

# **PURPOSEFUL PRAYER IN THE HEALTH FIELD.**



## **PURPOSEFUL PRAYER IN THE HEALTH FIELD**

This seminar provides essential guidelines for building God`s Kingdom in the Health Field and is part of the Training Strategy of the Healthcare Christian Fellowship International.

As an International and interdenominational Fellowship, we seek to win Health Field personnel for Christ and train them to reach their colleagues and patients. Our aim is to establish effective strategies of

Prayer

Evangelism

Discipleship Training

in every area of the world.

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**HEALTHCARE CHRISTIAN FELLOWSHIP INTERNATIONAL  
P O BOX 11955,  
FAIRLEADS, BENONI  
1514  
SOUTH AFRICA**

**Tel: 27 (0)11 9696971  
E-mail [hoschris@iafrica.com](mailto:hoschris@iafrica.com)**

Seminars are arranged in collaboration with the Healthcare Christian Fellowship staff.  
Kindly enquire at the above address or your local HCF office.

## **PURPOSEFUL PRAYER IN THE HEALTH FIELD**

### **Purpose of Seminar**

Participants to devote themselves to a life style of effective prayer and to make provisional plans for establishing a network of prayer in their area of the Health Field.

### **CONTENTS OF SEMINAR**

**Study 1      CALLED TO PRAY**

**Study 2      POWER IN PRAYER**

**Study 3      DEVELOPING THE PRAYER HABIT**

**Study 4      VARIOUS FORMS OF PRAYER**

**Study 5      BUILDING THROUGH PRAYER**

**Study 6      CHILDREN AND PRAYER**

## **PRAYER IN THE HEALTH FIELD**

### **STUDY OBJECTIVES**

At the end of this study you should be able to:

Explain the importance of Prayer in the life of a Christian.

Understand what makes a Prayer life effective.

Recognize hindrances to an effective Prayer life.

Evaluate your own Prayer life, and make plans to get rid of the hindrances you have identified.

Appreciate the importance of a Daily Quiet Time.

Consistently apply the principles of 'Meeting with the Master' in establishing and maintaining a Daily Quiet Time.

Have an understanding of the way God speaks to us, and distinguish between the voice of God, and the voice of Satan.

Understand the different forms of prayer, and put them into practice in your public and private life.

Explain clearly how a 'Prayer Network' operates, and set up a network of prayer in your place of work or area of ministry.

Learn ways of teaching and motivating children to pray.

## STUDY ONE

### CALLED TO PRAY

#### CONTENTS:

1. What is prayer?

2. Why should we pray?

3. Prayer and God's vision for the Health Field.

4. Application

#### Study Objectives:

At the end of this study you should be able to:

1. have a basic understanding of what prayer is and why we should pray.
2. appreciate the importance of prayer in the Health Field.
3. commit yourself to make prayer a daily priority in your life.

#### SCRIPTURE:

1 Tim. 2: 1-8

A truly meaningful life for every Christian begins with a commitment to pray. **Daily** prayer is a “must” if we wish to be effective in mobilising God’s infinite resources. This is the most precious gift God has given to each of His children: a life of opportunity to pray and thereby change the world. God’s business begins, continues and ends with prayer. Prayer is so profound and yet so simple that a child can do it. Everyone, including you, can be effective in prayer.<sup>1</sup>

## 1. WHAT IS PRAYER?

The mystery and hidden treasures of prayer are as unfathomable as God Himself. Many attempts have been made to describe the nature of this highest occupation of the believer. Here are some examples:

“Prayer is the contact of a living soul with God.”<sup>2</sup> E. M. Bounds

“Prayer gives us eyes to see God. Prayer is seeing God.”<sup>3</sup> E. M. Bounds

“Prayer is the expression of the human heart in conversation with God. . . a dialogue between two persons who love each other.”<sup>4</sup> Rosalind Rinker

“Prayer is God’s plan to supply man’s great and continuous need with God’s and continuous abundance.”<sup>5</sup> E. M. Bounds

“Prayer is God’s life-giving breath.”<sup>6</sup> E. M. Bounds

“Prayer forms the very centre of the heart and will of God concerning men.”<sup>7</sup> E. M. Bounds

“Prayer is the only element in which the Holy Spirit can live and work. Prayer is the golden chain which happily enslaves Him to His happy work in us.”<sup>8</sup> E. M. Bounds

“In prayer you align yourself to the purpose and power of God and He is able to do things through you that He could not do otherwise.”<sup>9</sup> Dr E. Stanley Jones

“Prayer unites puny man to Almighty God in a miraculous partnership. Prayer moves the Hand that made and upholds the Universe.”<sup>10</sup> Patrick Johnstone

“True prayer is of the heart, i.e. it involves the whole person and means that a man comes before God with his whole being and in an attitude of humble submission. False prayer, by contrast, is offered merely ‘with the lips’, i.e. a

man merely utters (or simply repeats) words and phrases with no self-surrender. . . with no real intention of fulfilling the will of God as revealed, e.g. in His commandments.”<sup>11</sup> Int. Dict. of N.T. Theology .

“Prayer is not a method or a strategy, neither is it a matter of words uttered. Prayer is rather cooperating with the Holy Spirit who lives in us. True prayer originates from God, is worked by His Spirit in my spirit, and expressed back to God.”<sup>12</sup> Johannes Facius, Leonard Ravenhill

“All spiritual prayers have their source in God. . . A believer receives in his spirit what he needs to pray and understands in his mind what he has received. The spirit accepts the burden of prayer while the mind formulates that burden in prayerful words.”<sup>13</sup> Watchman Nee

“The natural man prays, but prays according to his own will, fancy and desire. . .” Such prayer is “. . . selfish, self-centred, self-inspired - the Spirit when He prays through us . . . trims our praying down to the will of God, and then we give heart and expression to His unutterable groanings. Then we have the mind of Christ, and pray as He would pray. His thoughts, purposes and desires are our desires, purposes and thoughts.”<sup>14</sup> E. M. Bounds

Through prayer our love relationship with God grows. We also converse with Him about the development of other love relationships - between Him and specific people, in our midst and amongst other people. “Prayer is a mystery. God is all powerful, yet He works through our prayers to accomplish His work in the world. A prayer inspired by the Holy Spirit has a part in forming the eternal decrees of God.” Patrick Johnstone

## 2. WHY SHOULD WE PRAY?

2.1	Because of Jesus Christ
	* His example
	* His teaching
	* His death on the cross
	* His present ministry
2.2	God is looking for pray-ers.
2.3	Prayer is God’s working method

2.4 Prayer is a mighty weapon against Satan's powers

2.5 All people on earth must hear the Gospel message

2.6 Prayer-results are certain.

## 2.1 Because of Jesus Christ

### His example

Jesus was a man of prayer. His earthly ministry was marked by continual and lengthy seasons of prayer.

Mark 1:35 *"Very early in the morning, while it was still dark, Jesus got up left the house and went off to a solitary place, where He prayed."*

Luke 5:15,16 *"... crowds of people came to hear Him and to be healed. . . But Jesus often withdrew to lonely places and prayed."*

Luke 6:12 *"One of those days Jesus went out into the hills to pray, and spent the night praying to God."*

Jesus prayed at all times:

- when He was busy Mark 1:32-39
- when He was tired Matt. 14:23
- when He had a decision to make Luke 6:12,13
- before and after all important events /crises
  - e.g. when He began His public ministry Luke 3:21,22
  - when He performed miracles Mark 6:46, John 11:41
  - before His transfiguration Luke 9:28,29
  - when He faced the cross Matt. 26:39-44; Heb. 5:7

The entire chapter of John 17 is devoted to Christ's prayer; for Himself (v. 1-5), for His disciples (v. 6-19), for all believers (v.20-26), shortly before His arrest.

### His teaching

His example created a longing in His disciples: Luke 11:1 *"Lord, teach us to pray."* He gave them a model for prayer ("The Lord's Prayer" Matt. 6:9-13; Luke 11:2-4) and many other exhortations and instructions. We will mention only a few here:

Matt. 7:7 *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."*

Mark 11:24 *"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."*



Luke 21:36     *“Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.”*

John 16:24     *“Until now you have not asked for anything in my Name. Ask    and you will receive, and your joy will be complete.”*

### **His death on the cross**

The merits of Calvary, where Christ rightfully purchased with His own blood a full salvation for all men, form the basis for all prayer.

### **His present ministry**

Christ is now solely occupied with the ministry of intercession at the right hand of the Father. Heb. 7:25; Rom. 8:34

He, the Great Intercessor, is our Head, we are His body. The Spirit of Christ takes of the prayers of Christ and gives them to us, making us co-workers in His ministry. Thus, we may share His burden and His power in intercession.<sup>15</sup>

## **2.2     God is looking for pray-ers.**

\* who worship Him in spirit and truth

John 4:23     *“Yet a time is coming and has now come when the true worshippers will worship the Father in spirit and truth, for they are the kind of worshippers the Father seeks.”*

\* who intercede for righteousness and salvation on behalf of their nation

Is. 59:15b,16a     *“The Lord looked and was displeased that there was no justice. He saw that there was no-one, He was appalled that there was no-one to intercede. . . .”*

Ez. 22:30     *“I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so that I would not have to destroy it, but I found none.”*

Throughout the Bible God’s children are encouraged, urged, admonished to watch, pray and keep on praying. 2 Chron. 7:14; Is. 62:6, 7; Eph. 6:18; Col. 4:2-4; 1 Thess. 5:16, 17; 1 Pet. 4:17

## **2.3     Prayer is God’s working method**

“God does nothing but by prayer, and everything with it.”<sup>16</sup> John Wesley

“It is to the degree and by the specificness with which we pray that God is able to move in the affairs of men.”<sup>17</sup> Dean Sherman

“ . . . It is **while** we pray that God works, if we can but see Him - not merely before, or after prayer. Our idea is, ‘let us pray, and then get on with the work’. But prayer is our real work . . . God’s works are wrought **as** we pray and **while** we pray. . . Then after we have prayed, we walk with the Lord Jesus into the works He has wrought in answer to prayer. Prayer is our real work. . . ” <sup>18</sup> Armin Gesswein

“What is this prayer to which men are called? It is not a mere form, a child’s play. It is serious, difficult work, the manliest, the mightiest work, the divinest work which man can do.” <sup>19</sup> E.M. Bounds

## **2.4 Prayer is a mighty weapon against Satan’s powers**

2 Cor. 10:3-5 *“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”*  
(v.4)

Eph. 6:11, 18 *“Put on the full armour of God. . . . And pray in the Spirit on all occasions. . . With this in mind, be alert and always keep on praying for all the saints.”*

## **2.5 All people on earth must hear the Gospel message**

Prayer is vital in the task of world evangelisation. The first call to evangelism is a call to pray. Matt. 9:37, 38 *“Then He said to His disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field.’”*

A large percentage of the world’s population today live in countries where systematic evangelistic outreach is forbidden. (These include the Arab/Moslem and Communist nations which remain, for all practical purposes 98% unevangelised.)<sup>20</sup>

Prayer has unlimited potential to penetrate these nations. It crosses all borders and can open the way for the fulfilment of the Great Commission.

## **2.6 Prayer- results are certain**

God rewards those who earnestly seek Him. Heb. 11:6

1 Pet. 3:12 *“ . . . His ears are attentive to their prayer. . . ”*

James 5:16 *“The prayer of a righteous man is powerful and effective.”*

1 John 5:14, 15 *“This is the assurance we have in approaching God: 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 what we asked of Him.”*

**Prayer leads to:**

- \* salvation Rom. 10:13
- \* divine fellowship Rev. 3:20
- \* spiritual growth and fruitfulness John 15:7, 8
- \* wisdom James 1:5
- \* prosperity 2 Chron. 26:5b
- \* spiritual awakening Acts 1:14 with Acts 2
- \* deliverance Psalm 34:17
- \* power Acts 4:31, 33
- \* unexplained miracles Acts 12:5-11<sup>21</sup>

God’s invitation and promises are for us:

Jer. 33:3 *“Call to me and I will answer you and tell you great and unsearchable things you do not know.”*

Psalm 2:8 *“Ask of me, and I will make the nations your inheritance, the ends of the earth your possession.”*

### **3. PRAYER AND GOD’S VISION FOR THE HEALTH FIELD**

Millions of people pass daily through the doors of the clinics and hospitals of this world.

People:

- \* loved by God
- \* each with an indestructible soul
- \* with an eternal destiny either in heaven or shut away forever from the presence of God
- \* often more receptive to the Gospel while in need of medical care.

Joel 3:14 *“Multitudes, multitudes in the valley of decision!”*

1 Tim 2:4 *God’s heart is moved with compassion. He “wants all men to be saved and to come to a knowledge of the truth.”*

Who will share the Good News of salvation through Christ with them?

Health Field workers have unequalled opportunities for witness and service through a compassionate ministry to body, soul and spirit.

THEREFORE: LET US PRAY!

#### 4. APPLICATION

4.1 Do you spend time daily in prayer? .....

How much time? .....

Does prayer have priority over other activities? .....

If 'yes' , support your answer  
.....  
.....  
.....

If 'no', what other activities tend to crowd out prayer .....  
.....  
.....

4.2 Prayer is not optional. It is a spiritual law for every Christian. God is calling **you** today! Are you willing to make prayer a daily priority in your life?

My answer:

*Yes, by God's grace I will make it my aim to spend at least .....  
minutes daily in prayer, starting*

.....  
*Date*

.....  
*Signature*

Fix a specific suitable time of the day: .....

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## STUDY TWO

### POWER IN PRAYER

#### CONTENTS:

1. The Power of Prayer

2. What makes a Prayer Life effective?

3. Hindrances to Prayer

4. Delayed answers

5. Application

#### Study Objectives

At the end of this study you should be able to:

1. evaluate your own prayer life and see whether it is effective.
2. identify hindrances which may have influenced your prayer life.
3. take steps to improve the quality of your prayer life.

#### SCRIPTURE:

## 1. THE POWER OF PRAYER

The power of prayer is really the power of God released through prayer. When we pray, tremendous power is made available, but God is the source of that power.<sup>1</sup> “. . . you cannot estimate prayer-power. Prayer is as vast as God because He is behind it. Prayer is as mighty as God because He has committed Himself to answer it.”<sup>2</sup> Leonard Ravenhill

“The power of prayer is all-inclusive. When properly understood and developed, prayer can reach beyond any barrier and overcome any obstacle. There is no circumstance or geographic location where prayer-power is restricted. No situation is too difficult to be reached and changed by prayer. All things are possible to God, therefore all things are possible through prayer.”<sup>2</sup>

What do you think are prerequisites in the life/attitudes of a person who wishes to see results in answer to prayer?

.....

.....

.....

.....

## 2. WHAT MAKES A PRAYER LIFE EFFECTIVE?

2.1 Helplessness

2.2 Total dependence on the Holy Spirit

2.3 Knowing God and His Word

2.4 Pleasing the Father

2.5 A surrendered life

2.6	A righteous life
2.7	Faith
2.8	Knowing our position

## 2.1 Helplessness

Psalm 34:6 “*This poor man called, and the Lord heard him. . . .*”

Prayer is the language of the poor, the needy, the helpless. “Helplessness is the very essence of prayer.”<sup>3</sup>

“The self-satisfied, self-righteous, self-sufficient don’t pray. The less self-confident we are, the more we will pray.”<sup>4</sup>

A humble and contrite heart knows its need of God, knows that “*without Him, I can do nothing.*” (John 15:5)

“His helplessness becomes the quiet, sustaining power of his prayer life.”<sup>5</sup>

## 2.2 Total dependence on the Holy Spirit

The only effective prayer is Holy Spirit-inspired prayer. A prerequisite for all true prayer is the acknowledgement and awareness of our own weakness and inability to pray. Rom. 8:26 “*We do not know what we ought to pray. . . .*”

The person who is effective in prayer, is the one who has learned to be a channel only. This involves an absolute surrender of our whole being to God, submitting to His will. It involves the laying aside of all our own desires, thoughts or understanding and waiting on God to know His heart, His mind, His will.

To pray in the Holy Spirit means to be led and energised by the Spirit, praying in the strength that He provides.



### 2.3 Knowing God and His Word

The more we know of God's **nature** and of His **ways** and **principles** in dealing with individuals and nations, the more we will be able to pray aright.

\* When we are assured that God is merciful, righteous, faithful and a covenant-keeping God, we have confidence to appeal to His character, to the honour of His Name and to His promises.

\* Scriptural praying is based on a knowledge of God's Word.

\* Knowing God means knowing His will -  
for all men to hear about Jesus 1 Tim. 2:4  
for all believers to live holy and fruitful lives Phil. 1:9-11  
for your own life.

### 2.4 Pleasing the Father

Direct access to the heart of God is guaranteed to the child of God who lives to please the Father. Our Father delights to give good gifts to His children. James 1:5, 16, 17; 1 John 3:21, 22

### 2.5 A surrendered life

Complete surrender to God implies an unconditional obedience and unreserved following of His will for my life. Someone said, "God can only use our prayers to the degree that we are willing to be the answer to our own prayers."

### 2.6 A righteous life

James 5:16 *"The prayer of a righteous man is powerful and effective."*

Andrew Murray writes: "Here on earth the influence of one who asks a favour for others depends entirely on his character, and the relationship he has to him with whom he is interceding. It is what he is that gives weight to what he asks. It is no different with God. *Our power in prayer depends upon our life. When our life is right, we shall know how to pray so as to please God, and prayer will secure the answer. . . . .*"

Men pray only as they live. It is the life that prays. The life that with wholehearted devotion gives up all for God and to God, can also claim all from God. Our God longs

to prove Himself the faithful God and mighty helper of His people. He only waits for hearts wholly turned from the world to Himself and open to receive His gifts. The man who loses all will find all and will dare ask and take it.”<sup>6</sup>

## **2.7 Faith**

Heb. 11:6 *“And without faith it is impossible to please God, because anyone who comes to God must believe that He exists and that He rewards those who earnestly seek Him.”*

James 1:6-8 *“... when he asks he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord. . . .”*

Heb. 10:22 *“let us draw near to God with a sincere heart in full assurance of faith .”*

“Faith is not the result of my effort, but the fruit of my knowledge and trust of God.”<sup>7</sup>

“The essence of faith is to come to Christ just as we are.”<sup>8</sup> ..... and He promises  
John 6:37 *“... whoever comes to me I will never drive away.”*

Faith is a gift of God. It grows and develops as we put it into practice and as we spend time with God and His Word.

## **2.8 Knowing our position**

Christ taught us to pray in His Name.

John 16:23,24 *“I tell you the truth, My Father will give you whatever you ask in My Name. Until now you have not asked for anything in My Name. Ask and you will receive, and your joy will be complete.”*

“Praying in the Name of Jesus is to pray in union with Him, to pray as His representative, recognising His whole nature, His person and work.”<sup>9</sup>

Victorious praying is praying out of our position in Christ. Col. 3:3; Eph. 2:6

All authority in heaven and on earth has been given to Christ. Praying in His Name is praying in the highest authority in the universe. Eph. 1:20-23; Matt. 28:18

## WHAT MAKES A PRAYER LIFE EFFECTIVE?

2.9	Pure motivation
2.10	Watchfulness
2.11	Praying specific, intelligent prayers
2.12	Fervency; determination; desperateness
2.13	Importunity; perseverance
2.14	Faithfulness

### 2.9 Pure motivation

James 4:2b, 3 “... *You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*”

Our hearts are deceptive, therefore we need to examine the motives for our praying. Are they pure or selfish? **Do I** desire only God’s glory and the advance of **His Kingdom** or do **I** pray for selfish gain, for example to make things easier for myself or to gain honour. Jeremiah 17:9

### 2.10 Watchfulness

Jesus repeatedly warns His disciples to watch and pray.

Luke 21:36 “*Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.*”

Mark 13:37 “*What I say to you, I say to everyone: ‘Watch!’*”

Watching means to be alert, knowing the times we live in, able to discern what is of God /

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man / the enemy, looking out for the return of Christ.

### **2.11 Praying specific, intelligent prayers**

Specific prayers receive specific answers. Jesus asks:

Mark 10:51 *“What do you want Me to do for you?”*

Being informed of the facts facilitates intelligent praying.

### **2.12 Fervency; determination; desperateness**

To travail, agonise, wrestle in prayer is co-operating with God’s Spirit to effect incredible results. (e.g. Hannah, 1 Sam. 1)

Gen. 32:26 *“I will not let you go unless you bless me.”*

### **2.13 Importunity; perseverance (steadfastness, tenacity)**

God wants us never to give up in any situation, but to keep pressing in for His answer. (e.g. parable of the persistent widow, Luke 18: 1-8; the Canaanite woman, Mark 7:25-29)

It is good to remember that God answers prayer in several ways. His answer may be ‘Yes’; ‘No’; ‘Wait’; ‘Get to work’.<sup>10</sup>

### **2.14 Faithfulness**

Rom. 12:12 *“Be joyful in hope, patient in affliction, faithful in prayer.”*

To be faithful in prayer requires an overwhelming conviction and continual recognition of the absolute necessity of prayer at all times. We need discipline (a fruit of the Spirit) to build and maintain a consistent prayer habit.

## **3 HINDRANCES TO PRAYER**

### **□ The sin of prayerlessness**

1 Sam.12:23 *“Moreover as for me, God forbid that I should sin against the LORD in ceasing to pray for you.”*

Prayerlessness is sin. We find excuses so easily not to pray: I’m too tired, too busy, too preoccupied, too bored. What we actually say is that our devotion to the Lord is so shallow, our hearts are so cold, that we have little desire to fellowship with Him. Do you

love Jesus more than yourself and your bed?.....

Prayerlessness shows that our faith rests more on our work and efforts than on the power of God. It is the sin of pride and independence.

☐ **Carnality**

Prayer is a discipline to the flesh. The carnal nature dislikes it intensely. Let us heed Jesus' words:

Luke 9:23      *"If anyone would come after Me, he must deny himself and take up his cross daily and follow Me."*

☐ **Unconfessed sin**    Ps. 66:18; Isa 59:1-3

☐ **Disobedience**    1 Sam. 15:22

☐ **Idols**    Ezekiel 14:3

☐ **Feelings of guilt / condemnation**    1 John 1:9; Rom. 8:1,33,34; 1 John 3:18-20

☐ **Clouded relationships**    Matt. 5:23, 24

☐ **Lack of family love / respect**    1 Peter 3:7

☐ **Unforgiving spirit**    Matt. 6:14,15

☐ **Resentment**    Eph . 4:30-32

☐ **Unbelief**    Heb. 3:19; 11:6

☐ **Double-mindedness**    James 1:6-8

☐ **Hypocrisy** Matt. 15:7-9

☐ **Self-righteousness**    Luke 18: 9-14

☐ **Pride**    Matt. 6:5

#### 4. **DELAYED ANSWERS**

Why does God not answer all our prayers immediately? Let us be reminded that God has reserved the right to decide *when* and *how* the answer will be given. When we have prayed in obedience to the Holy Spirit, we must leave the hearing and fulfilment of our prayers with Him.

In any given situation God has a far greater perspective than we. He wants to accomplish more through our prayers than meeting the immediate need. In the first place, He uses it as a means of working in our lives to educate us, to transform us. A delayed answer will cause us to search our hearts in God's light, exposing anything that displeases Him. As we repent, we are cleansed and changed into His likeness. Delayed answers will develop in us perseverance and steadfastness in character.

God also uses our persevering prayers to move against the powers of darkness. Delay may have been caused by enemy-activity in the heavenlies (Dan. 10:2, 10-14) which needs to be overcome.

## 5. APPLICATION

5.1 Spend a few minutes to review the qualities of an effective prayer life (2.1 to 2.14).

Which of these points are most lacking in your life?

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.....

5.2 Go back to point 3. In the ☐ provided, mark the hindrances which have influenced your prayer life.

5.3 Take time to bring your answers of 5.1 and 5.2 before the Lord.

5.4 Start with one aspect only. Make plans regarding what you will do to obtain victory in this specific area. Use point no. 1 on the "Action Step Check List" on Page 56 to write down your plans.

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## STUDY THREE

### DEVELOPING THE PRAYER HABIT

#### CONTENTS:

1. Introduction

2. How to start

3. Meeting with the Master

4. A Practical Prayer Plan

5. Hearing the Voice of God

6. Application

#### Study Objectives:

At the end of this study you should be able to:

1. use the guidelines given for establishing and /or maintaining an effective quiet time.
2. understand some of the ways God speaks to us.
3. distinguish between the voice of God and the voice of Satan.

#### SCRIPTURE:



1. **INTRODUCTION**

Our lives consist of a series of habits - actions that have been repeated so often that they have become second nature. We do them instinctively without having to make a conscious decision each time, e.g. brushing your teeth, fastening safety belt, stopping at a red traffic light, etc.

We may have good habits and bad habits, godly habits and sinful habits. Both to unlearn a fixed habit as well as to acquire a new habit, requires conscious effort and hard work.

The most vital habit that any Christian can learn, is that of spending time regularly alone in God's presence. There is no substitute for it. The only way to develop a devotional habit is through practice and experience.

(Educators say it requires 21 consecutive, similar experiences to form a habit. Therefore if you wish to start now to develop a consistent prayer habit, the next 21 days are crucial.)<sup>1</sup>

2. **HOW TO START**

**2.1 Establish a time-goal**

Decide to give a specific amount of time daily, e.g. 15 minutes, ½ hour or one hour. Be consistent. Once the habit is established, you can increase the length of time.<sup>2</sup>

**2.2 Establish a set time**

This is a vital key. Make a fixed **appointment** with God <sup>2</sup> Several Scriptures and practical experience show that the early morning hour holds unequal blessings. Psalm 5:3; Isaiah 50:4

**2.3 Find a suitable place**

Select a place where you can be alone with God, away from noise and distractions (if possible).<sup>3</sup> Matt.6:6; Mark 1:35.

**2.4 Follow a procedure (see 3.3)**

If you consciously follow a plan or pattern, it helps you to be systematic and to keep your mind focus on Spiritual things.<sup>3</sup>

### **2.5 Restate your prayer commitment each day**

Upon arising in the morning say aloud: “My most important appointment today is my appointment with God”.<sup>4</sup>

## **3. MEETING WITH THE MASTER**

A personal daily meeting with Jesus Christ, our Master, is a fountain head of true spiritual health. Ps 63:1-5

### **3.1 Promise**

God is waiting for us in love.

Is. 30:18      *“And therefore will the LORD wait, that He may be gracious unto you, and therefore will He be exalted, that He may have mercy upon you: for the LORD is a God of judgment: blessed are all they that wait for Him”*

### **3.2 Prerequisites**

Self preparation

\* go to bed on time!

Ps.4:8      *“I will both lay me down in peace, and sleep: for thou, LORD, only makes me dwell in safety.”*

\* have ready: Bible, notebook, pen, prayer list, song book and musical instrument (if you play one).

\* combine; desire, dedication, determination, discipline. Prov. 2:1-5

\* come with expectant heart

Ps.119:10      *“With my whole heart have I sought thee: O let me not wander from thy commandments.”*

Ps. 42:2      *“My soul thirsteth for God, for the living God: when shall I come and appear before God?”*

### **3.3 Procedure**

√ wake up, get up, give God your best time! Prov.6:9-11;19:15

√ come to Jesus with thanksgiving and praise. Ps. 100:4-5

√ ask Him for forgiveness where necessary. Ps. 51:1-12

√ ask for understanding and concentration. Ps 119:18; Prov. 2:2

√ read the Bible systematically, slowly, out loud (where possible) Ps.119:1; Ps.119:105. If you read 3 chapters a day, you will be able to complete the whole Bible in one year.

√Communicate with God as you read Isaiah 50:4b -  
ask Him, is there:

- \* a command to obey? Acts 22:10
- \* a sin to confess / avoid? Ps. 139:23,24
- \* a promise to believe? 2 Cor. 1:20
- \* a verse to memorize? Prov. 4:4
- \* a warning to remember? Deut. 11:26-32
- \* an example to follow? Jn.13:15
- \* a principle to live by? Ps. 119:9
- \* a truth about God's character and ways? Phil. 3:8
- \* how does this affect all my relationships?

✓ write down what God says to you:

	Date:	Scripture:
	What God said:	
	.....	
	.....	
	.....	
	.....	
	My Response:	
	.....	
	.....	
	.....	

✓ turn Bible-reading into prayer. Phil. 4:6-7

\* adoration

\* confession

\* thanksgiving

\* supplication

✓ immediately obey God. 1 Samuel 15:22; Ps.119:112

✓ faithfully share what the Master has shown you. 1 John 1:1-3

#### 4 A PRACTICAL PRAYER PLAN

A personal prayer diary serving as a guide and record will help you to pray systematically and with discipline. Lists of prayer requests however should remain a tool only and

Page -28-

always be subject to the guidance of the Holy Spirit. Waiting on God to find out what He wants us to pray for at any particular time is most important.

When writing down a prayer request, be specific in such a way that you will know when your prayer has been answered. Study God's Word in relation to the matter and write down specific passages which give you light / promises received. Pray Scripturally. Be sure to note the date when the answer has been received and return thanks to God.

Compile your prayer diary in a way which you find most practical. The following steps could serve as a guideline:

Look at your prayer responsibilities. Write down names of people/specific situations you wish to pray for in each area of responsibility. Determine which subjects you want to pray for on a daily basis and which on a weekly or monthly basis, e.g. praying every Monday for the government of your country.

Arrange your prayer request as you wish, leaving enough space/empty pages for each subject or prayer project. You could start with a section for daily prayer requests; after that have a page for each day of the week and divide weekly prayer requests between these pages. Monthly requests or one-time projects could form still another section.

Prayer responsibilities:

- \* Family circle

- \* Relatives

- \* Friends

- \* Work:

- boss /colleagues
  - subordinates
  - patients/clients

- \* Church:

- pastor, elders
  - church members
  - meetings
  - projects

- \* Town/City

- \* Country:

- government
  - education
  - business

media  
 art and entertainment  
 \* The world:  
 missions  
 unreached people

\* HCF Leaders

Daily	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Others
Family	Church	Work	Friends	Country	Town	World Missions	HCF Leaders	

Developing your prayer diary could be looked upon as a long-term, on-going project. Start with writing down a few prayer points. Allow the Lord to burden you for specific people or situations. Increase the topics gradually as you grow in discipline and perseverance.

Date	Request	Promise	Answer	Date

## 5. HEARING THE VOICE OF GOD

John 10:27 *“My sheep hear my voice, and I know them, and they follow me.”*

As we spend time in communion with God, we will learn increasingly to discern His voice from the other voices that appeal to us (self, the world, Satan).

### 5.1 How does God speak to us?

Through:

**His Word.**

Ps. 119:105 *“Thy word is a lamp unto my feet, and a light unto my path.”*

**The inner voice.**

That is the inner witness of the Holy Spirit or His direct conversation inside our minds.

Acts 15:28     *“For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things,”*

**Audible voice.**

Acts 9:4-7     *“And he fell to the earth, and heard a voice saying unto him. Saul, Saul, why persecutest thou Me?” (Verse 4)*

**Angels.**

Numb.22:32     *“And the angel of the LORD said unto him, ‘Wherefore hast thou smitten thine ass these three times? Behold, I went out to withstand thee, because thy way is perverse before me:’”*

**Visions.**

Acts 10:3     *“He saw in a vision evidently about the ninth hour of the day an angel of God coming in to him. And saying unto him, Cornelius.”*

**Dreams.**

Job 33:14-18     *“For God speaketh once, yea twice, yet man perceiveth it not. In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men, and sealeth their instruction,” (Verses 14-16)*

**Gifts of the Holy Spirit.**

1 Cor. 12:4,8     *“Now there are diversities of gifts, but the same Spirit..... for to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;”*

**Circumstances**

Job 33:14, 19 - illness;     Acts 16:6,7 - open/closed doors

**Creation.**

Ps.19:1     *“The heavens declare the glory of God; and the firmament sheweth His handywork.”*

**Other People.**

Acts 9:17     *“And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost.”*

## 5.2 Difference between the voice of God and the voice of Satan

The Voice of the Holy Spirit	The voice of Satan
<p>Guides Peace, no hurry</p> <p>Persistent Gentle, quiet Loving Specific conviction Encourages Reassures of God's forgiveness Attracts us to God</p> <p>Brings discipline Draws us into fellowship with other Christians and to accept their ministry Uses God-given common sense</p> <p>Hearer remains calm, quiet, normal, open and clear minded Time for intelligent co-working with God</p>	<p>Drives Creates feeling of being pushed or compelled Nagging Clamorous Accusing, condemning Vague, general sense of guilt Discourages Reminds of forgiven sins Feeling of being rejected by God's holiness Distracts Isolates, makes us withdraw</p> <p>Need 'permission' for simple duties Hearer elated, dazed, confused, unreasonable Impulsive action - no time to reason or weigh issues</p>

## 5. APPLICATION

- 6.1 Before going to bed tonight, remind yourself of your appointment with God, (see page 11, point 4.2). Set your alarm or ask someone to wake you up. Use the guidelines given under point 3 to have a meaningful quiet time. Repeat daily
- 6.2 Start compiling your personal prayer diary by writing down some specific prayer requests. Fill in the promises and answers as God gives them.
- 6.3 Fill in "Action Steps Checklist" no. 2 on page 56



## **References      Study Three**

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## STUDY FOUR

### VARIOUS FORMS OF PRAYER

Study Objectives:

At the end of this study you would have had a basic understanding of different forms of prayer and be able to put them into practice.

#### CONTENTS:

1 Worship

2. Confession

3. Thanksgiving

4. Petition

5. Intercession

6. Spiritual Warfare

7. Fasting with Prayer

8. The Prayer of Faith

9. Conversational Prayer

10. Application

**SCRIPTURE:**

Eph. 6:18 “And pray in the Spirit on all occasions with all kinds of prayer and requests. With this in mind, be alert and always keep on praying for all the saints.”

The wonder of prayer is like that of a glistening diamond - it is rich with many facets and different forms of expression and practice. We will briefly discuss different types of prayer.

1. **WORSHIP** (praise, adoration)

1.1 **The meaning of worship**

Greek ‘proskyneó’: worship, do obeisance to, prostrate oneself, do reverence to (basic meaning; to kiss).<sup>1</sup>

Dictionary:

“To show profound religious devotion and respect; to adore or venerate; to be devoted to and full of admiration for; to have or express feelings of profound admiration; admiring love or devotion.”

According to A.W. Tozer, worship is:

“To feel in the heart; to express in some appropriate manner ( not always the same manner): a humbling but delightful sense of admiring awe and astonished wonder; awesome wonder and overpowering love; to be in the presence of that most ancient Mystery Whom we call ‘our Father in the Heaven.’ We cannot take the mystery out, for then we have taken God out. Although we may understand Him to some extent, we will never understand Him fully - so the mystery remains.”<sup>2</sup>

1.2 **Factors present in worship**

Boundless confidence - we cannot worship someone we do not trust fully.

To ‘magnify’ Him - we cannot make Him any bigger, but we **see** Him bigger.

Admiration - an appreciation of the excellency of God.

Fascination - to be filled with moral excitement, captivated, charmed.

Adoration - love God with all the power within us - with fear, wonder, yearning and awe.

1.3 **How to worship**

John 4:23 - *In spirit and in truth.*

In spirit - in the Holy Spirit and with our spirit.

In truth - we must accept what God says is the truth about five things:

- a. What He says about Himself (even when I don't understand it)
- b. What He says about His Son
- c. What He says about me
- d. All the good things He says He will do for me.
- e. What He says about sin.

True worship takes place when my spirit meets with God's Spirit. The avenue to worship is praise.

#### **1.4 Praise**

Praise is the vocal expression of adoration for God - for who He is and for His works in a world-wide context.

Praise is to "prize" God (to value, esteem, cherish)

Praise belongs to God

for His attributes - Rev. 5:11-14

for His Name - Ps. 115:1; 148:13

for His righteousness - Ps. 35:28

for His infinite creation - Rev. 4:11

for His Word - Ps. 56:10; 19:7-11

for His gift of salvation in Christ - 2 Cor. 9:15

for His rule - Ps. 45:6

for the consummation of His Kingdom - Rev. 11:15-18

Praise is a choice of the will - Ps. 34:1; 89:1-2

Bodily expression may be a help (Hebrew customs), but that alone is no indication that I am truly worshipping. Is. 1:15. (HCF policy asks mutual consideration, in the outward expression of something that is essentially inward.)

Praise expressed through music and singing forms an important part of worship. Eph 5:19,20; Ps.150. First sing songs encouraging each other to praise or telling ourselves to praise. Then sing songs about God. Lastly sing songs to God.

## 2. **CONFESSION<sup>3</sup>**

To confess means “to agree with God” concerning His opinion of a matter. Confession of our sins, mistakes and failures is a necessary part of our prayer life, and is vital for all spiritual growth. Spurgeon says; “A prayer without penitence is a prayer without acceptance.” This shows the need of allowing God time to search our hearts for any unconfessed sin.

Ps 139:23,24; Ps. 19:12,13

Confession means to admit my guilt before God, recognising the responsibility to change, forsake, turn away. Prov. 28:13

Confession is a time of cleansing.

1 John 1:9 *“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

To be forgiven and cleansed by the blood of Jesus gives us confidence to draw near to God without condemnation and to receive from Him whatever we ask for in prayer. Heb. 10:19-22; 1John 3:21,22

## 3. **THANKSGIVING**

1 Thess. 5:18 *“.... give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”*

Col. 4:2 *“Devote yourself to prayer, being watchful and thankful.”*

Thanksgiving is the expression of specific gratitude to God for blessings He has given. It focuses on what God has done for us.<sup>4</sup>

An attitude of continual overflowing gratitude is God’s will for His children. This requires an awareness and recognition of all of life’s blessings. When we recount and bring these to remembrance by mental exercise, we find ample reason to continually sacrifice thank-offerings to God. Ps.103:2; Ps.116:12,17

## 4 **PETITION**

Phil. 4:6        *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”*

Matt. 7:7        *“Ask and it will be given you; seek and you will find; knock and the door will be opened to you.”*

Petition is asking God for specific things, it is admitting a need, expressing helplessness in a certain matter.

God wishes to be entreated.

To present our requests to Him we need to clearly define the need, so that we may offer specific and complete petitions.<sup>5</sup> We should come as a child to the Father in sincerity and simple trust. We do not need to beg favours of God or use elaborate speech *“for our Father knows what we need before we ask Him.”* Matt.6:8

## 5. **INTERCESSION**

Intercession is prayer offered on behalf of others. It is standing between others and God to plead on their behalf as directed and energised by the Holy Spirit.<sup>6</sup>

Intercession requires identification with those for whom we pray for and with the heart of God for them.

Intercession is costly - it involves our whole being, a giving of ourselves to God to be broken for others, to lay down our life for them. 1 John 3:16; John 15:13

The cost involved however, is far outweighed by the reward of an intimate fellowship with God. It is in the place of intercession that we know the greatest intimacy with God as we share His heart for this world and for individual people.<sup>7</sup>

The heart of an intercessor is a heart that can feel, a sensitive heart moved with compassion, willing to carry the weight of a burden which the Holy Spirit seeks to impart. It is a broken, grieving, desperate heart which prevails in prayer until the burden has been lifted.

### **Intercession should/may have the following elements:**

- \* Identification with the sins of the people, humbling, confession    Dan.9:3-21; Neh. 1:4-11
- \* Sorrow and anguish    Rom. 9:1-3
- \* Fasting    Judg. 20:26; Neh.1:4
- \* Weeping    Heb. 5:7

- \* Travailing (giving birth), agonising Luke 22:44; Is. 66:7-9
- \* Wrestling with God Is. 64:7; Gen.32:24
- \* Groaning Rom. 8:26

### **Helpful Steps to Intercession**

2. Be sure that your heart is clean before God. Confess sin if necessary and receive cleansing. Ps.66:18; 1 John 1:9
3. Express your dependence on the Holy Spirit. Ask to be filled, controlled and guided by Him. Rom. 8:26; John 16:13
4. Lay aside your own imaginations, desires, burdens. Is. 55:8; 2 Cor. 10:5
5. Praise the Lord in faith for the victory and the remarkable answers to prayer which He will give.
6. Wait on God in silent expectation, to receive His burden.
7. Pray for one subject at a time, allowing sufficient opportunity to cover all the aspects which the Holy Spirit brings to mind.
8. Have a Bible ready. God may want to give a specific Word of direction or confirmation. Ps. 119:105
9. When no more impressions for prayer come to you, conclude with praise and thanksgiving.
10. Look out for the answers to your prayer and give God the glory. Rom.11:36

### **6. SPIRITUAL WARFARE**

Prayer is one of the mightiest weapons in our struggle against Satan and his evil forces.

2 Cor. 10:3-5 *“ For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. ”*

## 6.1 Preparation

\* A clean heart and total submission to God and our spiritual leaders is a prerequisite. Any unconfessed sin or state of rebellion leaves the door open to the enemy. If we move in independence we open ourselves to deception.

\* In group prayer there needs to be a harmonising of heart and mind, corporate submission to Christ, our Head.

\* Take your heavenly position, seated with Christ. Eph. 2:4-7

\* Realise and take the authority God has given you. Luke 10:19

\* Ask for the Lord's protection, lifting up the shield of faith for yourself and your family. Prov. 18:10

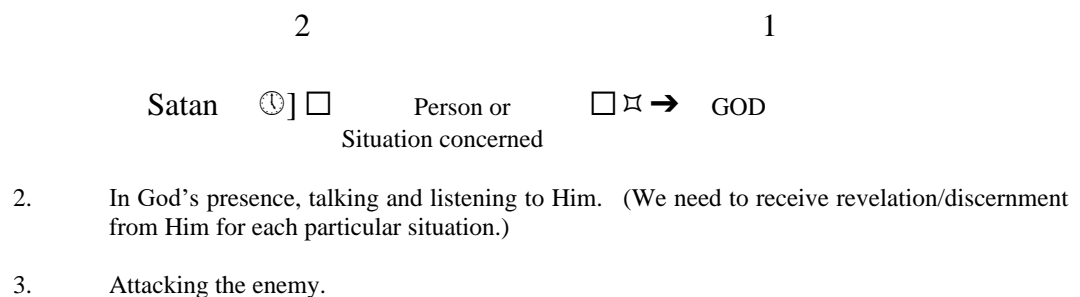
\* Put on the whole armour of God. Eph. 6:13-17.

Three important weapons are:

- the Word of God
- the Name of Jesus
- the Blood of Jesus.

## 6.2 How to do battle

There are two positions in Spiritual Warfare:



We move from 1. to 2. and then come back to 1. again, to praise God for the victory.

### Ways to Attack:

- \* Submit to God . James 4:7
  - \* Resist Satan. James 4:7; 1 Peter 5:8,9
  - \* Bind the enemy. Matt. 12:29; 16:19
- It is **our** responsibility to bind and to loose. Bind specific evil spirits as God gives discernment.



- \* State your authority in Christ. Luke 10:19; 1 John 4:4
- \* Declare the victory of Calvary - the finished work of Christ. Col. 2:15
- \* Attack with the Sword of the Spirit, using appropriate Scriptures as the Holy Spirit guides. (Matt. 4 shows how Jesus used the Word against Satan).
- \* Confess victory in the Name of Jesus and through the Blood of Jesus. Rev. 12:11
- \* Sing songs of battle/victory.
- \* Come against the enemy in the Name of Jesus, on the authority of God's Word to smash his strongholds and loose from bondage the person or situation being interceded for. (God may reveal the particular strong man who is controlling a situation. Dan. 10:13)
- \* Proclaim victory and liberation, giving the glory to God.

## 7. **FASTING WITH PRAYER**

Fasting means to abstain from food in order to give ourselves wholly to God and to prayer. It is a normal Christian discipline to be performed under the leading of the Holy Spirit. Matt. 6 esp. vs. 16-18<sup>8</sup>

Our fasting is only acceptable to God when done with the right motives: to seek God, to promote His interest and extend His Kingdom, to see people delivered. Is. 58:6-12.

- \* When faced with an insurmountable problem, in times of crisis or great need or in some stubborn situation where a breakthrough was needed, fasting has proven to be an effective channel of God's grace and power. Matt. 17:21
- \* During a time of prayer and fasting our faith grows rapidly and as a result we experience incredible victorious power over sin, the world and Satan. 1 John 5:4
- \* Fasting is valuable when we need God's guidance for making major decisions or when starting out in a new ministry or mission. Acts 13:1-4; 14:23
- \* When facing exceptional temptation, prayer and fasting will secure the victory.

### **Some guidelines for fasting:**

2. If you have a medical problem, e.g diabetes, TB or AIDS etc, you should not fast without first consulting your doctor.
3. Get extra rest.
4. Get fresh air and some exercise.
5. Take plenty of fluids i.e. water, fruit juice or clear soup. Avoid stimulants like tea and coffee.
6. The unpleasant side-effects of headache, 'woolly' tongue etc, usually subside after 2-4 days.
7. Mental and Spiritual alertness will increase.

8. Spend much time in Bible reading and prayer.
9. Be on your guard against spiritual attacks - oppressions, doubt, loneliness, a sense of being in a dark place. God is with you, so don't yield to these emotions.
10. Avoid making your fast public. Matt. 6:16-18
11. When breaking a longer fast, start carefully with small meals which are easily digestible.

## 8. **THE PRAYER OF FAITH**

*1 John 5:14,15* "This is the assurance we have in approaching God: 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 what we asked of Him."

*Mark 11:24* "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."

We should not stop praying for a specific matter until we actually have the final answer in our hands.

The praying process could be described in three stages:

4. The seeker's prayer
5. The prayer of faith
6. The prayer of reminding.

### **The seeker's prayer:**

In this phase we pray to seek God's will in the matter. Regular Scripture reading is an important source of guidance.

After discerning God's will, we should test it:

- is it in line with the Word?
- do I have steadily increasing certainty and peace?
- do the brethren or my spiritually mature leaders agree?
- do circumstances point in this direction?

### **The prayer of faith:**

Once we know what God's will is, we may formulate it in a simple prayer, receiving by faith the answer from Him.

### **The prayer of reminding:**

The transaction is completed. When we pray now it is a prayer of thanksgiving, reminding the Lord of what has been accomplished already and holding on to Him to fulfil His promises. Is. 62:6,7

## 9. **CONVERSATIONAL PRAYER**

Conversational prayer is a group talking together with God. We talk to Jesus just as if we were having a conversation with Him. He is there with us, so one of us starts to talk, saying a few sentences about the subject we would like to discuss with Him, then the next one adds their thoughts, and the first person may come back and add on more. Someone may have some information which the others did not know. When he prays he shares this with the Lord, and the others hear it too. We need not start each time with a formal introduction, or finish each time with “in Jesus Name Amen.” (It is all one prayer, only being prayed by a group.) When we have completely covered the one subject, we move on to the next one.

We can use the same method to praise and worship the Lord together. Each person expresses in just a few words, one of the Lord’s characteristics, or praises Him for what He has done. This is a wonderful experience as we concentrate on Him and let our spirits worship Him who alone is worthy!

## **10 APPLICATION**

Prayer is only learnt as we pray.

Use the guidelines given in this study to put into practice the different forms of prayer either personally or in a group. This may need to be done over a period of time during your quiet time and/or during group meetings.

Suggestion: Start now with 10-15 minutes of conversational prayer in a small group. To cover the different forms of prayer, set a time when you will meet again in your group for a time of worship; then for a time of intercession, etc.

Fill in “Action Steps Checklist” no. 3 on page 56

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## Study Four

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## STUDY FIVE

### BUILDING THROUGH PRAYER

#### CONTENTS:

1. Introduction

2. A Network of Prayer

3. Praying With Patients

4. Prayer Walking in Hospitals

5. Prayer Helps

6. Application

Addendum A: Suggested programme for a day of prayer

Addendum B: Guidelines for conducting a prayer meeting

#### Study objectives:

At the end of this study you should be able to:

1. recognise your responsibility as a Christian to pray for the health field
2. evaluate the present situation regarding prayer in your workplace, and make provisional plans for establishing a prayer network.
3. understand and appreciate the importance of praying with patients

#### SCRIPTURE:

1 Timothy 2:1- 8

## 1. INTRODUCTION

Christ taught His disciples to pray: Matt. 6:10 *"Your Kingdom come"*

We can see God's Kingdom established in the health fields of the world through earnest, believing and prevailing prayer.

We may come to God with confidence and expectation on account of the merits of Christ and promises like the following:

Jer. 33:3 *"Call to Me and I will answer you and tell you great and unsearchable things you do not know"*

1 John 5:14-15

*"This is the assurance we have in approaching God; 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 what we asked of Him."*

What can be done in the area of prayer?

*We are going to share many possibilities with you. You can select, adapt and use those most suitable to your present situation.*

## 1. A NETWORK OF PRAYER

We want to bring every hospital into the Kingdom of God - like catching fish in a net. Such a net would have to be strong and firmly knotted, otherwise the fish will escape. It is the prevailing group and personal prayers of the children of God that tie the ropes together into knots that will hold to make a catch for eternity.

Each knot is a prayer meeting, each line indicates a health field worker. This network becomes a reality through personal and group prayer practiced creatively with perseverance.

### What to pray for:

- \* Each person in the group can start praying for 2 to 3 specific people - for the development of a love relationship between them and God.

- \* The practical demonstration of God's love to patients and colleagues locally, nationally and internationally.

- \* The development of pure and loving relationships between staff members.

### Group Prayer Suggestions

- \* *A network:*

On the first day, 2 to 5 people meet for 10 -15 minutes of prayer at a time that suits them, e.g. just before/after work, tea/lunch time, at night. On the second day each one of these 2 to 5 people meets with another 1 to 4 other Christians to pray at a time that suits them. Thus each day of the week many small and short prayer meetings are held, therewith forming a net covering the health field.

- \* *"Chance" Meetings:*

During "chance" meetings with fellow believers, have a brief on-the-spot prayer.

- \* *Same time, different places:*

Christian medicals who live far from each other can agree to pray each day/week at a certain time, e.g. 6:00-6:15.

\* *Telephone prayer meetings:*

On regular or free basis, phone one another and pray together on the phone.

\* *Early morning prayer meeting:*

Same group meets every day or a different group meets each day of the week. Start about one hour before work and pray for about 15 - 30 minutes.

\* *Prayer breakfast:*

Once a week/month a group meets for early breakfast and then pray together  $\pm$  30 minutes. Or you can pray before you eat.

\* *Half day/day of prayer:*

Meet once a month for a morning and/or afternoon and pray for the world. (The first Wednesday of each month is the prayer day of the HCFI.) See Addendum A for a suggested programme.

\* *Half night/night of prayer:*

Similar to half day/day of prayer. Luke 6:12

\* *Prayer chain:*

Two people pray for one hour. Two others pray during the following hour. A new group starts each hour. Such a chain can last 12/24 hours, a week, or longer. You can help to organize such a night of chain prayer by making a list:

NAMES	TIME
John and Kamal	8 pm - 9 pm
Kamau and Mualuko	9 pm - 10 pm
Jayne and Joyce	10 pm - 11 pm
Chang and Kim	11 pm - 12 pm
Indra and Samantha	12 pm - 1 am

Contact different people and ask them when they want to pray. They do not have to come to the same place each time. e.g. married couples can pray at home. When each group stops, they should contact the next group to make sure that they are awake! Give them some specific prayer requests. This method of prayer is an excellent help especially in times of crisis, before or during evangelistic outreaches, camps, conferences, appointments with hospital directors etc.

\* *Weekly prayer meeting:*

See Addendum B at the end of this study.

\* *Prayer weekend/conference:*

Like other weekends/conferences, but much more time is given to prayer - at least 50% of the meeting times. Messages could include teaching on different types of prayer coupled with application prayer times after each type has been explained. The best way to learn to pray, is to pray!

\* *"Prayer Triplets:"*

Three people, coming together at regular, short intervals will see many life-changing effects, burdens lifted, fears gone, conditions at work and home improve and faith in a loving and caring God strengthened and confirmed.

Find two other Christians who are willing to get together with you for 10 - 15 minutes at a specific time and location. This can be during lunch, break-time or before or after work.

Be specific - each person prays specifically for 3 other people who do not yet know Christ as their Saviour. A total of nine people are being prayed for. Pray also for the specific needs of those 9 people and for the needs and direction of yourself and your two prayer partners.

Alone - in your own time, pray daily for the 3 people you want to see won to Christ. Pray also for your two prayer partners and the people they are praying for.

Together - take time to share answered prayer. Pray that additional Prayer Triplets groups may start. When the 3 people you are praying for become Christians, continue to pray for them but add others to your list.

*KEEP IN TOUCH WITH YOUR PRAYER PARTNERS.*

### **3 PRAYING WITH PATIENTS**

If we are sensitive to God's guidance and to the needs of our patients, we will find opportunities to pray with them. This can be a powerful means of communicating God's presence, compassion and help to our patients.

#### **3.1 How and when to pray with patients:**

Always be considerate and ask the patient's permission first. Ask if he would like you to pray, if it should be audible or not, at the bedside or somewhere else.

*Keep the following in mind:*

- Provide privacy.
- Use normal tone and volume of voice.
- Be brief, to the point and specific.
- Be personal - use the patient's name.
- Use touch if appropriate.
- Allow the patient to participate either verbally or silently.
- Include family members wherever possible.
- After praying, allow a little time with the patient. He may wish to talk or share: you may want to say something more.

*Suitable times:*

- Before meals.
- Before sleep.
- When the patient is anxious or fearful e.g. pre-operatively, before major test, on admission.
- When the patient is unconscious.

#### **3.2 What to pray for the patients:**

- \* Be sensitive to the guidance of the Holy Spirit



Ask, 'what would Jesus do in this situation?'

\* Pray according to the needs of the patient.

If the person confesses guilt or the need to be forgiven, pray with him for repentance and forgiveness.

\* Use Scripture as a prayer.

\* God might want to heal the patient miraculously.

This has been the subject of much controversy. However if the Bible is true, it is still possible today. Unfortunately some have emphasized healing to the neglect of the Healer, Jesus Christ. Therefore we must make very sure of God's guidance and always work with the full willing co-operation of the patient without distressing others.

\* You can also pray for relief of pain, tension and fear.

#### 4. **PRAYER WALKING IN HOSPITALS**

Definition: Praying on the site where we wish to see the Lord at work.

Examples found in Scripture:

Gen. 13:17        *"Arise, walk in the land through its length and its width, for I give it to you."*

Joshua 1:3        *"Every place that the sole of your foot will tread upon I have given you."*

John 3:35 says that the Father has given all thing into the hands of His Son Jesus. Therefore the health field rightly belongs to Him, but the enemy has usurped that place belonging to Christ. So we are claiming for Jesus what already belongs to Him.

##### **4.1     Meet for preparation and briefing:**

Requirements for participants:

Have a clear conscience before God - no unconfessed sin.

Be sure of your own position in Christ and that you are standing in His authority.

Come in humility, totally dependant on God, seek a fresh anointing of the Holy Spirit and His protection in the battle.

Clear relationships between members - no unforgiveness, bitterness, strife.

If possible have representatives from each area of the working place/various disciplines. Help one another - even people from different hospitals working together. Joshua 1:13-16; 22:3,4.

Accept spiritual responsibility for the workplace. Joshua 1:3; Jer.29:7 *seek its welfare*.

Fasting can be a valuable asset.

The purpose is to see God glorified and His kingdom established in the health field.

##### **4.2     Identify the areas of sin:**

Individual and corporate sin gives Satan the right to be there, they give him a foothold.

Research:

Do positive research to find out God's promises, calling, purpose for the place.

Research in advance to find both the good and bad points eg.

- How was the hospital founded? Satan seeks to get in from the start.

- Idolatry? Jer.11:13

- Spiritual 'leaders' - city leaders were connected to demonic powers. Joshua12:1,9,10,24. The leader can function as the 'high priest' of the controlling power. "Gates" were used to keep bad things out and allow good things in. Key persons, decision makers can close the "gates" to the King of kings. They (human leaders) are not the enemies, but can be influenced/controlled by demonic principalities. Ps.24:7-10; Prov. 31:23.

- Expose strongholds of darkness. Ezek. 11:1-3; 8:11,16. Points of attachments for the occult includes - innocent blood (abortion); massacres; unsettled disputes/feuds; sin. Some leaders sell hospitals to Satan to gain power over people.

#### **4.3 Repentance**

First for any sins in the life of the participants. Then stand in the gap for the sins of the work place and the people, Dan. 9:3,5,10,20 clearing the ground. Ps 80:8,9; Josh.17:17,18. Your locality should not be a place in which you are hemmed in on every side by the enemy, but one that is cleared spiritually so God's people have room for action.

#### **4.4 Declare the Lordship of Jesus over our lives and working place**

Declare aloud specific promises the Lord has given for the health field of your city /country.

#### **4.5 Praise the Lord together and celebrate His victory.**

Dedicate the place to Jesus, reconcile it back to God. Col. 1:20

#### **4.6 Follow up**

Remember to walk in righteousness, specifically in areas for which there was repentance. Live and act in the opposite spirit: lust - purity; hate - love; lying - truth; bitterness - forgiveness; blame-shifting - accountability.

#### **4.7 What to pray for -**

Forgiveness of sins

That Christians will demonstrate the overcoming life and love of the Lord Jesus in their workplace.

That God will bring home the truth of Ex.20:13 to those engaged in malpractice.

A return of basic health teaching and simplicity of purpose; that hospitals once again become a place of healing and over-specialization be checked and controlled.

Christian leaders who are in strategic positions, that they will be given wisdom, perseverance and grace. Micah 6:8

Good and righteous policies to be formulated by leaders in authority.

Restoration of Christian values to the medical and nursing curricula.

Institutions of learning (Medical faculty and Nursing schools)- that lecturers be given boldness to integrate Christian values in their teaching.

Boldness to proclaim the Lord and win healthcare staff and patients to Christ.

More dedicated Christians to recognize their responsibility as they serve in the health field. Many seem oblivious to the fact that working in a Health Field situation is not merely 'the workplace', but presents a powerful opportunity of witnessing to people who may otherwise never hear the Gospel.

Multiplication of groups (Bible study and Prayer groups) in every hospital.

Healthcare Christians to be revived, leading to:

- a desire to be conformed to the image of Christ
- a fresh vision of the Lord
- an eagerness to be equipped with knowledge, skill and ability Ex.31:2,3
- strong motivation in the service of the King of kings
- expectation of new things, better than before

Unity and love among Healthcare workers

Hospitals with a meaningful witness or potential for life bringing ministry be kept open.

That every avenue of care to the whole person will be maintained.

Your local HCF to be registered (where applicably) and that labourers be released.

Your personal needs.

Praise the Lord for those who are actively serving Him. Name people before the Lord, asking that Eph. 3:16-19 be fulfilled in their lives.

Thank God for the privilege of service, also through prayer. At His gracious invitation (Matt. 11:28-30), bring your needs before the Lord and exchange your weakness for His strength, your inability for His ability, your heartache for His joy, your striving for His peace.

## 5. **PRAYER HELPS**

Personal prayer diary

Prayer book or box for prayer requests.

HCFI Prayer Guide - Trumpet Call, local HCF news/prayer letter.

Operation World - by Patrick Johnstone Publishers:

Send the Light Trust  
P O 48  
Bromley  
Kent BR1 1BY  
England

Prayer Cards - by Operation Mobilization  
Tiensestraat 205  
Leuven  
Belgium

Mini Atlas

World Map

Newsletters of Christian organizations/missionaries.

List of Kings and Presidents - obtainable from:  
World Literature Crusade  
Overseas Director  
Box 1313  
Studio City, California 91604  
USA

Books on prayer - How to Pray by R A Torrey  
Power Through Prayer by E M Bounds  
No Easy Road by Dick Eastman  
Conversational Prayer by Rosalind Rinker.

## 5. APPLICATION

- 6.1 What is the present situation regarding prayer in your place of work?  
.....  
.....  
.....
- 6.2 List types of group prayer that may be effective in your workplace.  
Refer to pages 48 -50  
.....  
.....  
.....
- 6.3 List the names of people with whom you could develop a prayer network. Transfer these names to  
your "Action Steps Check List" no. 4.  
.....  
.....  
.....
- 6.4 Set a deadline before which you plan to meet with these people to discuss the implementation of the  
prayer network. You could use this lecture as a basis to work from.. Date:  
.....  
  
Transfer this date to your "Action Steps Checklist".
- 6.5 What are the most common hindrances to praying with patients in your work place?  
.....  
.....  
.....  
.....
- 6.6 Which apply to you?  
.....  
.....  
.....
- 6.7 What do you believe God wants you to do about this?

.....  
.....  
.....

Transfer your answer to your “Action Steps Checklist”.

**PURPOSEFUL PRAYER IN THE HEALTH FIELD**  
**ACTION STEPS CHECKLIST**

1. Personal prayer life improvers:

What	When

1. My daily appointment with the Master:

Time ..... for ..... minutes

Things I want to remember regarding my quiet times:

.....  
 .....  
 .....

Practising various forms of prayer:

I need to learn more about / practice more of the following forms of prayer:

Forms of Prayer	What I will do	When
<input type="checkbox"/> Worship		
<input type="checkbox"/> Confession		
<input type="checkbox"/> Thanksgiving		
<input type="checkbox"/> Petition		
<input type="checkbox"/> Intercession		
<input type="checkbox"/> Spiritual Warfare		
<input type="checkbox"/> Fasting		
<input type="checkbox"/> Conversational prayer		

1. Prayer Network

People to contact regarding a prayer network:

.....  
 .....  
 .....  
 .....

Prayer network implementation deadline:

.....

2. Praying with patients:

What	When

## **ADDENDUM A:**

### **SUGGESTED PROGRAMME FOR A DAY OF PRAYER**

09.00	-	09.30	Group singing/worship
09.30	-	10.15	Message /Bible Study
10.15	-	10.30	Reflection or Group Intercession
10.30	-	11.00	Tea - break
11.00	-	12.30	Small group prayer
12.30	-	14.00	Lunch break. Those who fast can continue to pray individually or in groups.
14.00	-	14.15	Group singing/worship
14.15	-	15.00	Group Intercession
15.00	-	15.30	Small group prayer
15.30	-	16.00	Short break
16.00	-	16.45	Small group prayer
16.45	-	17.15	Thanksgiving, report back, testimonies, conclusion.

Remember to be very flexible with a prayer programme. God must have full control of what happens. Prayer requests can be shared, written on a blackboard, typed etc. Make use of prayer helps listed in Study Five.

## **ADDENDUM B :**

### **HOW TO CONDUCT A PRAYER MEETING**

#### **1. Preparation for prayer meeting**

\* Understand why you have to pray for the lost.

HEAVEN - which is waiting for the saved  
2 Peter 3:13

HELL - where most people are heading now.

Matt. 7:13,14 “ *Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.* ”

Eph. 2:1-3,12; Rev. 20:11-15

The CROSS - where Jesus died to save lost sinners.

PENTECOST where the Holy Spirit was first given to the Church. He teaches us to pray. Rom. 8:26

\* Understand why you pray for believers.

Gal. 4:19; Phil. 2:12,13

Heb. 12:12-14

Phil. 3:14

\* Find a suitable place and time for meeting.

\* Notify the people involved

\* Thoughtfully and prayerfully ask the Lord for a topic/Scripture message.

\* Carefully study the Word and read comments on the topic/Scripture.



\* Write down what you have to say and keep the message brief in relation to the time available for prayer.

\* Don't take any thought of man's approval but only Christ's.

## 2. **The Meeting**

Before the meeting, pray privately for the presence and guidance of the Holy Spirit in your life.

Begin promptly on time.

Sing a couple of choruses/hymns in line with the subject.

Allow appropriate time for the reading of the Scripture.

A concise, balanced Bible Study might be part of the programme - but prayer must be prominent.

State subjects for prayer clearly and definitely.

If the group is large enough, divide into smaller groups of 3 or 4. It gives more people the opportunity to pray and makes for greater freedom in the meeting.

Read and speak in your own natural tone of voice.

\* Pray audibly so that all hear and agree in their hearts.

Encourage short and to the point prayers.

Should there be occasional pauses, do not get nervous or impatient (it always seems longer to the leader!). Suggest that moments of silence be spent in thoughtfulness and prayer. It is better than a stereotyped prayer or mechanical thought.

Personal testimonies can be woven in very effectively. Also make use of special song items, reading of scripture, a poem, etc.

Give the topic/Scripture for the following meeting where possible, so that it can be thoroughly studied during the week.

Listen to the needs expressed in prayer. These may be followed up at a later stage.

As the group members grow in prayer experience, they will concentrate on one subject at a time and pray for it until all aspects are covered, before moving on to the next subject.

Ask a specific person to close in prayer or start singing a chorus.

## STUDY SIX

### CHILDREN AND PRAYER

#### CONTENTS

##### 1. Introduction

##### 3. Characteristics of Children

##### 4. Teaching Children about Prayer

###### 3.1 A Lifestyle of Prayer

###### 3.2 Aspects of Prayer

###### 3.3 Motivating Children to Pray

##### 4. Involving Children in HCF

###### 4.1. Opportunities

###### 4.2. Other Involvement

###### 4.3. Praying for the Health Fields

###### 4.4. Praying for a Country / Situation

###### 4.5. Praying for an Individual

##### 5. Guidelines For Your Prayer Meeting with Children

###### 5.1. Programme

###### 5.2. Practical Points to Remember

###### 5.3. Equipment List

#### Study Objectives:

At the end of this study you should be able to:

1. understand and appreciate the characteristics of children as it relates to prayer.

2. learn ways of teaching and motivating children in prayer.

3. recognise how children can be involved in the prayer ministry of HCF.

4. arrange a prayer meeting with children

#### SCRIPTURE

Psalm 8:2

#### 1. INTRODUCTION

Children love God their heavenly Father. They can and want to talk to Him, thereby growing to know Him. They have needs, concerns and requests which God desires that as His children they bring to Him. *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”* Phil.4:6. Prayer is a gift to All His children.

Children can also move God’s mighty Hands and help to change the world if they are given opportunities. A

pray-er is one who intercedes on behalf of the nations and people for salvation and righteousness. There is no instructions from God that one of His children is too young or immature or unable to take part in this work. Ezek. 22:30 “And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none.” God is looking for pray-ers, children are included

### **Praying for Children**

Children are learning, imitating and copying those around them. They believe and accept what they are told. Unfortunately the enemy also knows the vulnerability this gives children and he influences them, not for good, but for bad! Therefore children need our prayers.

How can you pray for them?

How should you increase your prayer for them?

Points to consider when praying for children

- their home environment ... parents, siblings, other family members, neighbours
- their church situation
- attack of the enemy
- negative influences in school, the community, friends, media
- their future

## **2. CHARACTERISTICS OF CHILDREN**

### **2.1 Comparison between the requirements for pray-ers and characteristics of the child.**

Consider the following:

- \* A child in the shops, sees sweets on the shelf which he naturally wants.  
What does he do?

What does he say?

- \* A child cannot put on his shoes.  
What does he do?

What does he say?

- \* A child wants a new bicycle, which he knows his parents cannot afford?  
What does he do?

What does he say?

Which characteristics can you recognise in each situation that are important in prayer?

## **2.2 Characteristics of children beneficial in ‘prayer’:**

Helplessness

Willingness to ask

Humility

Dependence

- they recognise that they are unable to do things themselves, they need help, attention and love.
- they are more open to be led by the Spirit.

Knowing God

- they love Him, and we know the heart of God for the children.

Matt 18: 14      *“Even so it is not the will of your Father which is in heaven, that one of these little ones should perish.”*

Trusting (having faith, believing)

- Children believe what is said - promises or words spoken. They think the best will be done.

Persevering

- when they want something, they will continually ask, until they get it!

## **3. TEACHING CHILDREN ABOUT PRAYER**

How are children encouraged to pray?

### **3.1 A Lifestyle of Prayer**

Habits - young children need routines. Children are developing habits which can last a lifetime.

In what ways can a child be guided to develop a habit of prayer?

How should it be different from *your* prayer times?

#### **Some points to consider**

- how long?
- when?
- where?
- what to do?

Often children are only given directions for ‘basic’ repetitive prayers: eg. “Bless mummy, daddy.” This is not

**Page -60-**

wrong, in fact it is an excellent start, but why not encourage them to pray for specific, and real situations?

### **Praying for things outside of their 'world':**

Children are able to believe and they have wonderful imaginations which can be a bonus. You can guide their prayers giving:

- real situations
- simply explained
- specific items

## **3.2 Aspects of Prayer**

### **A C T S**

#### **Adoration:**

Children often and readily say: 'I love you'. They can learn to tell this to Jesus.

#### **Confession:**

Children often hear, "now say sorry". They can learn to also 'say sorry' to God.

#### **Thanks:**

Repeatedly children are told; 'what do you say?' awaiting a 'thank you' They must also learn to thank God.

#### **Supplication:**

Children often ask 'May I have...'. They too can ask God to meet their needs. They knowing, having and admitting a specific need, can make specific requests.

Matt. 7: 7 *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."*

Phil. 4: 6 *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."*

Children can learn to implement each aspect of **A C T S** for themselves.

### **Evangelism**

Praying for the unsaved, for their repentance and salvation

Matt. 9: 37, 38 *"Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest."*

Children can pray for people in countries where evangelism cannot openly take place, or is forbidden. Their prayers can penetrate places where children or adults cannot go, and reach people they will not meet.

### **Spiritual Warfare**

Prayer is a weapon against the enemy.

Ephesians 6: 18 *"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;"*

Children have overcome and silenced this enemy:

Psalms 8: 2 *"Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger."*

### **Areas of Prayer**

Missions / Missionaries  
World / Countries  
Health field

### **3.3 Motivating Children to Pray**

#### **Teaching Prayer**

Show children the need, the value and the results of prayer.

Teach them the Word of God - His promises and His commands.

Guide them step by step practically in prayer.

Encourage them as they experience and share answered prayers.

“The best way to learn more about prayer is to pray.”

***Make prayer exciting and fun***

Teach children through stories:

Bible

Missionary

Children's

Teach them through learning memory verses - eg. Jeremiah 33: 3, Luke 11: 9

Use dramas, plays, songs

#### **Activities to Stimulate Prayer**

Be sure to use a variety of activities to stimulate prayer:

- games
- pictures
- prayer walks
- handicrafts
- ‘conversational’ prayer

## **4. INVOLVING CHILDREN IN HCF MINISTRY**

### **4.1 Opportunities**

The ministry of HCF provides many opportunities for the involvement of children, viz.

Children's meetings - church, children's groups, family

Special events

- morning, evenings (half -day)
- day
- weekends

During meetings in which parents are involved e.g. seminars, conferences etc.

### **4.2 Other Involvement**

#### **Evangelism**

Teach children how to share the Gospel message and give them opportunities to go on outreaches.

#### **Worship**

Worship is:

“To show profound devotion and respect, to adore, to venerate.”

“To feel in the heart, to express in some appropriate manner.. awesome wonder and overpowering love.” A W Tozer

Praise is:

“Vocal expression of adoration for God.”

Worship and praise is not merely singing songs! It is a heart activity. Children are not only singing songs to keep them quiet, or to give them something to do, **BUT** children can worship God in a meaningful way.

They need to be led into times of true praise and worship

- give them the opportunity to see and experience it for themselves.
- then to be involved themselves.

#### **Drama, Song**

Children can be involved in presenting the Gospel message through these means.

### **4.3 Praying for the Health Fields**

Let children be part of the prayer net work in the health fields around the world.

#### **Themes to pray for:**

People:

nurses, doctors, dentists, paramedics, administration, domestics, cooks, ambulance drivers etc.  
patients, families, parents, other children  
church members

*Possible stories to use to stimulate prayer:*

*The Good Samaritan; Luke 10: 30 - 37,*

*Possible verses to teach:*

*James 5: 13; 1 Cor. 1: 27; Matt. 21: 16*

Situations:

money, medicine, beds, linen, water, electricity, equipment

Evangelism

#### **Games involving the theme of the health fields and giving related topics for prayer:**

*Pairs:*

- matching pictures of people, places
- praying in twos for the picture

*Board games:*

- Have a picture with a large hospital or ward, certain squares should have prayer items or activity. Throw a dice and move around the board
- take time to pray for the item or activity on which the dice falls.

*Prayer Walk:*

- in town, possibly around the hospital
- in the room, with pictures of hospital people, places around the room
- outside in country, giving different ideas, using the pictures

*Group Prayers:*

- different corners of room, different topics
- let the children move around changing groups and topics

*Treasure hunt:*

- finding cards / pictures or certain places

- pray for the topics found

*Prayer 'pin':*

- large picture of hospital / ward
- after praying for the item let the child put the pin in.

*Prayer Spinner:*

- prepare a large spinner with prayer items
- turn and pray for the item the hand of the spinner lands on.

**Using Pictures to help children see the situation for which they are praying:**

- Draw pictures for a given topic
- Colouring in pictures
- Worksheets
- Using and making weekly / monthly prayer sheets / reminders
- All can be taken home, to use for continued prayer.

**4.4 Praying for a Country / Situation**

Selecting a specific country, for example from 'Operation World' and focus on:

- the health fields,
- the HCF worker,
- the need for HCF to start or develop (Project RUN, Operation Joshua)
- requests from 'Trumpet Call'

Other Prayer Helps for Children:

- 'You can Change the World' including activity books
- 'Global'
- Maps, prayer cards eg. Open Doors

**4.5 Praying for an Individual**

- A known HCF worker
- HCFI leaders
- Missionary medical worker



## 5. GUIDELINES FOR YOUR PRAYER MEETING WITH CHILDREN

### 5.1 Programmes:

#### **1 - 2 hour meeting**

0900 - 0910 Pray, songs  
0910 - 0930 Teaching, prayer  
0930 - 1000 Activity  
1000 - 1030 Songs, Prayer  
Close

#### **Half day Prayer (3 - 4 hours)**

0900 - 0910 Welcome, Prayer  
0910 - 0920 Songs  
0920 - 0940 Ice-breaker / game  
0940 - 1000 Teaching, Prayer  
1000 - 1030 Activity  
*1030 - 1100 Break, drinks*  
1100 - 1130 Song, teaching, prayer  
1130 - 1200 Activity  
1200 - 1220 Teaching, prayer  
1220 - 1250 Activity  
1250 Prayer, song, close

#### **Day of Prayer 9am - 4pm**

0900 - 0910 Welcome, prayer  
0910 - 0920 Songs  
0920 - 0940 Ice-breaker / game  
0940 - 1000 Teaching, prayer  
*1000 - 1030 Break, drinks*  
1030 - 1040 Songs  
1040 - 1100 Teaching, prayer  
1100 - 1140 Activity  
1140 - 1200 Prayer  
*1200 - 1300 Lunch, games*  
1300 - 1315 Song, Activity  
1315 - 1345 Teaching  
1345 - 1430 Activity  
*1430 - 1500 Break, drinks*  
1500 - 1545 Activity, prayer  
1545 Prayer, song, close

What can the teaching and activity items include? ( See point 3.3 and 4.3 on page 67 - 70)

### 5.2 Practical Points to Remember

- \* Be well prepared
- \* Have lots of different activities ready (it is better to have too many, and not use them all - they can be used next time!)
- \* Frequently change the activity, especially with group having a wide age range
- \* Try and keep to a theme
- \* Prepare the prayer requests, being specific and real
- \* Encourage the children to participate in prayer - do not pray long prayers yourself, it can discourage children.
- \* Try always to give the children something to take home -
  - to share with parents
  - to continue to use for prayer
- \* Over a longer period, give each child a file to keep all their work in and to take home.

- \* Name badges for everyone (one activity can be to make them)  
This will enable you to call each child by name, and is very important for their acceptance and security
- \* Encourage the children to keep tidy, especially between activities
- \* Give the children responsibilities
- \* If possible have enough adult help

### **5.3 Equipment List**

Crayons, pencils, colours  
 Paints, brushes, water containers  
 Modelling clay  
 Paper  
 Magazines for cutting pictures,  
 Scissors, glue  
 Music, tapes  
 Books for reading