

How to Develop a Powerful Prayer Life by Dr. Gregory Frizzell
Chapter 3 – Beginning Guidelines for a Powerful Prayer Life
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There are many Scriptures that emphasize the importance of learning to pray effectively. **James 5:15** says, “...**The effective prayer...**”

Jesus’ disciples made perhaps the wisest request when they said, “**Lord teach us to pray**” (**Luke 11:1**).

Two Things to Remember

1. The regular reading of significant amounts of Scripture is absolutely essential to your prayer life.

Romans 10:17 reveals the importance of God’s Word to our faith. “*So faith comes from hearing, hearing by the Word of Christ.*”

Jesus said that we are to “*live by every word that proceeds from the mouth of God (Matthew 4:4).*”

In 1 John 5:14-15, we see further evidence of the importance of God’s Word in prayer. *This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us.* ¹⁵ *And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him.*

First: Spend daily time reading and meditating on God’s Word.

Second: After your Bible reading, write down key insights that God speaks to your heart

2. Familiarize yourself with the basic guidelines and biblical principles for powerful prayer.

Just as there are basic principles for any activity, there are definite patterns for effective prayer. Following these basic principles will allow us to see God’s mighty power released in our lives.

3 Practical Guidelines for Powerful Prayer

- A. Be prepared to give God the best time of your day.
- B. Purpose to experience a “balanced” prayer life.
- C. Daily ask God to teach you to pray (Luke 11:1).

Become Familiar with the Eight Principles of Powerful Prayer

1. Pray with an attitude of authority and confidence through the name of Jesus. John 14:13-14 - *Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son.* ¹⁴ *If you ask Me anything in My name, I will do it.* Hebrews 4:16, *Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.*

2. Spend quality time allowing God to search you so you are freshly cleansed from every sin or hindrance.

Proverbs 28:13 - *He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.*

3. Specifically ask Him to fill and anoint you with His Spirit (Ephesians 5:18)

Romans 8:26 - *In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words.*

“You can no more pray in power without the fullness of God’s Spirit than you could physically lift a locomotive.”

4. Determine to pray in genuine faith and expectancy.

Mark 11:22-24

5. Ask God to prevent the influence of Satan in yourself and in the subjects for which you pray.

Ephesians 6:11 - *Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. “Prayer is not just how we prepare for spiritual battle, prayer is the battle.”*

6. Ask God for the spirit of fervency in your praying.

James 5:16 - *The effective prayer of a righteous man can accomplish much.*

7. In your praying be as specific as possible.

Philippians 4:6 - *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

8. Concerning your key prayer requests, seek to find committed partners who will agree with you in united prayer.

Matthew 18:19 - *Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven.*