

How to Develop a Powerful Prayer Life by Dr. Gregory Frizzell
Chapter 2 – Understanding 5 Basic Types of Prayer
Wednesday AM/PM – 7/12/17

Each of the five basic types of prayer has a unique and vital role in the believer's relationship with God.

1. Praise and Thanksgiving

Praise and thanksgiving are the primary ways we adore and worship to God. We were created to praise and worship the Father. This again goes back to the greatest commandment (**Matthew 22:37**).

Scripture references: Psalm 100:1-5; Psalm 50:23; Psalm 22:3; 1 Thessalonians 5:16-18; Hebrews 13:15

2. Confession

Consistent confession is the primary way we receive God's forgiveness and maintain a spirit-filled life. Confession and cleansing are the primary ways we grow and become conformed to the image of Christ. **Psalm 66:18**. For confession to be genuine, it must also be thorough. The psalmist said, *Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴ And see if there be any hurtful way in me, And lead me in the everlasting way. (Psalm 139:23-24).*

Scripture references: 2 Chronicles 7:14; Proverbs 28:13; Psalm 51:6-10; Psalm 24:3-5; Psalm 66:18; 1 John 1:9; Matthew 5:23; Matthew 6:14

3. Petition

Petition is the type of prayer in which we present our individual needs and desires to God. **John 16:24** - *Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full.*

Scripture references: Philippians 4:6-7; Hebrews 4:15-16; John 15:7

4. Intercession

Intercession is the type of prayer that focuses on the needs of others. To intercede for someone is to spiritually stand in the gap for that individual. **Ezekiel 22:30** - *I searched for a man among them who would build up the wall and stand in the gap before Me for the land, so that I would not destroy it; but I found no one.*

This passage describes intercession for a whole nation in rebellion against God.

Intercession is a broad category that covers anything from praying for the lost to praying for God's blessing on a great evangelist or pastor. *God has ordained intercession as the primary way He works to save the lost and empower the church.*

God has called all believers to intercession – **1 Timothy 2:1-2**

Scripture references: 1 Samuel 12:23; Ezekiel 22:30; 2 Timothy 2:1

5. Meditation

The act of reflecting on God's Word and quietly listening for His still small voice.

Meditation enables us to experience a personal relationship with God as opposed to merely reciting a list of needs and wants.

Prayer is not us telling God what He is to do. Prayer is our discovering what God wants to do and joining Him as co-laborers through our prayers.

Scripture references: Psalm 1:2, 63:6, 77:12, 143:5, 119:15, 119:148, Jeremiah 29:13, 1 John 5:14-15

Each type of prayer is connected. God gave us these types of prayer so that we could experience a healthy, growing relationship with Him.

To really grow in prayer a believer must understand two things:

1. We must consistently practice all types of prayer.
2. We must be committed to grow in each of these areas of prayer.

God desires for us to have a dynamic relationship with Him.

Questions to think about:

1. **Have you viewed your prayer time as a personal relationship or as some duty you are required to perform?**
2. **Do you sense God's conviction that your prayer time had been too brief, or inconsistent?**
3. **Do you sense that you are weak in some of the basic types of prayer?**