

Worship and confess > Be grateful > Intercede > Request > Contemplate > Persevere.



# WAR ROOM



Unlock prayer in 6 steps.



SIX  
↑  
STEPS  
TO  
LEADING  
A PRAYER.

*By: pastor Antonio Junior*

1- WORSHIP AND CONFESS.

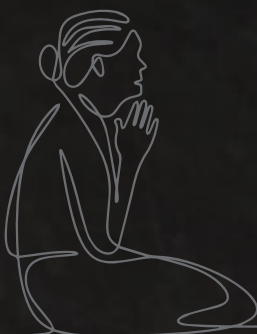
5 - CONTEMPLATE

3 - INTERCEDE

2 - BE GRATEFUL

4 - REQUEST

6 - PERSEVERE



By: pastor Antonio Junior

## PRAYER IS BUILDING A HOUSE ON THE ROCK.



He is like a man who built a house and dug deep and laid its foundation on rock, and when the flood came, the current hit the house hard and could not shake it, because it was founded on rock.

Luke 6:48

The difference is that one dug deep (dug into the sand) until he found the foundation, the rock, and there he laid the foundations.

A life founded on the rock is a life of obedience to the commandments and prayer, and the most powerful prayer is that which is done in secret as our Lord Jesus taught us, Enter the room and close the door.



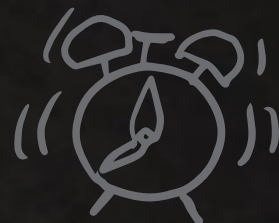
Matthew 6:6

## ➔ INTRODUCTION

One of the biggest difficulties I had at the beginning of my journey of faith was praying.

Not just praying for a few minutes or a few seconds, as we usually do in the rush of life.

It was a great challenge to spend more than five minutes in prayer. When we're in front of a movie, a joke with friends, a computer or cell phone in front of the internet, it seems that 30 minutes is like 5 minutes; but when we start a period of prayer, we spend a few minutes talking and soon it seems that the subject ends, the requests end and when we realize and go to look at the clock barely 5 minutes have passed, at most 10 minutes.



In my pastoral journey, one of the greatest difficulties I hear in relation to prayer is precisely this: 'Pastor, I can't spend more than five minutes praying, I don't know what to say'.

This Study/Book is not intended to teach you how to pray or to teach you the right way to pray; after all, prayer is not a magic or secret formula; on the contrary, in its most basic and pure sense, prayer is a conversation.

There is no formula; when you go to talk to a friend, someone close to you and you want to tell them your secrets and your fears, you don't prepare a speech beforehand, you simply open your heart and let out everything that hurts you. That's why there is no wrong way to pray.

When you start a prayer to God, He will be there ready to listen to you, and like a friend who loves you, He will also want to answer your desires and questions.

These 6 steps will guide you when you start a prayer and help you to have a more fruitful time before God. They're not rules that need to be followed like an on/off switch, they're just guidelines and will certainly help you spend more quality time with God.

The idea is that you spend at least 5 minutes on each step; that would mean you're praying for at least 30 minutes, which is already a big step forward. But you can spend much longer on each step, and you will certainly gradually enjoy praying, enjoy talking to God;


these steps will become automatic and the time spent on each of them will increase with daily practice and also with God's presence at that moment.

There will be days when you'll be more inclined to worship and ask less, other days you'll be more willing to spend more time thanking, and there will be days when you'll want to put your needs before God more; in short, as I said, there is no right or wrong rule, there is no formula, the steps will help you organize yourself and have a more fruitful time, but the words you pray, the time you spend at each point will depend on you, on your moment of intimacy, the words you speak will depend on the disposition of your heart.



So I invite you to change your mindset about prayer, to understand its importance, to learn from Jesus, who in the most difficult moments of his life withdrew to pray and talk to his Father.

And this is my prayer for you who are reading this e-book, that prayer will always be the first option in your life, and that every day you will enjoy being in front of your FATHER, telling him your fears and dreams, like a friend you love to share your life with.



*Prayer is simply a two-way conversation between you and God*

*Billy Graham*

Billy Graham

## 6 STEPS TO LEADING A PRAYER.



*Do not be anxious for any reason; on the contrary, let all your requests be declared in God's presence through prayer and supplication with thanksgiving.*

Philippians 4:6



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## ➔ 1 – WORSHIP AND CONFESS.

Start the prayer period by praising and worshipping God.

In the Lord's Prayer, Jesus teaches us that the first step in drawing close to God is to recognize who he is.

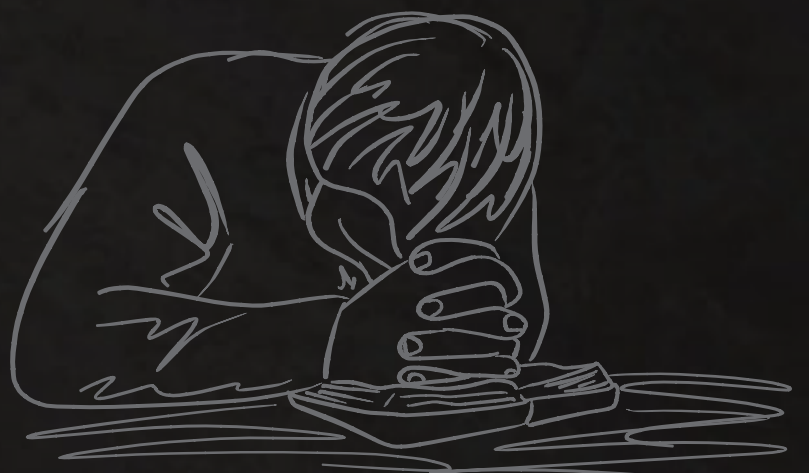
Firstly, he is Father; he only calls him father if he has understood that he is a son, and every son has freedom and free access to his father. He is Holy and dwells in Heaven.

So start spontaneously by worshipping him for who he is, for what he has already done, for his power, goodness and grace. As the psalmist says: worship the Lord because of the beauty of his holiness.

As you worship and recognize God's greatness, His power and His holiness, you also begin to recognize and understand who you are, and your state before such a great, powerful and holy God.

Then, you also need to confess that before him you are a sinner and need his grace and love every day; that before such greatness you are small, that before such perfection you are flawed.

Just start your moment of prayer with your Father by adoring him and recognizing how great he is, say words of exaltation and how much you need his love and grace.



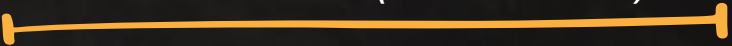


## EXAMPLE OF A PRAYER

God, you are wonderful, great, powerful and holy, Creator of heaven and earth; but you are also my Father, the father of love, the father of justice and the father of mercy etc... (be spontaneous and let the feelings of your heart generate the words of praise and exaltation).

Before the Lord I recognize that I am sinful and flawed, begin a moment of confession of sins, whoever recognizes who He is, recognizes and repents of their sins.

*Minimum time ( 5 minutes )*

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## ➔ 2 - BE GRATEFUL

Start this moment by being grateful for everything He has already done in your life; before you ask, cultivate a grateful heart for everything God has already done, praise Him for your salvation, for your health, for your daily bread, for the deliverances you know about and even for the ones you don't know about, find reasons to be grateful, let a grateful

Do as the Psalmist did:



*I will praise God's name with songs and proclaim his greatness with thanksgiving;*

Psalm 69:30

Proclaim God's greatness and love with thanksgiving.

Do we understand that what we're going through or living through is under God's control and sovereignty? If so, why aren't we grateful since He always knows what's best for us?



## EXAMPLE OF A PRAYER

Father, I thank you because you are good and your mercy is made new every morning. I praise you like the Psalmist: I thank you, for you have formed me in an amazingly wonderful way; your works are wonderful, and my soul knows it very well;

Thank You for daily bread, for the breath of life, and even for difficulties and trials because I know that You are with me, strengthening me and teaching me, etc...

*Minimum time ( 5 minutes )*

*By: pastor Antonio Junior*

## → 3 - INTERCEDE

Intercession is basically asking on behalf of someone else. In the Bible there are several passages on intercession, the apostle Paul writing to Timothy says the following:

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*First of all, I urge you to make prayers, intercessions and thanksgivings for all people;*

1 Timothy 2:1

Our prayers for others affect our own hearts more than we realize. Do an empathy exercise for people you know who are going through very difficult situations, put yourself in their shoes, think about their suffering and ask God to give them strength and work a miracle in their lives.



If you understand the power of standing before God praying and blessing people, authorities and even people who have hurt you, it was Jesus himself who taught us to pray for those who persecute us.



*Confess your faults to one another and pray for one another, that you may be healed; the prayer made by a righteous man can have much effect*

James 5:16

Your intercession has such great power over other people, but also over your own life. God turned Job's captivity around when he prayed for his friends.

So make precious time for intercession.

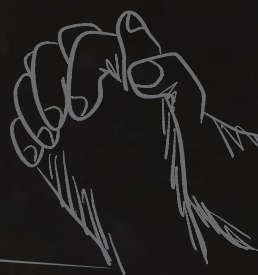


## EXAMPLE OF A PRAYER

Lord, at this time I would like to place before you (person x), help them through this difficult time, strengthen them, may your Holy Spirit comfort their heart, I pray for the Ruler of my country, my state and my city, for my family, friends, etc....

You can use more general and comprehensive terms and also be very specific when you hear about people's difficulties.

*Minimum time ( 5 minutes )*



## → 4- REQUEST

Within your time of prayer, the time of Asking is also very important; it was Jesus himself who told us:




*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; he who seeks finds; and to him who knocks it will be opened.*

Matthew 7:7-8

This is a very unique moment, where you have total freedom to open your heart, to let go of everything that suffocates and hurts you, after all you are talking to your Father, He knows what you are feeling,

He knows your pain and He wants to share it with you. This is the time for you to switch burdens, leave that heavy burden with Him and take on His burden, which is light and gentle.

Ask God, know how to ask for what you need, first of all ask for a heart aligned with His will, He knows your needs and wants to help you.




*“Do not be anxious for any reason; on the contrary, let all your requests be declared before God by prayer and supplication with thanksgiving.”*

Philippians 4:6

The presence of God is the place where you don't have to hide anything, and it's also the best place to declare all your requests, dreams, projects, miracles - a father's pleasure is to respond and give his child a gift.

But I have to warn you, it doesn't mean that everything you ask for He will give you, and not everything you say He will answer you, but I assure you that He has heard your every word, and is guarding your life.



*“And this is the confidence that we have in him, that if we ask anything according to his will, he hears us.”*

I Jn 5:14


May our prayer be a time of seeking alignment with God's will, which is often not the same as ours, but it is good, perfect and pleasing, so rest in that.



## EXAMPLE OF A PRAYER

Father, I place before you my dreams and projects, my marriage, my relationships, etc... this is a time for you to be extremely specific with those difficulties that have most afflicted your heart, tear your soul apart, don't be afraid or ashamed of anything you want to say or ask for.

*Minimum time ( 5 minutes )*

A horizontal orange line with double-headed arrowheads at both ends, indicating a duration or range.

## ➔ 5 – CONTEMPLATE

Contemplation consists of admiring, paying attention, reflecting, and here in our prayer context contemplation will be directed towards a time of silence and meditation.

You've already spent a good few minutes talking, worshipping, thanking, interceding and asking, now take some time to contemplate and listen to God,

After all, if prayer is a conversation with God, He also has time to speak. Be silent, don't ask, just meditate; let God speak to you, let Him fill your heart with peace and hope, and be sensitive to hearing His voice, He can speak in many ways.

This doesn't have to do with anything mystical or esoteric, but rather with a moment of silence and peace after telling God everything that is troubling your heart.

You can read a Bible passage, a psalm, put on some praise, meditate and let God minister to your heart through the word you read.

But the important thing at this time is to rest and listen to God, without worries or further requests.

After some time talking to God, questioning him and seeking answers, God answers him directly.





“After this the Lord answered Job out of a whirlwind and said: ...” Job 38

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*“He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him and glori-*

Psalm 91:15

When you pray, cry out and call on God, it is surely his desire as Father to bring answers to your afflicted heart.

Like a friend who loves you and has patiently listened to your prayer, your conversation, your afflictions, God wants to speak to your heart, to bring peace and relief.

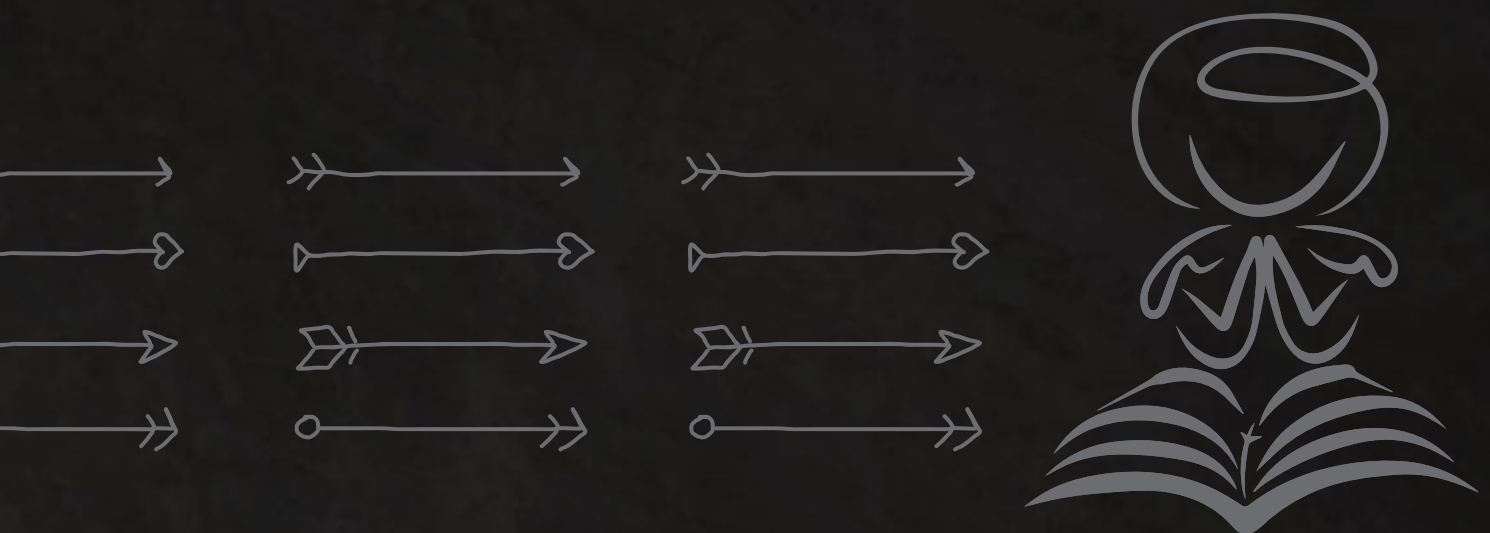
*Minimum time ( 5 minutes )*

## ➔ 6 – PERSEVERE

Persevere, don't give up, keep the faith; you won't always feel something, a supernatural touch or something like that; that's not a sign that God isn't there, that God hasn't heard you, every prayer has a reaction in the spiritual world, even if you can't see it.

Win your struggles, your greatest wars through prayer; don't stop, don't give up; perseverance is a powerful key!

The Bible exhorts us to persevere in prayer, watching with thanksgiving.



Let's end our time of prayer certain of two things:

1.

*God heard us.*

2.

*His purposes are bigger and better than ours.*

So end this moment grateful, with a confident and persevering heart that God will do it, even though you don't see or feel anything.

Bring to mind what brings you hope, and be convinced that the next day you will be there again, in front of God, talking and sharing your desires with Him.

The Bible tells us that Daniel had been praying and seeking God intensely for 21 days and had no answer, until the angel spoke to him:

*“Fear not, Daniel, for from the first day that you set your heart to understand and humble yourself before your God, your words have been heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days, and behold, Michael, one of the first princes, came to help me, and I remained there with the kings of Persia.”*

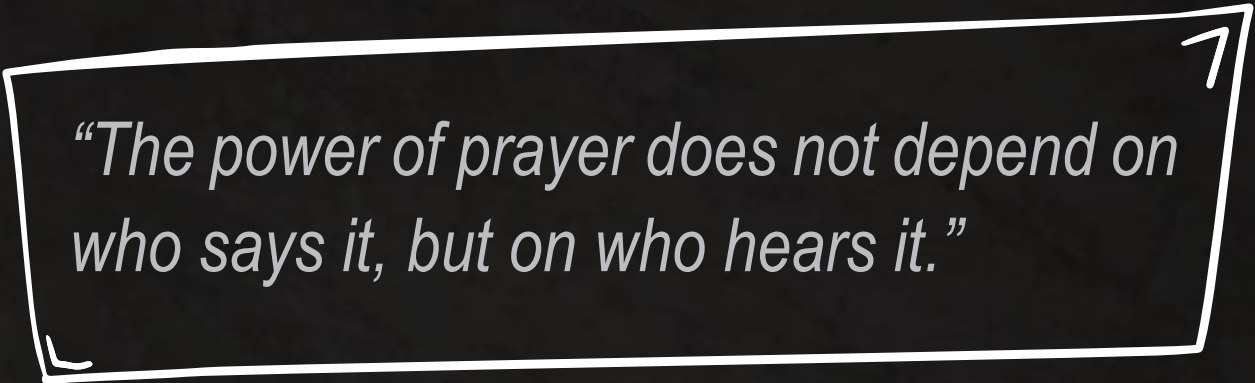
Daniel 10:12-13

God had given Daniel the answer from day one, but there was a battle in the spirit world and this prevented Daniel from seeing and receiving, he had to persist until he received the answer.

Most Christians give up praying when the answer doesn't come; they give up at the first obstacles.

C.S. Lewis, the renowned British Christian writer, said: "Faith is the art of continuing to admit the things of God in spite of changes of mind".

Be willing to persevere, to keep going, to not stop, and to get up from prayer believing, and you'll be back in that place of conversation and intimacy with God again!



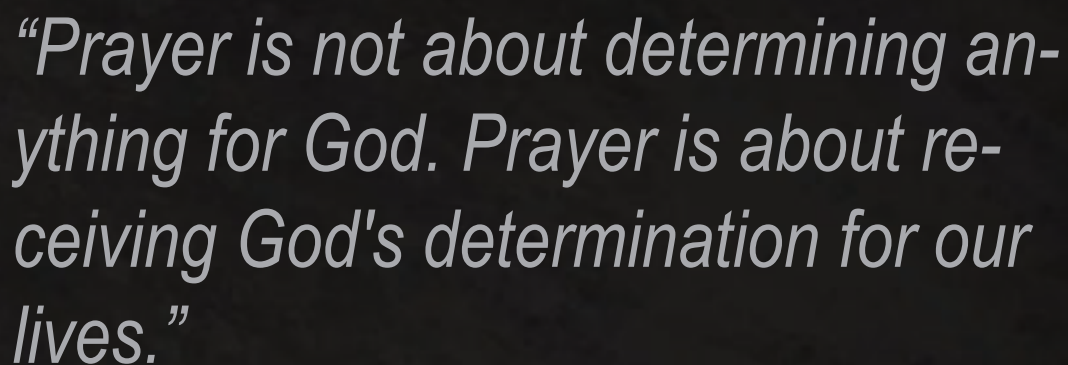
*"The power of prayer does not depend on who says it, but on who hears it."*

Max Lucado

*By: pastor Antonio Junior*

I end this short teaching on Prayer, not with the intention of teaching you how to Pray in the true or correct way, but only with a humble wish that you will be able to spend more time before your Father, your friend, sharing your heart and listening to his direction and advice.

I end with a quote from Pastor Hernades Dias Lopes:



*“Prayer is not about determining anything for God. Prayer is about receiving God's determination for our lives.”*

*By: pastor Antonio Junior*