s Word in prayer.

The Lord's Prayer

Jesus taught his disciples to pray by utilizing a very simple prayer that is known as *"The Lord's Prayer"*, it can be found in the Book of Luke chapter 11. In it we can see a pattern to shape our prayer life.

"2 So He said to them, "When you pray, say:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On earth as it is in heaven.

3 Give us day by day our daily bread.

4 And forgive us our sins,

For we also forgive everyone who is indebted to us.

And do not lead us into temptation,

But deliver us from the evil one."

5 And He said to them, "Which of you shall have a friend, and go to him at midnight and say to him, 'Friend, lend me three loaves;

6 for a friend of mine has come to me on his journey, and I have nothing to set before him';

7 and he will answer from within and say, 'Do not trouble me; the door is now shut, and my children

are with me in bed; I cannot rise and give to you'?

8 I say to you, though he will not rise and give to him because he is his friend,

yet because of his persistence he will rise and give him as many

as he needs.

9 "So I say to you, ask, and it will be given to you; seek, and you

will find; knock, and it will be opened to you. 10 For everyone

who asks receives, and he who seeks finds, and to him who

knocks it will be opened."

-Luke 11:2-10 NKJV

Praise. - *"Our Father in heaven, Hallowed be Your name."*(v2)

To hallow means "to make or set apart as holy. To respect or honor greatly; to revere." In simpler terms, we often use hallowed to refer to someone whom we should treat with awe and respect because they deserve it. When entering into prayer, praise helps align our hearts with God's, and is a great place to start.

O LORD my God, you have performed many wonders for us. Your plans for us are too numerous to list. You have no equal. If I tried to recite all your wonderful deeds, I would never come to the end of them.

-Psalm 40:5 NLT

What can you praise God for today? How has He been at work in your life or in the world around you?

Priorities - *“Your kingdom come. Your will be done. On earth as it is in heaven.” (v2)*

Jesus is not only our forgiver and savior, He is Lord. As we look for guidance in living our lives day to day, the simplest way to understand what God is calling us to is Love First. Jesus called us to love God with everything we are, and the expression of that love is demonstrated by how we love other people. One of the most loving things we can do is pray for our world and the people in it. Prayer is about more than talking to God about our problems, it is about aligning our hearts with His. Take time to specifically pray for the things we know God is deeply concerned with.

- For God’s will to be done on earth.
- The Salvation of the Lost
- The Growth of His Church
- The Unity of His Kingdom
- Freedom for the captives: Addiction, Destructive Thinking
- For Healthy God honoring Marriages and Relationships
- Wisdom for those in authority: Parental, Spiritual, Governmental, and in the Workplace

Petitions - *“Give us each day our daily bread.” (v3)*

God wants to bless us, as evidenced by numerous scriptures. (Ps 37:4, Matt 6:33, Mal 3:10, Phil 4:19) As his children, God desires that we would bring all our requests to Him.

“The greatest tragedy in life is the prayers that go unanswered because they go unasked.”

-Mark Batterson

Take time to ask God for what you need and trust that He will answer those prayers.

Personal - “And forgive us our sins, For we also forgive everyone who is indebted to us. And do not lead us into temptation, But deliver us from the evil one.” (v4)

“We all have sinned and fall short of the glory of God.”

-Romans 3:23

There isn't one among us that hasn't needed God's forgiveness. We all long to be forgiven but often we all hold back on forgiving others.

“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”

-Mark 11:25 NLT

Ask God to reveal to you anything you need to seek forgiveness for from God or another person.

Ask God to help you forgive those who have offended you in some way.

Forgive people in advance, even if they haven't asked for it.

Ask God to help you avoid and overcome temptation and to see the patterns of life that often lead us into sin.

Persistence - Luke 11:5-10

One of the great keys to a powerful prayer life is to persistently seek God through prayer. Ask God to grow your faith and to help you to see God's answer to these prayers. Make a commitment to keep prayer a priority throughout your day, and in every situation that we face good or bad.

PRAYING GOD'S WORD

There is tremendous power in centering our prayer in scripture. God's Word reveals God's will, so as we read it, we ask God to help us learn His heart for various situations. Through reading God's word we can read about what God desires, take some time to pray about these things as you look them up in the Bible:

For people to hear the Gospel:

1 Timothy 2:4, Acts 1:8, Romans 10:9-15

Blessing on our lives:

Jeremiah 29:11, Matthew 6:33, Ephesians 1:3

Healing for the sick:

Jeremiah 33:6, James 5:14-15, 3 John 1:2

Obedience:

1 Samuel 15:22, Romans 6, John 14:15

The Holiness of His people:

1 Peter 1:14-16, 1 Thessalonians 4:7, Hebrews 12:14

Strong Marriages and Good relationships:

Ephesians 5:22-33, Hebrews 13:4, Ephesians 4-5

Justice:

Amos 5:24, Romans 12:19, Micah 6:8

Hope for the poor:

Proverbs 19:17, Luke 12:33, 1 John 3:17

Unity in His Church:

Philippians 2:2, 1 Corinthians 1:10, John

Freedom for the captives:

Galatians 5:13, John 8:36, Luke 18:18-19

WARFARE PRAYERS

(Adapted from Pastor Chris Hodges)

Prayer is not only communion with God; it is confrontation with the enemy. These prayers are very helpful in spiritual warfare.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people (Ephesians 6:11-18).

THE ARMOR OF GOD

(based on Ephesians 6:13-17)

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live

for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today.

Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

THE WEAPONS OF WARFARE

(based on 2 Corinthians 10:4-5)

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus. Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will

prosper, for the Spirit of the Lord shall raise a standard against them.

I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

PROTECTION PRAYER

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.”

GENERAL CONFESSION PRAYER

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your

forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

FORGIVENESS PRAYER

(based on Matthew 6:14-15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

PRIDE PRAYER

(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

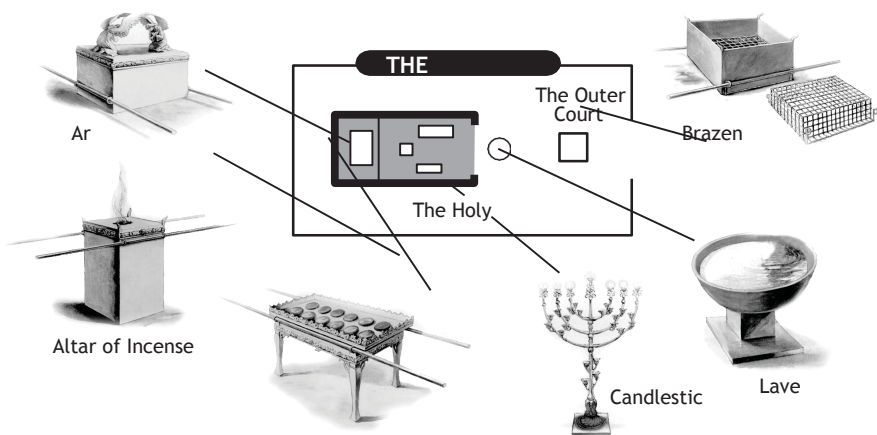
GENERATIONAL BONDAGE PRAYER

(based on Exodus 20:4-6, 34:7; Numbers 14:18)

“In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.”

TABERNACLE PRAYER

(Adapted from Pastor Chris Hodges)



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

1. THE OUTER COURT – THANKSGIVING AND PRAISE

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
-Psalm 100:4

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR– THE CROSS OF JESUS

Praise the LORD, my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s -Psalm 103:2-5

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin Healing – God heals all my diseases

Redemption – God rescues me from every attack

Transformation – God puts His love in me Provision – God provides everything I need

3. THE LAVER– CLEANSING AND PREPARING

Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship . -Romans 12:1

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin

Offer your body to God

Your tongue – to speak good and not evil.
Your eyes – to see God and the needs of others
Your ears – to be sensitive to His voice.
Your hands – to do good to others
Your feet – to walk in God's ways.

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK – THE HOLY SPIRIT

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD

-Isaiah 11:2

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord
The Spirit of Wisdom
The Spirit of Understanding The Spirit of Counsel
The Spirit of Might
The Spirit of Knowledge
The Fear of the Lord

***You should also ask God to give you spiritual gifts
-1 Corinthians 12:8-10***

5. THE TABLE OF SHEWBREAD – THE WORD OF GOD

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful

-Joshua 1:8

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

- Read God's Word.
- Claim His many great promises.
- Ask for fresh revelation of the Word.
- Take time to read and meditate on the Word.
- Get a Verse for the day.

6. THE ALTAR OF INCENSE – WORSHIP

The name of the LORD is a strong tower; the righteous run to it and are safe

-Proverbs 18:10

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

- God is My Righteousness – Jeremiah 23:6
- God is My Sanctifier – Leviticus 20:7-8
- God is My Healer – Exodus 15:26
- God is My Provider – Genesis 22:14
- God is My Banner of Victory – Exodus 17:15
- God is My Peace – Judges 6:24
- God is My Shepherd – Psalm 23:1
- God is Always There – Ezekiel 48:35

7. THE ARK OF THE COVENANT – INTERCESSION

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

-1 Timothy 2:1-4

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family, and workplace

My family – spouse, children, parents, extended family

My church – pastor, small group, members, and vision/mission

My city, nation, and world

My needs

PERSONAL PRAYER TARGETS

Prayer often needs to be specific. Those in authority over us, those we are over, and those in our specific spheres of influence are in need of prayer.

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.

-1 Timothy 2:1-4 NLT

MY GOVERNMENT

President:

National leaders

State leaders

City leaders

MY FAMILY

Spouse

Children

Parents

Siblings

Extended Family

MY CHURCH

Pastor & Family

Church Staff & Families

My Group Leader & Family

My Group Members & Families

Church Board Members & Families

MY LIFE

Employer

My Boss

Co-workers

Employees

Teachers

Friends

THOSE I INFLUENCE

THOSE WHO NEED GOD

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS.

For no one can come to me unless the Father who sent me draws them to me, and at the last day I will raise them up.

-John 6:44 NLT

2. PRAY THAT GOD WOULD OPEN THE EYES OF THE BLIND.

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.

-2 Corinthians 4:4 NLT

3. PRAY THAT GOD WOULD LOOSE THE SPIRIT OF ADOPTION.

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

-Romans 8:15 NKJV

4. PRAY THAT OTHER BELIEVERS WOULD CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIP WITH THEM.

"The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields."

-Matthew 9:36-38 NLT

5. PRAY THAT GOD WOULD GIVE SPIRITUAL WISDOM AND INSIGHT SO THEY CAN GROW IN GOD.

I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God.

-Ephesians 1:16-17 NLT

