

10 reasons to begin your day with prayer

Sfg. Bishop C. Shawn Tyson

As we begin to move further into this new normal, I'd like to encourage us all to be intentional about establishing some good NEW HABITS and positive NEW ROUTINES. I sincerely believe what the devil meant for evil is going to result in the greater good for those who will keep their eyes on Jesus throughout this crisis. Do not SQUANDER THESE SPECIAL MOMENTS with God and be left out of the flow of what I believe is the final great spiritual awakening in the world prior to the Rapture.

- **PowerPoint:** How we come out of this will be determined by what we do with our time while we are in this.....
- **PowerPoint:** If you are not committed (to) and consistent (in) prayer, you will not be in position to HEAR Gods instructions for what's coming NOW!!

One may reasonably ask, if the scripture says pray without ceasing, what difference does it make when, where and what time I pray?

- *[17] I love them that love me; and those that seek me early shall find me. Proverbs 8:17 KJVS*

1: I pray early in the morning because the most effective intercessor of all time (Jesus) did. And he is our example and our pattern.

- *[35] And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. Mark 1:35 KJVS*

2: We pray early because there is no one better to begin your day with than the Holy Spirit.

- *[11] Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore. Psalm 16:11 KJV*

3: We pray early because how your day begins has a direct affect upon how your day unfolds and how it will end.

4: We pray early because those who meet God early can deal with anyone else later.
~Bishop Clifton Jones

- *[19] Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:* **James 1:19 KJV**

5: Beginning your day with prayer aligns you with heavens agenda for the day.

- *[10] Thy kingdom come. Thy will be done in earth, as it is in heaven.* **Matthew 6:10 KJV**

6: Praying early in the morning gives you the spiritual perception to be able hear God throughout the rest of the day.

- *[21] And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.* **Isaiah 30:21 KJV**

7: Praying early in the morning demonstrates your willingness to be proactive in spiritual warfare.

- *[5] In that day shall the Lord of hosts be for a crown of glory, and for a diadem of beauty, unto the residue of his people, 6] And for a spirit of judgment to him that sitteth in judgment, and for strength to them that turn the battle to the gate.* **Isaiah 28:5-6 KJV**

8: Praying early in the morning develops discipline, discernment and determination

- *[25] And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.* **1 Corinthians 9:25 KJV**

✓ Mastery = to pursue with strenuous zeal to obtain something.

9: Praying early in the morning allows you to dictate the tone for the day and not what happens later in the day to dictate the tone of the day to you.

- *[165] Great peace have they which love thy law: and nothing shall offend them.* **Psalms 119:165 KJV**

10: Praying early in the morning allows you the opportunity to speak OVER your day before the adversary starts trying to speak under it.

- *[28] Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. **Job 22:28 KJV***

II. How to pray for one hour.

Here are 12 five-minute segments with Scripture references. (A pattern for praying for one hour).

1: Begin by giving thanks

- *[4] Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. **Psalm 100:4 KJV***

2: Acknowledge God for His Attributes.

- *[8] The Lord is gracious, and full of compassion; slow to anger, and of great mercy. 9] The Lord is good to all: and his tender mercies are over all his works. 17] The Lord is righteous in all his ways, and holy in all his works. **Psalm 145:8-9,17 KJV***

3: Confess your faults

- **PowerPoint:** Confession is agreeing with God regarding your attitudes and behavior; asking sincerely for forgiveness and receiving with gratitude the forgiveness of God.
- *[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. **1 John 1:9 KJV***

4. Pray the Scriptures

- *[29] Is not my word like as a fire? saith the Lord; and like a hammer that breaketh the rock in pieces? **Jeremiah 23:29 KJV***
- *[20] For all the promises of God in him are yea, and in him Amen, unto the glory of God by us. **2 Corinthians 1:20 KJV***

Pray the promises of God

1. Call on me in the day of trouble; I will deliver you, and you shall glorify me.
-**Psalm 50:15**
2. Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths. -**Proverbs 3:5-6**
3. For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. -Jeremiah 29:11
4. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. -**Matthew 11:28-29**
5. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.-**Isaiah 40:29-31**
6. God will fully satisfy every need of yours according to his riches in glory in Christ Jesus.
-**Philippians 4:19**
7. Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. -**Matthew 6:31-33**
8. Those who listen to me will be secure and will live at ease, without dread of disaster."
-**Proverbs 1:33**
9. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. -**John 14:27**
10. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. -**1 Corinthians 10:13**
11. Submit yourselves therefore to God. Resist the devil, and he will flee from you.
-**James 4:7**

12. When the righteous cry for help, the Lord hears, and rescues them from all their troubles.

-**Psalm 34:17**

13. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. - **James 5:14-15**

5: Let the Holy Spirit pray through you

- *[26] Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. 27] And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. **Romans 8:26-27 KJV***

6: Shhhh.....be quiet

- *[13] Be silent, O all flesh, before the Lord: for he is raised up out of his holy habitation. **Zechariah 2:13 KJV***

7: Watch

Be observant of the presence, beauty and diversity of God in nature. In the sounds of nature.

- *[2] Continue in prayer, and watch in the same with thanksgiving; **Colossians 4:2 KJV***

8: Intercession (praying for others. Make a prayer list)

- *[1] I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; 2] For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. **1 Timothy 2:1-2 KJV***

- Pray for the sick
- Pray for your family members & friends
- Pray for people that hate you
- Pray for leaders in our church, our council and organization
- Pray for domestic and foreign missionaries

9: Petition (personal needs)

- *[15] And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him. 1 John 5:15 KJV*

10: Sing!!!

- *[19] Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Ephesians 5:19 KJV*

11: Meditate on the goodness of God

- *[34] My meditation of him shall be sweet: I will be glad in the Lord. Psalm 104:34 KJV*

12: Write down ideas, visions and concepts the Spirit illuminates to you while you are praying & meditating.

- *[1] I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved. 2] And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth Habakkuk 2:1-2 KJV*

Do you often feel like you are on the defensive against the devil? You pray from crisis to crisis, asking God to deliver you from the latest mess in which you find yourself. Or maybe you find yourself only praying for your family or others AFTER something happens to them. We react to these circumstances with desperate prayer in hopes that God will intervene. How different would our prayers be if we prayed *proactive* prayers instead of reactive prayers?

While reactive prayer responds to the needs of the present, *proactive* prayer responds to a vision for the future.

After Jesus rose from the dead, He appeared to the apostles on multiple occasions. Acts 1:4-5 records one of these instances, when Jesus said, “Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit.”

One of the most important things church leaders can do is pray. When we pray with members of our congregation, we often pray reactively — in response to the needs and struggles they share with us. But as we’re dreaming about the future, privately and with our teams, we must pray proactively. We must dream about the possibilities and pray for their fulfillment.

Our reactive prayers show people we care. Our proactive prayers show God we have faith for a better future. Both types of prayer are critical in the life of a leader.

Praying reactively is like waiting for a downpour before you open your umbrella.

5 Proactive Prayers You Should Pray

1. Pray that you will not succumb to temptation.

Jesus told his disciples to be alert and pray so that they would not fall into temptation (Mark 14:38). He taught us to pray, “lead us not into temptation, but deliver us from the evil one” (Matthew 6:13). Why do we wait until temptation comes before we pray?

2. Pray for your family.

If your children are not yet married, offer proactive prayers for their future spouse. If they are married, pray that their marriage will be strong and Christ centered. Pray for the salvation of your children. If they are already believers, pray that they will walk closely with the Lord and boldly before others.

3. Pray for your pastor and church leaders.

As a pastor, I can testify that we ALWAYS need your prayer. Sometimes when you think you are praying proactively for your pastor, unbeknownst to you he faces a challenge at that moment. Don't wait for the rain to fall on your church leaders before you open an umbrella of prayer over them. Pray proactively.

4. Pray for law enforcement officers, fire fighters, and first responders.

Pray for their safety and effectiveness. Whenever you see a patrol car, fire truck, or ambulance pray for the men and women who occupy them. Pray they will have a safe shift and return home safely to their family.

5. Pray for missionaries near and far.

Finally, you can pray proactively that our missionaries will be both fruitful and faithful. Pray that God will keep them from the evil one. Don't wait to hear of a natural disaster or catastrophic news event, pray proactive prayers.

- Don't wait for the rain to fall on your church leaders before you open an umbrella of prayer over them. Pray proactively.

We will always have need to intercede for the sudden needs of others and ourselves, and those prayers are important. Instead, learn to get into the habit of filling your prayer time with proactive prayers.

Don't let a situation arise before you pray, let the situation find you already in prayer.

Prayer Changes ME

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Before you watch Good morning America, or the Today show, or Fox and Friends, be sure to start your day with prayer so that the Holy Spirit is the first impression upon your mind to begin the day.

- **PowerPoint:** Always allow the Holy Spirit to be the first impression upon your mind at the beginning of each day.

II. YOUR PRAYERS MAKE A DIFFERENCE

One of the great advantages the New Testament spirit filled believer has over the OT patriarchs is our immediate access into the presence of God.

- *[10] And Aaron shall make an atonement upon the horns of it once in a year with the blood of the sin offering of atonements: once in the year shall he make atonement upon it throughout your generations: it is most holy unto the Lord. Exodus 30:10 KJV*
- *[13] But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. 14] For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us ; 18] For through him we both have access by one Spirit unto the Father. Ephesians 2:13-14,18 KJV*

One of the reasons some people do not pray is because the enemy (who is a professional liar) has convinced them that their prayers don't make a difference.

YOUR PRAYERS ARE NOT IN VAIN.

- *[23] They shall not labour in vain, nor bring forth for trouble; for they are the seed of the blessed of the Lord, and their offspring with them. 24] And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear. Isaiah 65:23-24 KJV*

- *[16] Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. James 5:16*
KJV

The (5) Reasons God does not answer our prayers:

I. Having wicked intentions on standby in our heart that we've not yet had the opportunity to carry out.

- *[18] If I regard iniquity in my heart, the Lord will not hear me : Psalm 66:18* **KJV**

II. Unresolved issues with other people

- *[22] But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. 23] Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; [24] Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. Matthew 5:22-24* **KJV**

III. Unwillingness to admit we've done wrong

- *[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9* **KJV**

IV. Saying the right things but thinking the wrong thoughts.

- *[6] But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. 7] For let not that man think that he shall receive any thing of the Lord.8] A double minded man is unstable in all his ways. James 1:6-7* **KJV**

V. Praying our wish and not Gods will.

- *[3] Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts. James 4:3* **KJV**

In spiritual prayer, prayer is making a difference, even when you cannot SEE with your natural eyes the difference it's making. Satan wants to stop us from praying by using the argument that nothing has changed.....The first thing that God changes when you pray in the Spirit is not circumstances and situations.

- **PowerPoint:** The first thing God changes when you pray in the Spirit is YOU.
 - *[24] O wretched man that I am! who shall DELIVER ME from the body of this death? Romans 7:24 KJV*
 - *[18] And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.*
2 Timothy 4:18 KJV

3 ways prayer CHANGES ME

1: Prayer changes my mind.

- *[2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2 KJV*

2: Prayer changes how I think and what I think about.

- *[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. Philippians 4:6-8 KJV*
 - ❖ **DECLARATION:** I will not worry about ANYTHING OR ANYBODY. I trust God to handle it and take care of them and me!
- *7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:6-8 KJV*
 - ❖ **DECLARATION:** I will abide in peace. I will allow nothing and no one to compromise my peace. I will keep my heart with all diligence and protect my peace at all cost.

8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. **Philippians 4:6-8 KJV**

- ❖ **DECLARATION:** I will no longer surrender any of my positive energy to worrying about what negative people think or think about me. I will devote all of my energy to thinking like God thinks and what God thinks about me.



3: Prayer changes your perspective

A person immersed in prayer doesn't live life seeing from the outside in. An intercessor lives seeing from the inside out.

- ❖ **PowerPoint:** If you show God that you trust him where you are, he will be able to trust you with where you desire to be.

How to pray for (1) hour

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[1] *And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. Luke 11:1 KJV*

The most vital spiritual power of the believer individually and the church corporately, and that is PRAYER.

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

After first understanding the priority of prayer, and power of prayer, we must then be taught both the practice and the protocols of prayer.

As Pastor, Ministers and teachers in the body of Christ it is important that we recognize that if EFFECTIVE prayers are going to be offered before the Lord, by the saints, prayer MUST BE TAUGHT.

We all have both the opportunity and the responsibility to PRAY. We are all called to the ministry of intercession.

- [2] *O thou that hearest prayer, unto thee shall ALL FLESH COME. Psalm 65:2 KJV*

How you can pray for One Hour.

(12) Five-minute segments with Scripture references.

1: Begin by giving thanks

- [4] *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. Psalm 100:4 KJV*

2: Acknowledge God for His Attributes.

- [8] *The Lord is gracious, and full of compassion; slow to anger, and of great mercy. 9] The Lord is good to all: and his tender mercies are over all his works. 17] The Lord is righteous in all his ways, and holy in all his works. Psalm 145:8-9,17 KJV*

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4. Pray the Scriptures & promises of God

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- [20] *For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.* **2 Corinthians 1:20 KJV**

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6: Shhhh.....be quiet

- [13] *Be silent, O all flesh, before the Lord : for he is raised up out of his holy habitation.* **Zechariah 2:13 KJV**

7: Watch

- [2] *Continue in prayer, and watch in the same with thanksgiving;* **Colossians 4:2 KJV**
 - **Watch** = grēgoreúō = to take heed lest through remission and indolence some destructive calamity suddenly overtake one

8: Intercede (praying for others. Make a prayer list)

- [1] *I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; 2] For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.* **1 Timothy 2:1-2 KJV**
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- *[34] My meditation of him shall be sweet: I will be glad in the Lord. Psalm 104:34 KJV*

12: Write

Write down ideas, visions, dreams, concepts, strategies, lyrics, the Spirit reveals to you while you are praying & meditating.

- *[1] I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved. 2] And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth. Habakkuk 2:1-2 KJV*