

# KMI Workshop 2012

## Committing to Prayer

### What is prayer?

John Bunyan (1628-88), the well known Puritan and author of Pilgrim's Progress, was a congregational pastor in Bedfordshire, England. His life and writings have been internationally influential in the lives of Christians since his death, despite the efforts of powerful men to hinder his ministry.

After King Charles II was restored to the throne of England, Ireland, and Scotland in 1660, he outlawed any church ministry that was not under the ecclesiastical rule of the politically manipulated bishops of the Church of England. Hence, Bunyan and over two thousand other godly Puritan ministers were cast out of their pulpits – leaving them jobless and homeless - for not submitting themselves to ungodly leadership and corrupt doctrine. Bunyan was held in the Bedford prison no less than twelve years for unlawful preaching. It was during that time, however, that he wrote almost all of his famous literary and theological works. In one of those works, A Discourse Touching Prayer written in 1662, Bunyan presents a wonderful definition of prayer. He states:

***Prayer is a sincere, sensible, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit, for such things as God has promised, or according to His Word, for the good of the church, with submission in faith to the will of God.***

In a recent Jerry Bridges devotional, Holiness Day by Day, he said:

"God never intended that we relate to him directly. Our own performance is never good enough to be acceptable. The only way we can relate to him is through the blood and righteousness of Jesus Christ. Only the blood of Jesus will cleanse us from a guilty conscience and give us confidence to enter into God's presence" .

Hebrews 10:19 states "Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus".

# Why Pray?

## To Fellowship With The Lord:

Psalms 116:1-2: "I love the Lord, because He hears My voice and my supplications. Because He has inclined His ear to me, Therefore I shall call upon Him as long as I live.

My creator wants to spend

## God's Word tells us to:

Colossians 4:2 "**Devote yourselves to prayer**, keeping alert in it with an attitude of thanksgiving;"

Ephesians 6:18-19 ,With all prayer and petition **pray at all times** in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,

## For my family:

3 John 1:4 "I have no greater joy than this, to hear of my children walking in the truth."

# Types of Prayer

- Confession
- Petition
- Intercession
- Thanksgiving
- Praise

(Refer to the Prayer Hand illustration page that is included in this binder)

# Intercession

## In the Old Testament -

- Abraham was an intercessor - Genesis 18:23-24 "Abraham came near and said, " Will You indeed sweep away the righteous with the wicked? Suppose there are fifty righteous within the city; will You indeed sweep it away and not spare the place for the sake of the fifty righteous who are in it?"
- Jacob was an intercessor - Genesis 48:15 " The God before whom my fathers Abraham and Isaac walked, The God who has been my shepherd all my life to this day, The angel who has redeemed me from all evil, Bless the lads (Manasseh and Ephraim); And may my name live on in them, And the names of my fathers Abraham and Isaac; And may they grow into a multitude in the midst of the earth."
- Moses was an intercessor many times ... But here when praying for a successor to himself - Numbers 27:16-17 "Let Jehovah, the God of the spirits of all flesh, appoint a man over the congregation, who may go out before them, and who may come in before them, and who may lead them out, and who may bring them in; that the congregation of Jehovah be not as sheep which have no shepherd."
- Samuel, David, Solomon, Elijah, Isaiah, Jeremiah, and many other Old Testament faithfuls were intercessors.

## In the New Testament -

- The plea of Stephen for his murderers in Acts 7:60 "Then falling on his knees, he cried out with a loud voice, "Lord, do not hold this sin against them!" Having said this, he fell asleep."
- Peter at Joppa in Acts 9:40 "But Peter sent them all out and knelt down and prayed, and turning to the body, he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter, she sat up."
- The apostle Paul - Romans 1:7-9 "To all that are in Rome, beloved of God, called to be saints: Grace to you and peace from God our Father and the Lord Jesus Christ. First, I thank my God through Jesus Christ for you all, that your faith is proclaimed throughout the whole world. For God is my witness, whom I serve in my spirit in the gospel of his Son, how unceasingly I make mention of you, always in my prayers"
- Jesus Christ - Luke 23:34 But Jesus was saying, " Father, forgive them; for they do not know what they are doing."

# Finding time to pray

- Mark 12:44 "for they all put in out of their surplus, but she, out of her poverty, put in all she owned, all she had to live on."

Draw a circle on the bar where you would rate your daily time spent in prayer. Would you consider your prayer time as "Little Time" each day or "Much Time"?



Draw a circle on the bar where you feel you spend most of your prayer time as consolidated into your quiet time or dispersed throughout the day.



Would you like to spend more time in prayer? (Circle One)    Yes    No

If yes, when will you start? (Include a date)    \_\_\_\_/\_\_\_\_/\_\_\_\_

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Navigators devotions - <http://www.navigators.org/us/resources/devotionals>

Discipleship Library - <http://www.discipleshiplibrary.com/>

**Daily**

Family, Close Friends, Urgent Needs

**Monday**

Employer, Employees, Co-Workers, Civic Clubs, School Teachers, Neighbors

**Tuesday**

Healing, Illness, Surgery, Comfort, Needy

**Wednesday**

Without Faith (Lost), Those in Whom's Salvation You Are Uncertain,  
Abortion Minded & Ministry, Enemies

**Thursday**

Missionaries, Nations, Political Leaders, Intercessors

**Friday**

Elections, Ballot Issues, Events (KMI), Organizations (Navigators), Natural Disasters

**Saturday**

Military, Police, Fire, EMT's, City Management

**Sunday**

Pastors, Churches, Congregations, Staff, Revival

**Praise & Thanksgiving**

Eternity, Grace, Answers to Prayer, Blessings, New Believers









Wednesday

Luke 19:10 For the Son of Man has come to seek and to save that which was lost.

Revelation 22:15 Outside are the dogs and the sorcerers and the immoral persons and the murderers and the idolaters, and everyone who loves and practices lying.

Job 31:15 Did not He who made me in the womb make him, And the same one fashion us in the womb?

Matthew 5:44 But I say to you, love your enemies and pray for those who persecute you,

Date	Prayer Request	Answered

Without Faith (Lost), Those in Whom's Salvation You Are Uncertain, Abortion Minded & Ministry, Enemies

Thursday

Acts 1:8 but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.”

Romans 13:1 Every person is to be in subjection to the governing authorities. For there is no authority except from God, and those which exist are established by God.

2 Chronicles 7:14 and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.

Luke 23:34 But Jesus was saying, “ Father, forgive them; for they do not know what they are doing.”

Date	Prayer Request	Answered

Friday

1 Samuel 8:7 The Lord said to Samuel, "Listen to the voice of the people in regard to all that they say to you, for they have not rejected you, but they have rejected Me from being king over them.

Mark 13:8 For nation will rise up against nation, and kingdom against kingdom; there will be earthquakes in various places; there will also be famines. These things are merely the beginning of birth pangs.

1 Samuel 12:18 So Samuel called to the Lord, and the Lord sent thunder and rain that day; and all the people greatly feared the Lord and Samuel.

2 Corinthians 6:4 but in everything commending ourselves as servants of God, in much endurance, in afflictions, in hardships, in distresses,

Date	Prayer Request	Answered

Saturday

1 Samuel 25:13a David said to his men, "Each of you gird on his sword."

Matthew 5:9 "Blessed are the peacemakers, for they shall be called sons of God.

John 15:13 Greater love has no one than this, that one lay down his life for his friends.

Psalms 144:1 Blessed be the Lord, my rock, Who trains my hands for war, And my fingers for battle;

Date	Prayer Request	Answered

Sunday

Hebrews 13:7 Remember those who led you, who spoke the word of God to you;  
and considering the result of their conduct, imitate their faith.

Jeremiah 3:15 “Then I will give you shepherds after My own heart,  
who will feed you on knowledge and understanding.

Acts 11:21 And the hand of the Lord was with them, and a large number who believed turned to the Lord.

Hebrews 10:24 and let us consider how to stimulate one another to love and good deeds,

Date	Prayer Request	Answered

Praise & Thanksgiving

Rev 21:22-23 I saw no temple in it, for the Lord God the Almighty and the Lamb are its temple. 23 And the city has no need of the sun or of the moon to shine on it, for the glory of God has illumined it, and its lamp is the Lamb.

Romans 5:8 But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

Psalms 116:1-2 I love the Lord, because He hears My voice and my supplications.  
Because He has inclined His ear to me, Therefore I shall call upon Him as long as I live.

Psalms 106:1 Praise the Lord! Oh give thanks to the Lord, for He is good; For His lovingkindness is everlasting.

Date	Prayer Request	Answered



# The Prayer Hand Illustration

Getting a Grip on Prayer		Verse(s)
<b>Confession - Agreeing with God about my sin</b>	Confession: This type of prayer keeps us honest and humble before God. We acknowledge our sin and agree with God that what we've done is wrong. This restores our relationship with God.	1 Jn 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness., Psa 139:23:24 Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.
<b>Petition - Asking God for my needs</b>	Petition: This aspect of prayer focuses on asking God to meet our specific needs. It's a heartfelt acknowledgment of our dependence on God to meet our needs. An example of this is when Hannah—who couldn't have children—asked God to give her a child. I prayed for this child, and the Lord has granted me what I asked of him (1 Samuel 1:27).	Jer 33:3 Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.' Mt 7:7-8 Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened., Psa 5:3 In the morning, O LORD, You will hear my voice; In the morning I will order my prayer to You and eagerly watch.
<b>Intercession - Praying for others</b>	Intercession: This kind of prayer is "others-focused" and emphasizes asking God to meet the needs of others or to intervene in events that affect those around us. The apostle Paul demonstrated what this kind of prayer was about when he told the Ephesian Christians: Eph 6:18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,;	1 Sam 12:23 Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you; but I will instruct you in the good and right way., Isa 59:16 And He saw that there was no man, And was astonished that there was no one to intercede; Then His own arm brought salvation to Him, And His righteousness upheld Him., Col 4:12 Epaphras, who is one of your number, a bondservant of Jesus Christ, sends you his greetings, always laboring earnestly for you in his prayers, that you may stand perfect and fully assured in all the will of God.
<b>Thanksgiving - Thanking God for what He has done for me</b>	Thanksgiving: Telling someone "thank you" is critical in any relationship. This kind of prayer gratefully acknowledges what God has done for you. Paul urged the Ephesians to practice this kind of prayer, telling them they should be: Eph 5:20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father,;	1Thes 5:16-18 Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.
<b>Praise - Voicing my wonder about who God is</b>	Praise: This aspect of prayer allows us to voice our wonder and awe about who God really is. It is completely God-focused. It's our chance to delight in God. The psalmist captured the essence of this beautifully: Psa 146:1-2 Praise the LORD! Praise the LORD, O my soul! I will praise the LORD while I live; I will sing praises to my God while I have my being. Leroy Eims defined it as "An overflow of our hearts in response to who God is". Psa 119:7 I shall give thanks to You with uprightness of heart, When I learn Your righteous judgments.	Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name., Psa 34:1-3 I will bless the LORD at all times; His praise shall continually be in my mouth. My soul will make its boast in the LORD; The humble will hear it and rejoice. O magnify the LORD with me, And let us exalt His name together.
	Regularly using all "fingers" of the "Prayer Hand" can help you develop a more balanced prayer life and a deeper relationship with God. And the great thing is that you can take this tool with you wherever you go!	



## **Extended time for prayer**

**In the next few minutes I want to encourage you to engage in an extended time of prayer. A planed ½ day of prayer for the purpose of raising your level of intimacy with Jesus.**

**All of the essential things of my physical life were decided for me. Essential defined means it is of the Highest importance, essential is the most important. God did not ask my advise, counsel or input into what century I would be born into, what continent would be home, could have been China, Africa just a easy as the USA, He didn't give a choice of who my parents would be, wealthy or poor, live in the city or on the farm, how tall I would be, color of hair or eyes. In fact He didn't ask me anything not even did I want to be born. Before I was born the date of my death was already established Psalms 139:13-16 Jeremiah 1:5, I can not go back and be unborn and I cannot avoid the day of my departure. All the essential things of my life was decided for me, Praise God, if the Lord had given me choices in these maters I would have made some very bad choices.**

**In the spiritual realm, after receiving Jesus Christ as my Savior and Lord, God has given me an Essential choice, I, as a mere human can say to the Lord how close I want Him to be to me, or how close I want to be to Jesus. You and I are as close to God as we want to be. Would you like to be closer?**

**Jesus said in John 15:15 That we are His friends and He has some things to say to you and I. We are His friends. Do you remember spending the day with your best friend when you were a youth some times you may have fished together or some other activities or just spent time together talking? Some of fondest memories are being with my best friend that lived two doors down from me, sharing dreams of the future.**

**Do you realize that Jesus desires to be with you more than you desire to be with Him? Revelations 3:20 if you hear My voice and opens the door I will come in and will sup with you, will you allow Jesus to come in to share spiritual food with you?**

## **TIME**

**In our instant world of high speed internet, 3g 4g and faster phones the mentality of speed of now, spills over into other areas of our life.**

**E.M. Bounds said "God's acquaintance is not made hurriedly. He does not bestow His gifts on the casual or hasty comer and goer. To be much alone with God is the secret of knowing Him and of influence with Him.**

**One of the most common complaints I hear and one of my frequent excuses is I do not have time. Consider this God is very generous giving us 24 hours, time is important; God allows each of us to have the same amount of time and allows us to decide how we use it. So to say I do not have time is not correct, I should say I have used all my allotment of time and have none left over. We will make time for our highest priority. So time is not the problem in fact John Crawford use to say to us time is our friend not our enemy.**

**Tools for a half day of prayer are listed on the back page So lack of tools is not a problem we have been given time and we have been given the tools.**

### **Desire**

**Read Psalms 42:1, 63:1, 73:25 27:4 and 27:8 what is the common thread that runs thru these verses? Desire on the part of the Psalmist to be with God, the key in my opinion is do I have the desire to spend extended time with God for the purpose of growing in intimacy with Jesus?**

### **Intimacy**

**Example: Mr. Thams I have met on several occasions and we have enjoyed some delightful conversation, an interesting man a joy to talk with. But that is the extent of our relationship.**

**Nic Thams is his son, Nic and I have run and biked together, camped out, prayed together, been in several bible studies together and shared some difficult times together. There is no doubt that I could ask Nic for \$500.00 to meet a need and he would help me, he is a real friend.**

**Latane is my wife of 58 years she and I have cried together and experienced great joy, she knows more about me than any human and**

**still loves me, she does all she can to meet all my needs, and I do the same for her. We have had many intimate conversations.**

**But there is one level higher of intimacy that I have experienced that is intimacy with Jesus and is at its highest during a ½ day of prayer.**

**Jesus prayed all night Luke 6:12, Mark 6:45-48 He prayed until the fourth watch 3:00am – 6:00-am, Jacob all night Gen.32:24 Samuel all night 1 Samuel 15:11, Paul and Silas Acts 16:15 at midnight was praying and singing hymns, Daniel in Daniel 6:18 was certainly praying all night as he stood face to face with some hungry lions. We have many examples of men who took the time to be intimate with the Lord and we can see it in the life they lived.**

**I encourage you to plan a ½ day in prayer the Key word is plan, if you do not plan, it will not happen. But be warned that when you do plan something unexpected will come up that is in competition with your prayer time that is in competition with Jesus. If you will do this periodically maybe once a quarter, twice a year you will be amazed how quickly time passes, you will doubly amazed of the experience of being with Jesus for four hours.**

**TIME X DESIRE = INTIMACY WITH THE LORD**

**Do you want the first level Mr. Thams, second level Nic Thams the third level of a man and wife or the fourth level with Jesus it is your essential choice.**

**TOOLS TO BRING TO THE ½ DAY OF PRAYER**

**Bible Pen and Paper journal devotional book songbook**

**Prayer List your current needs bottle of water**

**A place where you will not be disturbed.**

## **How to begin**

**I suggest you begin with meditating on whose presence you are entering. Thank Him for His many attributes, His love, truth, faithfulness, justice, compassion, wisdom, salvation, power, sovereignty, perfect in all of His nature, attributes. Reading some of the Psalms to direct your thoughts to praise.**

**Confessing personal sin, sin of our nation**

**Reading from a devotional book**

**Reviewing memory verses**

**Praying for the lost by name, interceding for sick and needy**

**Reading the bible and praying the back the scriptures.**

**Praying for all government officials, church, pastor**

**Praying for missionaries and thanking God for your spiritual teachers.**

**Walk about sing some hymns.**

**If you think of something you need to do that you have forgotten write in down and deal with after prayer time.**

**The things the Holy Spirit speaks to your heart about write it down in your journal. The things you see in scripture that you need to apply or deal with write it down and do it.**

**Meditate on a verse word by word to really understand what God is saying to you thru the verse.**

**You will soon discover how fast 4 hours will pass by and you will want more time because of the intimacy of being with Jesus Christ giving Him your total concentration for 4 hours. You will no doubt desire to plan another time in the near future. These 4 hours will be the best spent time you have had and will change your life. The more often you do this the more Christ like you will become.**

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## How to Spend Extended Time in Prayer

The idea of spending an extended time in prayer—a half day or more—can seem so difficult that we never do it. But the guidelines listed here can help you approach such a time with the right preparation and the right attitude, and to gain richly from the experience.

### Five reasons

In *How to Spend a Day in Prayer*, Lorne Sanny give us these reasons for taking a break in our busy lives to spend a lengthy time alone with God.

**1. For extended fellowship with God,** beyond your morning devotions. It means just plain being with and thinking about God. God has called us into the fellowship of His Son, Jesus Christ (1 Corinthians 1:9). Like many personal relationships, this fellowship is nurtured by spending time together.

**2. For renewed perspective.** Like flying over the battlefield in a reconnaissance plane, a day of prayer gives opportunity to think of the world from God's point of view.

Especially when going through some difficulty, we need this perspective to sharpen our vision of the unseen, and to let the immediate, tangible things drop into proper place. Our spiritual defenses are strengthened while we "fix our eyes not on what is seen, but on what is unseen. For . . . what is unseen is eternal" (2 Corinthians 4:18).

**3. For catching up on intercession.** There are non-Christian friends and relatives to bring before the Lord, missionaries on various fields, our pastors, our neighbors, our government leaders—to name a few.

Influencing people and changing events through prayer is well-known among Christians but too little practiced. And as the times become more serious around us, we need to reconsider the value of personal prayer, both to accomplish and deter.

**4. For prayerful consideration of our lives before the Lord**—personal inventory and evaluation. You will especially want to take a day of prayer when facing important decisions, as well as on a periodic basis. On such a day, you can evaluate where you are in relation to your goals, and get direction from the Lord through His Word.

**5. For adequate preparation.** If God has given us plans and purposes in these times alone, we will be ready when opportunity comes to move right into it. We won't have to say, "I'm not prepared." The reason many Christians are dead to opportunities is not because they are not mentally alert, but they are simply unprepared in heart. Preparation is made when we get alone with God.

### Scheduling your time

Divide the time into three parts:

1. Wait on the Lord—to realize His presence, to be cleansed, and to worship Him.
2. Pray for others. Ask specific things for them. Use Paul's prayers in the New Testament to pray for them, and pray for them what you are praying for yourself.
3. Pray for yourself. Be totally honest with God, and yet not too introspective. (In many cases, a person will do better to pray for himself before praying for others.) As Lorne Sanny said, "You will end the day worse than you started if all you do is think of yourself and your own problems."

### Making a worry list

While you need to heed Sanny's warning about spending the whole day absorbed in your own problems, you may find it helpful to follow the steps below in making a "worry list." This will help you pray more effectively for yourself.

1. Give some thought to current conflicts, problems, concerns, or frustrations, and write them down and number them. List anything that is "bugging" you. No matter how small an item is, if it is of concern to you, list it.
2. Every worry you have in the world should be on that piece of paper—it is all there! When you are satisfied that this is so, go on to step three. (It is not uncommon for a person to have 20 or more items.)
3. Go through the list item by item. On each item determine whether you can do nothing about it because it is beyond your control, or whether you can do something to resolve it.

Whatever your conclusion, pray about each issue. But if you feel you can take action about it, write down what you plan to do. (You will probably find many other things to add to this "do list" throughout your time of prayer.)

## What to take with you

The essential items to have with you are a Bible, paper, and a pen or pencil. Other helpful items include:

- A clock or watch
- Prayer letters from missionaries and other Christian workers
- A favorite devotional book
- Your current prayer list
- Your quiet time journal
- A hymnal Scripture memory cards
- Notes from your last extended time in prayer
- Your family or personal budget
- A bag lunch and beverage
- A calendar

## How to stay awake and alert

1. Get adequate rest the two nights before.
2. Change positions—sit a while, walk around, sit, walk, and so on.
3. Have variety in what you do. Read the Scriptures, then prayer, then write, and so on.
4. Pray aloud—in a whisper or soft voice if necessary.

## Keeping notes

Taking notes during your extended time in prayer will give you a record of the things the Lord is speaking to you about, and also help you keep your time organized.

In addition, when we pray we often have something come to mind that we feel we should take action on, or that we have forgotten to do—perhaps totally unrelated to what we are praying about. By keeping paper ready to list these things so we can act on them later, we can avoid prolonged distraction.

Toward the end of your time in prayer you will want to spend fifteen minutes or so writing down some conclusions. Summarize the major impressions of your time.

Keep these notes in a notebook and review them weekly for a while. This will ensure that you follow through on the things God has impressed on you.

## Two questions

Again, we quote Lorne Sanny:

"The result of your day in prayer should be answers to the two questions Paul asked the Lord on the Damascus road (Acts 22:6-10). Paul's first question was, 'Who are you, Lord?' The Lord replied, 'I am Jesus.' You will be seeking to know Him, to find out who He is. The second question Paul asked was, 'What shall I do, Lord?' the Lord answered him specifically. This should be answered or reconfirmed for you in that part of the day when you unhurriedly seek His will for you.

"Don't think you must end the day with some new discovery or extraordinary experience. Wait on God and expose yourself to His Word. Looking for a new experience or insight you can share with someone when you get back will get you off the track. True, you may gain some new insight, but often this can just take your attention from the real business. The test of such a day is not how exhilarated we are when the day is over but how it works into life tomorrow. If we have really exposed ourselves to the Word and come into contact with God, it will affect our daily life.

"God bless you as you do this—and do it soon!"

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