

**How to Develop a Powerful Prayer Life by Dr. Gregory Frizzell**  
**Chapter 1 – Three Foundations of a Powerful Prayer Life**  
**Wednesday AM/PM – 7/5/17**

In order to experience a powerful prayer life, you must first establish a solid prayer foundation.

**First Foundation of a Powerful Prayer Life:**

**1. You must view your daily prayer time as a relationship with God and not some legalistic duty or discipline.**

A powerful prayer life is not just a discipline or ritual, it is your commitment to a personal relationship with God. From God's perspective, prayer is the expression of that which He desires—your personal relationship of love, surrender, and trust.

**Matthew 22:37 – “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”**

Sacrifice and service are meaningless if they do not proceed from a genuine love relationship. **Luke 10:38-43**

**John 15:5 - I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.**

**Second Foundation of a Powerful Prayer Life:**

**2. You must make an absolute commitment to consistently spend significant time alone with God in uninterrupted prayer.**

**Matthew 6:6**

**You must make an absolute commitment to consistently spend significant time alone with God in uninterrupted prayer.**

**Reason 1** – Satan fears intercession more than anything else and fights prayer like no other area of your life. He does so because:

- Prayer is an essential piece of your arsenal of spiritual Warfare (**2 Corinthians 10:7**). It is through prayer that all other weapons are used.
- Prayer is crucial to putting on the whole armor of God (**Ephesians 6:10-17**)
- Prayer is the primary way we exert spiritual authority and wage effective spiritual warfare (**2 Corinthians 10:3-5; Ephesians 6:10-17**)
- Prayer is crucial to true evangelism (**Acts 2-4**)

- Prayer is the central element of all great revivals and spiritual awakenings (**2 Chronicles 7:14**)

**Reason 2** – Our flesh always resists the development of a powerful prayer life. (**Matthew 26:40-41, Romans 7:14-18**)

Powerful intercession frequently involves intense spiritual labor and warfare.

**Reason 3** – The world's system of human strength and promotion is the direct opposite of God's ways.

**Judges 7:2 - The Lord said to Gideon, “The people who are with you are too many for Me to give Midian into their hands, for Israel would become boastful, saying, ‘My own power has delivered me.’**

**Isaiah 55:8 - “For My thoughts are not your thoughts, Nor are your ways My ways,” declares the Lord.**

**2 Corinthians 12:9**

**You must make an absolute commitment to consistently spend significant time alone with God in uninterrupted prayer.**

Why is it foundational to spend time alone in uninterrupted prayer.

1. Time alone with God is the biblical example of Jesus Christ and the lives of powerful Christians throughout history.
2. The Scriptures state the importance of a solitary place to seek God.
3. When we pray, we commune with the God of the entire universe and He deserves our undivided attention.
4. God often speaks in a still, small voice and we must still our hearts to clearly hear His voice.

**Third Foundation of a Powerful Prayer Life:**

**3. A powerful prayer life requires the “balanced practice” of all five types of prayer.**

A powerful prayer life must be a biblically balanced prayer life.

The 5 prayer types are:

1. Praise, thanksgiving and worship
2. Confession and repentance
3. Petition and supplication
4. Intercession
5. Meditation (listening prayer and reflection)