

Your Personal Prayer Lifestyle

In these challenging times we have learned, like never before, to turn to our Lord! We realize His love, power, strength and endurance is what brings us through these days! Many have begun spending time daily with the Lord in prayer and many more are now spending even more time with Him than ever before.

What a blessing, as Christians, we can come to Him at any time. It is because of our relationship with God that we have access to Him at any time. He says to bring everything to Him first. Due to the circumstances we have experienced this year, we realize the importance of doing just that! Not just in our devotionals and designated prayer times, but to be in prayer throughout our day! As the Holy Spirit prompts us to pray when situations arise, we are learning to stop right then and pray! We are being drawn into a deeper relationship with “the God of our life” (Ps 42:8) as the Holy Spirit is leading us into our own “Personal Prayer Lifestyle”.

In the article, “Prayer as a Lifestyle”, Dr. Ellis Orozco, Senior Pastor First Baptist Church of Richardson, Texas, shared what he thought Paul meant by “*Pray continually*” (1Thess 5:17): “that your entire life is a prayer to God. Prayer is not just one aspect of your Christian life – Prayer is your Christian life. Prayer is your connection to God – your spiritual oxygen. Without it, you can do nothing good for God (John 15:5).” Dr. Orozco believes you can make prayer a lifestyle through “Four Principles of Prayer”: Talk to God directly, honestly, first and expectantly. Check out his blog and article: <http://5feetaway.com/prayer-as-a-lifestyle/>

Prayer is a lifestyle!

Defining our “Personal Prayer Lifestyle”:

- **Recognize who God is, who I am addressing** – Address Him with awe, respect and honor. (1Cor 29:11)
- **Know I can bring anything to Him at any time** – with perseverance and thanksgiving (Phil 4:6; Col 4:2; 1Thes 5:16-18)
- **Honor God including the following in my prayer:**
 1. **Confess/Repent/Forgive/Restitution**
 - Ask God to search our hearts/show us anything that offends Him/to cleanse us (Ps 139:23-24; 1John 1:9)
 - Confess all my sins (Ps 66:18; Prov 28:13; Matt 5:23-24)
 2. **Adoration/Worship/Thanksgiving** – Psalms, songs, Pray names of God/promises/

God's Word/blessings and thanking Him for everywhere I see His hand.
(Ps 95:6; Phil 4:6; 1Tim 1:17)

3. Ask/Intercede – according to His will (1John 5:14)

- **For my needs** (Matt 26:39)
- **For others' needs** (Eph 1:15:21; 1Tim 2:1-4)

4. Listen/Reflect on God's Words – Command my thoughts be taken captive to the obedience of Christ (Ps 1:2, 46:10; 2Cor 10:5)

- **To draw closer to God, I surrender all – my heart, mind, soul, body, time and all my will.** (Matt 22:37; Mark 12:30; Luke 10:27; Rom 12:1; Eph 5:15-16; Mark 12:30)
- **Ask Him to strengthen my heart** to nurture and empower my prayer life and to help me remain faithful to Him when challenges arise in my life. (Luke 1:37; James 1:2-4)
- **Pray believing, not doubting God** – that He is real and able and in control. (James 1:6)
- **Ask God for wisdom, understanding & revelation of His Word** (Eph 1:17-18)
- **Pray His Words and Promises back to Him** to strengthen and deepen my prayer life. (Num 23:19; Deut 32:30; Is 55:11; Luke 1:37; Rom 10:17; Eph 6:17)
- **Let the Holy Spirit guide my prayers** (Gal 4:6)
- **Call on those who intercede for me:**
 - **Christ** (Heb 7:25)
 - **The Holy Spirit** (Rom 8:27; Eph 6:18-20)
 - **Each Other** (James 5:14, 1Tim 2:1-4)
- **Understand that prayer transforms me, renews me and sets my mind on things above.** (Ps 51:1; Is 26:3; Lam 5:21; Col 3:3)
- **Prayer is one of the divine “Weapons of Warfare” given to me by God** to activate His protection over me against the enemy, giving me defensive and offensive weapons of strategy. Every morning may I put on my full armor and pray for the protection of my family. (Mark 9:29; Eph 6)
- **Pray for understanding God's purpose for my life and to be in the center of His will.** (Ps 16:11; Jer 29:11; Eph 2:10; 1Thes 5:18)
- **Deepen my commitment to pray for God's work** in my family, my church, community, nation and the world; and to realize my responsibility to pray in support of these efforts with my fellow Christians, since everyone is to pray. (Is 43:26; Gal 6:2; Eph 6:18; James 5:16; 1Tim 2:1-2)
- **Pray for compassion for the lost and those throughout the world who are unsaved.** (Matt 9:37-38; John 14:6; Acts 26:18; Rom 10:1)
- **Pray for God to show me how, in prayer and action, I can personally be involved in carrying out the Great Commission in our community, nation and the world.** (Matt 28:19-20)

With references from the following Bible Studies:

- “Extraordinary Prayer for an Extraordinary Church” by Lynda Poole and Barbara Clark
- “God’s Movement in Prayer – Awaken” by Michelle Countryman and Barbara Clark