The LORD's Prayer

... and the Ministry of Intercession
Amanda Buys’ Spiritual Covering

This is a product of Kanaan Ministries, a non-profit ministry under the covering of:

- Roly, Amanda’s husband for more than thirty-five years.
- River of Life Family Church
  Pastor Edward Gibbens
  Vanderbijlpark
  South Africa
  Tel: +27 (0) 16 982 3022
  Fax: +27 (0) 16 982 2566
  Email: sharmain@rolfc.co.za

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For further information or to place an order, please contact us at:

P.O. Box 15253 27 John Vorster Avenue
Panorama Plattekloof Ext. 1
7506 Panorama 7500
Cape Town Cape Town
South Africa South Africa

Tel: +27 (0) 21 930 7577
Fax: 086 681 9458
E-mail: kanaan@iafrica.com
Website: www.kanaanministries.org

Office hours: Monday to Friday, 9 AM to 3 PM

Kanaan International Website

Website: www.eu.kanaanministries.org
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THE LORD’S PRAYER AND THE MINISTRY OF INTERCESSION.

INTRODUCTION:

This teaching is a continuation of Prayer Altars. Now that we know the principles of Prayer Altars and how they operate, we have to learn practically how to pray at the Altars, what are the Laws of Prayer, and how to apply them to our lives, in Jesus Name.

We also need to learn how to intercede for a lost and dying world, how to make a difference in the part of the world where God has placed us to live, so that His Kingdom will come and His will be done in and through our lives in Jesus Name.

Chapter 1
THE LORD’S PRAYER.


“Our Father…..”

In prayer you come to God as His child. You need not wait for an angel to introduce you. You need not try to make yourself more acceptable. You need not first prepare carefully what you want to say. You come just as you are, opening your heart and telling Him how you feel and what you desire. There is no one prayer-posture which is more sacred than another.

You are God’s child, and He is eager and willing to see you! So then, off to the Throne of Grace, dear child of God, your Father is waiting!

Matthew 6:1-19 “TAKE CARE not to do your good deeds publicly or before men, in order to be seen by them; otherwise you will have no reward [reserved for and awaiting you] with and from your Father Who is in heaven.

2 Thus, whenever you give to the poor, do not blow a trumpet before you, as the hypocrites in the synagogues and in the streets like to do, that they may be recognized and honored and praised by men. Truly I tell you, they have their reward in full already.

3 But when you give to charity, do not let your left hand know what your right hand is doing,

4 So that your deeds of charity may be in secret; and your Father Who sees in secret will reward you openly.
5 Also **when you pray**, you must not be like the hypocrites, for they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by people. Truly I tell you, they have their reward in full already.

6 But **when you pray**, go into your [most] private room, and, **closing the door**, pray to your Father, Who is in secret; and your Father, Who sees in secret, **will reward** you in the open.

7 And **when you pray**, do not heap up phrases (multiply words, repeating the same ones over and over) as the Gentiles do, for they think they will be heard for their much speaking.

8 Do not be like them, for your Father knows what you need before you ask Him.

9 **Pray, therefore, like this:** Our Father Who is in heaven, hallowed (kept holy) be Your name.

10 Your kingdom come, Your will be done on earth as it is in heaven.

11 **Give us this day our daily bread.**

12 And forgive us our debts, as we also have forgiven (left, remitted, and let go of the debts, and have given up resentment against) our debtors.

13 And **lead (bring) us not into temptation, but deliver us from the evil one.**

For Yours is the kingdom and the power and the glory forever. Amen.

14 **For if you forgive people their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], your heavenly Father will also forgive you.**

15 But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses.

16 And **whenever you are fasting**, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already.

17 But **when you fast, perfume your head and wash your face,**

18 So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, **will reward you** in the open.

19 Do not gather and heap up and store up for yourselves treasures on earth, where moth and rust and worm consume and destroy, and where thieves break through and steal.

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1. **“Whenever you give to the poor...**

**Alms-giving** is supposed to characterize the life of a believer. It must be done out of a good heart and not out of a proud heart, nor out of a heart that desires publicity.

When you give your alms, do not let your left hand know what your right hand is doing.

Do it privately, out of a heart of compassion that appreciates the goodness of God upon your life.
The Bible says, your Father who sees in secret shall reward you openly. There is a **BOOK OF ALMS-GIVING** where God carefully records every time you give with a grateful heart, so that He will be able to reward you on that day.

**Proverbs 19:17** “17 He who has pity on the poor lends to the Lord, and that which he has given He will repay to him.”

2. **“When you pray……”**

It is mandatory for a child of God to pray. Prayer to a spiritual man is like breathing is to a natural man. You cannot survive without prayer, it is your **spiritual oxygen**. In the place of prayer, you are breathing in the Life, the Power, the Ability of God, and your spirit is being renewed.

*If you want to survive, you have to pray, it is not optional.*

**Matthew 26:41** “41 All of you must keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation. The spirit indeed is willing, but the flesh is weak.”

If you do not pray, you make yourself a prey to the devil.

3. **“Don’t be like the hypocrites who blow trumpets…..”**

The point Jesus is making here is about the **motive of the heart**. Your motive can disqualify, qualify, or corrupt your prayers. If you are praying for men to applaud you, or to be seen of men, then you have your reward already. Therefore: prayer has a **reward**, because God is a Rewarder of those that diligently seek Him.

A child of God who makes prayer a habit, who has an altar and talks to his Father on a constant basis, will be rewarded! There is a **BOOK OF PRAYERS** where careful record is kept of all your prayers so that God will be able to reward you in that day. Every child of God must pray with a motive of getting **results** and blessings from Almighty God otherwise you’ll be like a hypocrite, and you will be like the Pharisees who just prayer-talk as part of their religious duty.

God is saying that prayer is supposed to be **deliberate, sincere, have a focus, a goal**, and direction in order to get results.

**NOTE:** The Lord said: “**When you pray**”, not “**if you pray.**” Prayer must be **constant and instant.**
God is a God that does not only hear in the open place but also hears prayers in the secret, and He rewards fervent and diligent prayers.

4. **“enter your closet and shut your door.”**

   Prayer means that you must focus upon the Lord without distraction. There must be no wandering thoughts, etc. Prayer is a heart plugged into God, because prayer is a matter of the heart.

1. **ENTERING INTO HIS PRESENCE.**

   **Matthew 6:9 “After this manner therefore pray”**

   Here Jesus gives a direction for praying. He knows what pleases the Father.

   **“Our Father which art in Heaven,…”**

   Jesus is making us to understand that before a man can pray successfully, there must be a relationship between him and God – by salvation. **“Our Father, My Father”**

   God has given you the right of son-ship. God is only a Father to the person who is born-again, who has been bought with the Blood of the Lamb.

2. **THE NEED FOR THANKGIVING, PRAISE AND WORSHIP.**

   **“Hallowed be Thy Name”** is a language of praise and thanksgiving.

   Hallowed means glory, honour, adoration, praises.

   We cannot just jump into the presence of God with our requests, even though He is our Father.

   **PRAYER:**

   Our Father, which art in Heaven, hallowed be Thy Name.

   Bless the Lord, O my soul: and all that is within me, bless Your Holy Name. I adore You and make known to You my adoration and love this day.

   I bless Your Name, **Elohim**, the Creator of Heaven and earth, Who was in the beginning. It is You who made me, and You have crowned me with glory and honour. You are the God of Might and Strength. Hallowed be Thy Name!
I bless Your Name, **El-Shaddai**, the God Almighty of blessings. You are the Breasty One Who nourishes and supplies. You are All-bountiful and All-sufficient. Hallowed be Thy Name!

I bless Your Name, **Adonai**, my Lord and my Master. You are Jehovah - the Completely Self-Existing One, always present, revealed in Jesus, Who is the same yesterday, today, and forever. Hallowed be Thy Name!

I bless Your Name, **Jehovah-Jireh**, the One Who sees my needs and provides for them. Hallowed be Thy Name!

I bless Your Name, **Jehovah-Rapha**, my Healer and the One Who makes bitter experiences sweet. You sent Your Word and healed me. You forgave all my iniquities and You healed all my diseases. Hallowed be Thy Name!

I bless Your Name, **Jehovah-M’Kaddesh**, the Lord my Sanctifier. You have set me apart for Yourself. Hallowed be Thy Name!

**Jehovah-Nissi**, You are my Victory, my Banner, and my Standard. Your banner over me is love. When the enemy comes in like a flood, You lift up a standard against him. Hallowed be Thy Name!

**Jehovah-Shalom**, I bless Your Name. You are my Peace – the peace which transcends all understanding, which garrisons and mounts guard over my heart and mind in Christ Jesus. Hallowed be Thy Name!

I bless You, **Jehovah-Tsidkenu**, my Righteousness. Thank You for becoming sin for me that I might become the righteousness of God in Christ Jesus. Hallowed be Thy Name!

**Jehovah-Rohi**, You are my Shepherd, and I shall not want for any good or beneficial thing. Hallowed be Thy Name!

Hallelujah to **Jehovah-Shammah**, the One Who will never leave or forsake me. You are always there. I take comfort and am encouraged and confidently and boldly say, “The Lord is my Helper, I will not be seized with alarm - I will not fear or dread or be terrified. What can man do to me? Hallowed be Thy Name!

I worship and adore You, **El-Elyon**, the Most High God, Who is the First Cause of everything, the Possessor of the Heavens and earth. You are the Everlasting God, the Great God, the Living God, the Merciful God, the Faith” God, the Mighty God. You are Truth, Justice, Righteousness, and Perfection. You are **El-Elyon** - the Highest Sovereign of the Heavens and the earth. Hallowed be Thy Name!
Father, You have exalted above all else Your Name and Your Word, and You have magnified Your Word above all Your Name! The Word was made flesh and dwelt among us, and His Name is Jesus! Hallowed be Thy Name!

In Jesus' Name I pray,

AMEN.

{Scripture References:
Matthew 6:9; Psalm 103:1; Genesis 1:1,2; Psalm 8:5; Genesis 49:24,25; Genesis 15:1,2,8; Hebrews 13:8; Genesis 22:14; Song of Solomon 2:4; Isaiah 59:19; Judges 6:24; Philippians 4:7 AMP; Jeremiah 23:5,6; 2 Corinthians 5:21; Psalm 23:1; Psalm 34: 10; Psalm 147:3 Amp; Exodus 15:23-26 AMP; Psalm 107:20; Psalm 103:3; Leviticus 20:7,8; Exodus 17:15; Ezekiel 48:35; Hebrews 13:3; Hebrews 13:6 Amp; Genesis 14:19,22; Psalm 91:1 Psalm 138:2 AMP; John 1:14.}

Psalm 100:1-4 “I MAKE A joyful noise to the Lord, all you lands!
2 Serve the Lord with gladness! Come before His presence with singing!
3 Know (perceive, recognize, and understand with approval) that the Lord is God! It is He Who has made us, not we ourselves [and we are His]! We are His people and the sheep of His pasture.
4 Enter into His gates with thanksgiving and a thank offering and into His courts with praise! Be thankful and say so to Him, bless and affectionately praise His name!”

Enter into His gates with thanksgiving, just glorifying the Lord.

Psalm 95:1-2 “I O COME, let us sing to the Lord; let us make a joyful noise to the Rock of our salvation!
2 Let us come before His presence with thanksgiving; let us make a joyful noise to Him with songs of praise!”

3. INTERCESSIONARY PRAYERS.

Matthew 6:10 “Thy Kingdom come, Thy will be done on earth, as it is in Heaven”

This is the second level of prayer, called the prayer of intercession. We now intercede that the Kingdom of God should enlarge, that the glory of God should cover all the earth, bringing many people into the Kingdom. Intercession means taking the burden and the need of God upon ourselves. Praying for the advancement of the Kingdom of God, that the knowledge of the glory of God should cover the earth as the waters cover the sea.

Psalm 2:8 “Ask of Me, and I will give You the nations as Your inheritance, and the uttermost parts of the earth as Your possession.”
Intercession is **standing in the gap** for the salvation of sinners, and for the deliverance of the world, that others may see what you have seen, enjoy what you are enjoying, and come into the Light of God. Intercession is a prayer that goes beyond yourself.

Many times we miss God because we do not understand the **divine “protocol”** of prayer.
We start our prayers by saying, **“God bless my family. God supply my needs. God, I need a promotion. God, give me this, give me that.”**

**The needs of the Kingdom of God is the number one priority!**

**Matt 6: 31** “31 Therefore do not worry and be anxious, saying, What are we going to have to **eat**? or, What are we going to have to **drink**? or, What are we going to have to **wear**?”

Don’t bother yourself about what you would eat, drink or wear. Just seek first the Kingdom of God and the advancement of that Kingdom.

**Matthew 6:33** “33 But **seek** (aim at and strive after) **first of all His kingdom and His righteousness** (His way of doing and being right), and then all these things taken together will be given you besides.”

So, every child of God should learn how to intercede, how to call upon the Lord to save sinners and deliver the oppressed.
Learn to call upon the Lord for the Kingdom of God to enlarge.
Pray that the pastors in churches will have the anointing to preach, that churches may grow, that God’s Kingdom might come, pray for street ministries, prison ministries, etc. Remember Jesus said:

**Matthew 9:37-38** “37 Then He said to His disciples, The harvest is indeed plentiful, but the **laborers are few.**
38 So **pray to the Lord of the harvest to force out** and **thrust laborers** into His harvest.”

As you put the needs of the Kingdom first, you are following the **LAW OF PRAYERS** and praying effectively.
PRAYER:

Father, in Jesus’ Name, I pray according to Matthew 6: 10, "Thy Kingdom come." I am looking for the soon coming of our Lord and Saviour, Jesus Christ.

I thank You, Father, that the Lord shall come (to earth) and all the Holy ones [saints and angels] with Him; and the Lord shall be King over all the earth; In that Day He shall be One Lord, and His Name One. The government shall be upon His shoulder.

Father, I thank You that we shall join the great voices in Heaven saying, "The kingdoms of this world have become the Kingdoms of our Lord, and of His Christ; and He shall reign for ever and ever."

Yours, O Lord, is the greatness and power and the glory and the victory and the majesty; for all that is in the Heavens and the earth is Yours; Yours is the Kingdom, O Lord; and Yours it is to be exalted as Head over all. Thy Kingdom come. Hallelujah! Amen.

THY WILL BE DONE

Father, In the Name of Jesus, I pray that the will of God be done in my life as it is in Heaven. For I am Your [own] handiwork (Your workmanship), recreated in Christ Jesus, [born anew] that I may do those good works that You predestined (planned beforehand) for me, (taking paths that You prepared ahead of time) that I should walk in them - living the good life that You prearranged and made ready for me to live.

Teach me to do Your will, for You are my God; let Your good Spirit lead me into a plain country and into the land of uprightness. Jesus, You gave (yielded) Yourself up [to atone] for my sins (and to save and sanctify me), in order to rescue and deliver me from this present, wicked age and world order, in accordance with the will and purpose and plan of our God and Father.

In the Name of Jesus, I am not conformed to this world, but I am transformed by the renewing of my mind, that I may prove what is that good and acceptable and perfect will of God.

For this is the will of God: that I should be consecrated - separated and set apart for pure and holy living; that I should abstain from all sexual vice; that I should know how to possess [control, manage] my own body (in purity, separated from things profane, and) in consecration and honour, not [to be used] in the passion of lust, like the heathen who are ignorant of the True God and have no knowledge of His will.
Father, thank You that You chose me - actually picked me out for Yourself as Your own - in Christ before the foundation of the world; that I should be holy (consecrated and set apart for You) and blameless in Your sight, even above reproach, before You in love: having predestinated me unto the adoption of a child by Jesus Christ to Yourself, according to the good pleasure of Your will.

Your will be done on earth in my life as it is in Heaven.
Amen and so be it!

{Scripture References:
Matthew 6:9, 10; Romans 12:2; Ephesians 2:10 AMP;
I Thessalonians 4:4,5 AMP; Psalm 143: 10 Amp; Ephesians 1:4 AMP;
Galatians 1:4 AMP; Ephesians 1:5}

4. PERSONAL PRAYERS - PETITIONS.

"Give us this day our daily bread."

This is a prayer of petition. This is where your personal needs, your family needs, your children's needs, etc come in.

This is the third level of prayer. God excludes selfishness from the place of prayer. He deals with self-centeredness. As you learn to first pray for others, God says that even the things you don't ask for shall be given unto you!!

PRAYER:

In the Name of Jesus, I confess with the Psalmist David that I have not seen the righteous forsaken, nor his seed begging bread.

Father, thank You for food, clothing, and shelter. In the Name of Jesus, I am learning to stop being perpetually uneasy (anxious and worried) about my life, what I shall eat and what I shall drink, or about my body, what I shall put on. My life is greater [in quality] than food, and the body [far above and more excellent] than clothing.

The bread of idleness [gossip, discontent, and self-pity] I will not eat. It is You, Father, Who will liberally supply (fill to the full) my every need according to Your riches in glory in Christ Jesus.
In the Name of Jesus, I shall not live by bread alone, but by every word that proceeds from the Mouth of God. Your Words were found, and I did eat them, and Your Word was to me a joy and the rejoicing of my heart.

And the Word became flesh and dwelt among us. Jesus, You are the Bread of Life that gives me life, the Living Bread.

Thank You, Father, in the Name of Jesus, for spiritual bread - manna from Heaven. Amen.

{Scripture Reference:}
Matthew 6:9-11; Matthew 4:4; Psalm 37:25; Jeremiah 15:16 Amp
Matthew 6:25 Amp; John 1:14; Proverbs 31:27 AMP; John 6:48-51
Philippians 4:19 Amp

5. PRAYER OF CONFESSION AND REPENTANCE.

Matthew 6:12 "forgive us our debts as we forgive our debtors."

This is a condition to prayers. Failure to keep this condition can block your prayers completely.

Matthew 6:14-15 “14 For if you forgive people their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], your Heavenly Father will also forgive you. 15 But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Father forgive you your trespasses."

This is one major obstacle that has hindered a lot of people from getting answers. They pray fulfilling all the other Laws, but they miss it by not having the heart of repentance and forgiveness.

1 John 3:15 “15 Anyone who hates (abominates, detests) his brother [in Christ] is [at heart] a murderer, and you know that no murderer has eternal life abiding (persevering) within him.”

If you have hatred in your heart, those prayers will not reach God. You are self-deceived. You heart must be open and free towards everybody; then you'll enjoy the fellowship of praying to God.

Example: Believer husbands and wives sleep in the same bedroom without speaking to one another. They pray and speak in tongues and look very spiritual! They think God will answer their prayers; HE WON’T!
FORGIVENESS IS A CRITERIA TO GETTING YOUR PRAYERS ANSWERED!

You must forgive on a constant basis so that your prayers may not be hindered.

PRAYER:

Father, I forgive everyone who has trespassed against me so that You can forgive me my trespasses. [Now, having received the Holy Spirit and being led and directed by Him], if I forgive the sins of anyone, they are forgiven; if I retain the sins of anyone, they are retained.

Father, Your Word says, "Love your enemies and pray for those who persecute you" (Matt. 5:44 Amp).

I come before You in Jesus' Name to lift _______ before You. I invoke blessings upon him/her and pray for his/her happiness. I implore Your blessings (favour) upon him/her.

Father, not only will I pray for___________ but I set myself to treat him/her well (do good to, act nobly toward him/her). I will be merciful, sympathetic, tender, responsive, and compassionate toward ________, even as You are, Father.

My desire is to be an imitator of You, and I can do all things through Christ Jesus Who strengthens me.

Father, I thank You that I have great peace in this situation, for I love Your law and refuse to take offense toward___________.

Jesus, I am blessed - happy [with life - joy and satisfaction in God's favour and salvation apart from outward conditions] and to be envied - because I take no offense in You and refuse to be hurt or resentful or annoyed or repelled or made to stumble, [whatever may occur].

And now, Father, I roll this work upon You - commit and trust it wholly to You; and I believe that You will cause my thoughts to become in agreement to Your will, and so my plans shall be established and succeed.

In Jesus' Name, AMEN.

{Scripture References:
Matthew 5:44 AMP; Luke 6:28 AMP; Ephesians 5:1 AMP;
Philippians 4:13 AMP; Psalm 119:165 AMP; Luke 7:23 AMP;
Proverbs 16:3 AMP}
6. THE NEED FOR A STRONG ENTREATY – SUPPLICATION.

Matthew 6:13 “and lead us not into temptation, but deliver us from evil.”

This is a prayer of supplication. This type of prayer you need to pray more than you need to pray for your needs.
You must pray that you lead a victorious life, and be a triumphant Christian, living above sin.
This prayer is a prayer of strong entreaty. A prayer that will make you weep before the Lord, so that anger, envy and jealousy may leave your life.
This is not a one-time prayer. This has to be a violent prayer of strong entreaty sometimes with weeping before the Lord, because you don’t like the negative traits and manifestations you see in your life.
Maybe it is deliverance from lust and evil imaginations. You don’t just say, “Lord, take these away from me in Jesus Name.”

You may have to fast, meditate on and confess the Word of God repeatedly and constantly, that sin might not have dominion over you. That is a prayer of supplication.

The difference between supplication and petition:
• Petition is making a request for your day-to-day needs.
• Supplication means begging, pleading, entreatig, incessant pleading with somebody for mercy and for compassion.

PRAYER:

There has no temptation taken me but such as is common to man: But God is faithful, Who will not suffer me to be tempted above that which I am able; but will with the temptation also make a way to escape, that I may be able to bear it.

I count it all joy when I fall into various temptations; knowing this - that the trying of my faith works patience.

I will not say when I am tempted, I am tempted from God; for God is incapable of being tempted by [what is] evil, and He Himself tempts no one.

Thank You, Jesus, for giving Yourself for my sins, that You might deliver me from this present evil world, according to the will of God and our Father: to Whom be glory for ever and ever.

Father, in the Name of Jesus, and according to the power that is at work in me, I will keep awake (give strict attention, be cautious) and watch and pray that I may not come into temptation.
In Jesus’ Name, AMEN.

{Scripture References:
  1 Corinthians 10: 13; James L2,3; James 1: 13 AMP; Galatians L4,5; Ephesians 3:20; Matthew 26:41 AMP}

7. ENDING PRAYERS WITH THANKSGIVING AND PRAISE.

Matthew 6:13 “for thine is the Kingdom, and the power, and the glory, for ever and ever, AMEN”

You start with praise and you end with praise. Give thanks, glorifying and magnifying the Lord, and believing in your heart that God has answered your prayers!

Mark 11:24 “24 For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it].”

When you believe that you have received the petition you desired of the Lord, and in your heart you are convinced that your prayers have entered into the Ears of the Almighty, the next step to take is to thank the Lord as if practically speaking, that thing is already in your hands. Therefore, giving thanks at the end of prayers is a manifestation of faith and confidence in the Almighty to Whom you have prayed. Thanking Him for the answers that you have already received in the spiritual realm as you were praying, will make your prayers to get quick answers.

PRAYER:

O magnify the Lord with me, and let us exalt His Name together.

As for God, His way is perfect! The Word of the Lord is tested and tried; He is a shield to all those who take refuge and put their trust in Him.

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my firm, impenetrable Rock and my Redeemer.

Your Word has revived me and given me life.

Forever Lord, Your Word is settled in Heaven.

Your Word is a lamp to my feet and a light to my path.
The sum of Your Word is truth, and every one of Your righteous decrees endures forever.

I will worship toward Your holy temple and praise Your Name for Your loving-kindness and for Your truth and faithfulness; for You have exalted above all else Your Name and Your Word, and You have magnified Your Word above all Your Name!

Let my prayer be set forth as incense before You, the lifting up of my hands as the evening sacrifice. Set a guard, O Lord, before my mouth; keep watch at the door of my lips.

He who brings an offering of praise and thanksgiving honours and glorifies Me; and he who orders his way aright – who prepares the way that I may show him - to him I will demonstrate the salvation of God.

My mouth shall be filled with Your praise and with Your honour all the day.

Because Your loving-kindness is better than life, my lips shall praise You. So will I bless You while I live; I will lift up my hands in Your Name.

Your testimonies also are my delight and my counsellors.

In Jesus' Name I pray, Amen.

Scriptural References:
Psalm 34:3; Psalm 18:30; Psalm 19:14; Psalm 119:50; Psalm 119:89
Psalm 119:105; Psalm 119:160; Psalm 138:2; Psalm 141:2,3;
Psalm 50:23; Psalm 71:8; Psalm 63:3,4; Psalm 119:24

8. FASTING HELPS OUR PRAYERS.

Matthew 6:16 “16 When you fast do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their re ward in full already.”

Fasting is also not optional!
The Lord expects the believer to fast.
Fasting is an instrument of seeking the Lord.

Isaiah 58:1-5 “I CRY ALOUD, spare not. Lift up your voice like a trumpet and declare to My people their transgression and to the house of Jacob their sins!”
2 Yet they seek, inquire for, and require Me daily and delight [externally] to know My ways, as [if they were in reality] a nation that did righteousness and forsook not the ordinance of their God. They ask of Me righteous judgments, they delight to draw near to God [in visible ways]

3 Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]? Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. 

4 [The facts are that] you fast only for strife and debate and to smite with the fist of wickedness. Fasting as you do today will not cause your voice to be heard on high.

5 Is such a fast as yours what I have chosen, a day for a man to humble himself with sorrow in his soul? [Is true fasting merely mechanical?] Is it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to indicate a condition of heart that he does not have]? Will you call this a fast and an acceptable day to the Lord?

The first prerequisite is that your heart should be right with God. Abstaining from food is not enough. Fasting is not a magic to move the Hand of God.

Unacceptable Fasts.

Zechariah 7:1-3 “1 AND IN the fourth year of the reign of King Darius, the word of the Lord came to Zechariah on the fourth day of the ninth month, Chislev. 2 Now the people of Bethel had sent Sharezer and Regem-melech and their men to pray and entreat the favor of the Lord 3 And to speak to the priests of the house of the Lord of hosts and to the prophets, saying, [Now that I am returned from exile] should I weep in the fifth month, separating myself as I have done these so many years [in Babylon]?”

For many years the people had been fasting in the whole of the fifth month.

Zechariah 7:5: “5 Speak to all the people of the land and to the priests, saying, When you fasted and mourned in the fifth and seventh months, even those seventy years you were in exile, was it for Me that you fasted, for Me?”

For seventy years they fasted every fifth month and seventh month, and God said, “was it to Me that you fasted?” Seventy years they fasted without approval from God. They were fully persuaded that their fasting was unto the Lord! This is very frightening! You can fast throughout your whole life, but if the fasting is wrong, you receive nothing.

A man can fast and die in the process, but if he is out of tune with God, his fasting is of no avail.
Many times we are looking at our fasting, while God is looking at our heart. If your heart is in right standing with God, then He looks at the fast and prayers. God looks for deep reconciliation with Him and our fellow men, so that our fast may be acceptable to Him. Ask the Lord to search you and show you all that is in your life that does not please Him. Ask Him to expose the contradictions of your life, so that you can face them and put things right.

Matthew 6:16-18  
“16 And whenever you are fasting, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already.  
17 But when you fast, perfume your head and wash your face,  
18 So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, will reward you in the open.”

Here the Lord is saying people fast for rewards. There is a BOOK OF FASTING, where God carefully records each of our fasts and their objects, and that book of His will be opened for people to be rewarded on that day.

I pray that your name is there. God is recording your fast done in secret, so that He will reward you on that day.

He will reward you with answered prayers in this world, but He will reward us more on that glorious day for having prayed! **Again, THERE IS A BOOK OF RECORDS ON PRAYERS**, where God is recording the prayers and the prayer-lives of His praying children. Some of us can show proofs for some of our prayers that have been answered. But there are some that the Lord hides the fruit of our prayers from us so that they may be revealed on that day. All those who have ever prayed and fasted are on the Lord’s records for reward. There are many people who are hidden, who are unknown, but are paying the price, they will walk before God and take their reward.

If you are a public figure, **make sure you have a deep prayer life**, because the computers in Heaven are recording everyday and they do not make mistakes! They do not put what others are offering in another person’s name. They record according to the faithfulness of each individual man, woman, or child.
ACCEPTABLE FASTS.

2 For (during) forty days in the wilderness (desert), where He was tempted (tried, tested exceedingly) by the devil. And He ate nothing during those days, and when they were completed, He was hungry.”

Jesus was full of the Holy Spirit when He entered the fast, and He was overflowing with the Holy Spirit when he finished.
Make sure that you are led by the Holy Spirit when going on a long fast.

Fasting is for Warfare.

Mark 1:12-13 “Immediately the [Holy] Spirit [from within] drove Him out into the wilderness (desert), 
13 And He stayed in the wilderness (desert) forty days, being tempted [all the while] by Satan; and He was with the wild beasts, and the angels ministered to Him [continually].”

Fasts are times of warfare. They can be times of fierce conflict with satan.

(During times of fasting, one has supernatural powers – either from the devil or of God.
Example: The power behind Islam is fasting. Great power is released when they fast in unity.)
Fasting is for warfare and can destroy the kingdom of satan. Fasting is an instrument of battle. The ground on which we can confront the enemy is in fasting. You must declare your fasts unto the Lord.
A fast has a strong capacity to undermine the devil. The first day is okay, but the second day .!!!
That second day is tough and the devil knows it! But, once you cross the second day and get to the third day, your strength is renewed.
Do not listen to the devil’s lies. Push through!!

Fasting with and without prayers.

“When you pray” and “when you fast.” They are two instruments of spiritual warfare. They sometimes work independently. You can enter into prayer warfare without any fast and you can go into a fasting battle without praying much, and still feel the onslaught of the wicked one.
In long fasts it is very difficult to pray, just say short prayers, or you can only groan, these are very sharp weapons!
So, when you fast it is not always the time to have all night prayer meetings.
Never stop your fasts because you are too tired to pray. Even without praying, the fast is ministering unto God.

One thing that manifests in fasting is that the activity of the flesh and the soul are greatly reduced, the desires of the flesh is reduced and the spirit is more available.

In a fast, a person says to God, “Dear God, take over.” You totally surrender all you have and all you are. You come to the end of yourself. You are faced with all your weaknesses and just lay at His feet in total dependence on His power and strength to pull you through!

Fasting works – PRAISE THE LORD!!

PRACTICAL ADVICE ON FASTING

Beginning a Fast

Introduction

There are different kinds of fasts: a total fast from foods and liquids for a short interval of time; a liquid fast, in which only water may be drunk; a juice fast, which involves drinking water and a given amount of juices at normal mealtimes; a fast from meats, in which only fruits and vegetables may be eaten.

It is important to understand the effects of fasting on the spirit, soul, and body. Before committing to a fast, I encourage you to study the Word of God and to read books that provide important nutritional and other health information. Understanding will help to avoid harm and injury - both physically and spiritually.

Do not flaunt your fast, but do talk with your family and close associates if necessary to let them know what you are doing.

(Personal note: During times of fasting I continue to prepare meals at home for my family.)

Prayer

Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned. (Write your concerns out and keep them before your eyes. Do not lose sight of the reason for your fast.)

I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will eat no_____________ for the period of_______________.

I obey the Words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting.

Father, You know every secret, and I look to You for my reward. I am assured that You hear me when I pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank You for cleansing me - spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed. I thank You that it is You Who give the wise answer of the tongue.

Forever, O Lord, Your Word stands firm in Heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans.

In Jesus' Name,

Amen.

{Scripture References: Matthew 6:17,18 TLB; 1 John 5:14,15; Psalm 37:4; Proverbs 16:3 Amp; Isaiah 58:6-8 1 Thessalonians 5:23; Proverbs 16:2,3 NIV; Proverbs 16:1; Psalm 119:89-91 TLB}
Ending a Fast

Introduction

It is best to break a fast by eating fruit, broth, or a light salad, gradually adding other foods day by day depending upon the length of the Fast.

Prayer

Father, in the Name of Jesus, You are my Light and my Salvation; whom shall I fear? You are the Strength of my life; of whom shall I be afraid?

Father, You have given me the desires of my heart. You have heard and answered my prayers. To You be the glory! Great things You have done!

I rest in You, awaiting the manifestation of all that I required and inquired of You.

I thank You for giving me Your strength to face each day full of sap [of spiritual vitality]. Today I break this fast as You have directed. I thank You for this food because it is consecrated by Your Word and prayer.

In Jesus Name,

Amen.

Scripture References:
Psalm 27:1; Psalm 37:4
Psalm 34:4 Amp; Psalm 92:14 Amp; 1 Timothy 4:4,5 Amp
Chapter 2
THE NEED FOR PRAYER AND PRINCIPLES OF EFFECTIVE INTERCESSION.

Luke 21:34-36  “34 But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;
35 For it will come upon all who live upon the face of the entire earth.
36 Keep awake then and watch at all times [be discreet, attentive, and ready], praying that you may have the full strength and ability and be accounted worthy to escape all these things [taken together] that will take place, and to stand in the presence of the Son of Man.”

In order to survive in this world and not be carried away with the system of this world, the believer needs a heart that is established and properly grounded in prayer. Jesus expects the believer to be able to discern more or less the time of His coming. A snare catches you unawares and unsuspecting. “Keep awake and watch at all times..”

I Thess 5:17  “17 Be unceasing in prayer [praying perseveringly];”

Matthew 26:41 “41 All of you must keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation. The spirit indeed is willing, but the flesh is weak.”

A prayerful believer is likely to be a watchful believer, he will have the wings of an eagle.
Isaiah 40:28-31 “28 Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, does not faint or grow weary; there is no searching of His understanding. 

29 He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. 

30 Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; 

31 But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.”

In the above passage, Jacob is complaining bitterly about his problems that have lasted a long time.

“Lord, why are Your eyes not seeing me? Why are You not helping me? Why can You not deliver me?”

God’s reply: “Have you not heard, have you not known, that the Everlasting God, the Lord, the Creator of earth does not faint or grow weary?”

God seemed to have said: “I have known about your sorrows, but one thing you must know about Me is that I am the Lord, the Creator of Heaven and earth. I do not faint, I do not become weary, there is no searching of My understanding. I am God.”

There seems to be no relationship between Jacob’s complaint and God’s statements. In essence, God was saying, “When you wait on Me, you’ll find your strength renewed from day to day.”

The root of Jacob’s problems was that he failed to meaningfully wait on the Lord to draw strength to confront life’s bitter battles.

Today people are fainting and becoming weary and the young men are utterly failing. Only they who steadfastly wait on the Lord will remain steady and strong.

NOTE: Not everybody shall renew their strength. Only those that have developed the habit of waiting upon the Lord, those that have learnt to enter into the secret place of he Most High.

God likens this to an eagle. An eagle has tremendous and keen power of vision. An eagle has many phases of development. When an eagle begins to get old, it goes into hibernation for the purpose of rejuvenation, or reactivation. During this phase, all it’s feathers start falling out. Gradually new feathers start to grow, and when the eagle flies again, it has renewed strength and vigour.
Similarly, the Lord expects us to enter into the prayer closet and hibernate in His
presence DAILY. God says there is a particular group of people that have learnt
to wait upon the Lord, who shall renew their strength.

Psalms 103:5 "5 Who satisfies your mouth [your necessity and desire at your
personal age and situation] with good so that your youth, renewed, is like the
eagle’s [strong, overcoming, soaring]!

Deuteronomy 32:11 "11 As an eagle that stirs up her nest, that flutters over her
young, He spread abroad His wings and He took them, He bore them on His
pinions."

Exodus 19:4 "4 You have seen what I did to the Egyptians, and how I bore you
on eagles’ wings and brought you to Myself."

My prayer for you is that you will be among this company of saints.

A lot of us enjoy doing what we call “emergency” prayers. It is when we get into
trouble that we begin to pray. It is when we have a conference or a time of
ministry that we need to “go and seek God.” Such Christians don’t pray unless
they have a major program. Throughout their day they are very busy with the
things of the Lord, working for the Lord, but not walking with and waiting upon
the Lord of the work.

Such a person cannot expect much breakthrough or anointing in his ministry or
personal life. He also makes himself vulnerable to satanic attacks.

Hebrews 11:6 “6 But without faith it is impossible to please and be satisfactory to
Him. For whoever would come near to God must [necessarily] believe that
God exists and that He is the Rewarder of those who earnestly and diligently
seek Him [out].”

God is a Rewarder of those who DILIGENTLY seek Him, not a Rewarder of just
anybody. Those who carefully, faithfully and meticulously seek Him are those
He will reward.

Luke 11: 9,10,13 “9 So I say to you, Ask and keep on asking and it shall be
given you; seek and keep on seeking and you shall find; knock and keep on
knocking and the door shall be opened to you.

10 For everyone who asks and keeps on asking receives; and he who seeks
and keeps on seeking finds; and to him who knocks and keeps on knocking
the door shall be opened.

13 If you then, evil as you are, know how to give good gifts [gifts that are to their
advantage] to your children, how much more will your heavenly Father give the
Holy Spirit to those who ask and continue to ask Him!”
1. THE MINISTRY OF INTERCESSION.

There may be various definitions or meanings of the word, but we want to discuss two Latin words which are translated into “INTERCESSION”.

‘INTRA’ – between or amidst
‘CEDERE’ – to stand.

A combination of the two is: INTRA-CEDERE, which means 'standing in-between or standing in the gap.'

Another word for intercession is the Greek word ‘PAGAR’, which means ‘to collide with’, ‘to have a head-on collision.’

This signifies that in INTERCESSION you STAND IN-BETWEEN and have a HEAD-ON COLLISION with something.

Questions: Standing between whom? Whom do you collide with?

As an intercessor, you have two main objectives:
1. You stand between God and man.
2. You collide with satan and the problems of man.

The man you are interceding for has no legal standing before God. He is doomed for judgment and destruction and because of his sins and offences; he cannot approach God on his own. In essence, that man is separated from God. For judgment to be averted, for destruction to be taken away from such a man, he would need the ministry of someone who has a right standing with God, whose voice God knows.

The intercessor is a man of men, as well as a man of God, and that is why it is the ministry of standing in-between.

In intercession, he lays hold upon the guilty man and also lays hold upon God because he is available and acceptable to the two.

Being a man, he can identify with what the other man is going through, and being a man of God also, he knows the reason why God has to judge and punish this man.

He now comes in as an umpire or referee – a middleman, and lays as it were one hand upon God and lays the other upon the guilty man and then says, “Let there be peace between you.”

Since he is agreeable to God, he is able to appease the anger of God, and to advance reasons why the Lord must not punish but forgive the man.
The intercessor who stands in-between God and the guilty man is able to do that because he is standing on a higher ground than the condemned man and also he has an acceptance with God.

His voice is recognized in the courts of Heaven. He is not a visitor. He dwells in the secret place, therefore he can plead with God and God would hear him.

Job 22:30 “He will even deliver the one [for whom you intercede] who is not innocent; yes, he will be delivered through the cleanness of your hands.”

Examples of Intercessors:
• Daniel pleading the cause of the whole nation of Israel (Daniel 9 & 10)
• Esra (Esra 9 & 10)
• and Nehemia taking the problems of the whole nation upon themselves.

An intercessor is an umpire. He makes up the hedge, he builds a bridge between man and God.

Job 9: 32-33 “32 For [God] is not a [mere] man, as I am, that I should answer Him, that we should come together in court. 33 There is no umpire between us, who might lay his hand upon us both, [would that there were!]”

Job 16:20-21 “20 My friends scorn me, but my eye pours out tears to God. 21 Oh, that there might be one who would plead for a man with God and that he would maintain his right with Him, as a son of man pleads with or for his neighbor!”

Jeremiah 30: 12-13 “12 For thus says the Lord: Your hurt is incurable and your wound is grievous. 13 There is none to plead your cause; for [the pressing together of] your wound you have no healing [device], no binding plaster.”

In intercession, you plead the cause of another so that that person may be bound up or that nation may be bound up with the Healing Balm of God.
Isaiah 59:16 “And He saw that there was no man and wondered that there was no intercessor [no one to intervene on behalf of truth and right]; therefore His own arm brought Him victory, and His own righteousness [having the Spirit without measure] sustained Him.”

Jeremiah 5:1 “I RUN TO and fro through the streets of Jerusalem, and see now and take notice! Seek in her broad squares to see if you can find a man [as Abraham sought in Sodom], one who does justice, who seeks truth, sincerity, and faithfulness; and I will pardon [Jerusalem — for one uncompromisingly righteous person].”

Ezekiel 22:23-31 “23 And the word of the Lord came to me, saying,
24 Son of man, say to her, You are a land that is not cleansed nor rained upon in the day of indignation.
25 There is a conspiracy of [Israel’s false] prophets in the midst of her, like a roaring lion tearing the prey; they have devoured human lives; they have taken [in their greed] treasure and precious things; they have made many widows in the midst of her.
26 Her priests have done violence to My law and have profaned My holy things. They have made no distinction between the sacred and the secular, neither have they taught people the difference between the unclean and the clean and have hid their eyes from My Sabbaths, and I am profaned among them.
27 Her princes in the midst of her are like wolves rending and devouring the prey, shedding blood and destroying lives to get dishonest gain.
28 And her prophets have daubed them over with whitewash, seeing false visions and divining lies to them, saying, Thus says the Lord God — when the Lord has not spoken.
29 The people of the land have used oppression and extortion and have committed robbery; yes, they have wronged and vexed the poor and needy; yes, they have oppressed the stranger and temporary resident wrongfully.
30 And I sought a man among them who should build up the wall and stand in the gap before Me for the land, that I should not destroy it, but I found none.
31 Therefore have I poured out My indignation upon them; I have consumed them with the fire of My wrath; their own way have I repaid [by bringing it] upon their own heads, says the Lord God.”

God is looking to raise up intercessors from amongst the people, one of their own, who knows what the people are doing, but who is not involved in the error of their ways.
Because God could find none in Israel, He had to pour out His anger. The anger of God had always been there, but, He was patiently waiting for someone who would plead with Him, beg Him, and entreat His Face, quote His promises, and advance reasons why He should not destroy the people. God, looked and waited, and because He could find no-one, He had to judge Israel.

That makes us to understand that when a disaster breaks out or people are destroyed or when a church breaks up, or when satan makes a mess of a life or a home, it is because God had fruitlessly searched for an intercessor without finding any.

When disunity threatens a church, when a pastor commits immorality, or when a man of God begins to backslide, God will immediately go around looking for men and women who understand His feelings and concern, and to respond to His burden and pray. Then, He in His mercy, will not allow disaster to happen because He has found faithful intercessors who would pray earnestly.

Has God awoken you in the night, urging you to pray? You are so tired that you roll over and sleep further. In your heart you said “God, You understand. I am very tired. Let me rest first and then I’ll pray.” By the time you woke up, the burden had lifted and the devil had struck somewhere to harm some person, some city or some church.

Now a person who refuses to receive and pray God’s burden like that will automatically forfeit the opportunity God is offering him to come to the office and ministry of intercession. He will remain at the lower planes of petition and supplication praying.

2. BUILDING LIFE CIRCLES.

In intercession, we build life circles around individuals, churches, ministries, and nations.

Acts 14:19-21 “19 But some Jews arrived there from Antioch and Iconium; and having persuaded the people and won them over, they stoned Paul and [afterward] dragged him out of the town, thinking that he was dead. 20 But the disciples formed a circle about him, and he got up and went back into the town; and on the morrow he went on with Barnabas to Derbe. 21 When they had preached the good news (Gospel) to that town and made disciples of many of the people, they went back to Lystra and Iconium and Antioch,”
Paul ran headlong into the hands of the religious spirits where they stoned him and left him for dead. The next thing was that the disciples stood round about him and started to intercede. They imparted life to Paul through their intercession. He rose up from the dead, so to speak. Broken bones had been mended, serious wounds were healed, and with his own legs he walked back into that city, preaching again!!

Today, Christians are being dragged out daily by the enemy and stoned. God expects us as His Church to arise in intercession and pray. He wants us as intercessors, to build life circles round any child of God that has been stoned. Join hands together and build a wall of Life, a circle of Life, as you pray.

Look for those who have been stoned, look for those you can prophesy life to!! Why did Paul not die? Because the disciples were intercessors who built a life circle around him and called forth a new anointing and holiness.

A true intercessor has no time for criticisms or gossiping or running other people down. People who judge others don’t pray. Prayer and backbiting don’t go together.

3. LABOURING IN LOVE.

Colossians 4:12  “12 Epaphras, who is one of yourselves, a servant of Christ Jesus, sends you greetings. [He is] always striving for you earnestly in his prayers, [pleading] that you may [as persons of ripe character and clear conviction] stand firm and mature [in spiritual growth], convinced and fully assured in everything willed by God.”

Epaphras was not just an ordinary Christian, he was an intercessor serving in this ministry and it was confirmed by Paul the Apostle. It was not Paul that preached the gospel to the Colossians, it was Epaphras and others who ministered to them and they believed.

They then invited Paul to come over to the Colossian Church and minister to the people, in order to establish them. Epaphras entered into intercession for his converts, constantly labouring in travailing prayers.

Colossians 4:13  “13 For I bear him testimony that he has labored hard in your behalf and for [the believers] in Laodicea and those in Hierapolis”.

Epaphras prayed effectual and fervent prayers with zeal.
4. INGREDIENTS OF EFFECTIVE INTERCESSION.

Intercession is not an easy job. Paul likened it to a wrestling match. You must be ready to labour long and travail and groan, to strive and agonize. You must be ready for a head-on collision with the devil.

1. Zeal in Prayer.

No man or woman can be an intercessor without a great zeal. It is not for lazy, lukewarm people. It is a ministry that needs commitment. The first thing God looks for in a prayer warrior is not how much tongues you are able to speak, or how loud your voice is or how big you are. In the service of God, it is the zeal that counts; then knowledge comes afterwards.

Romans 12:11 “Never lag in zeal and in earnest endeavor; be aglow and burning with the Spirit, serving the Lord.”

Without zeal, action, or motivation, your ministry will be like a puppet ministry. Example: The sons of prophets in the days of Elijah and Elisha. (2Kings 2:1-15) They had all the revelations and knowledge of the end-time move of God but no zeal. They took no action to follow after Elijah, and do something about the end-time move. They were spiritually static. Some were staying at Gilgal. Elisha met them there. Some were in Jordan, he also met some in Jericho, while some remained stagnant in Bethel. They were all sitting and idling around, but Elisha followed on, he was pressing towards the mark. He was going on and on and God rewarded him with a double portion of Elijah’s anointing.

You may not have too much knowledge, but if you have the zeal, the Lord is going to give the required knowledge to you.
2. Desire in Prayer.

There is no way you can be an effective intercessor unless you have a strong desire to pray, help God and humanity.

Maybe you have seen some people pray and you are moved and touched as you watched them. You want to pray like them. That is what we call desire. God seldom works outside this. No desire, no grace, no prayer burden.

It is a strong and burning desire that will ultimately lead to the decision to pray.

Psalm 37:4 “Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart.”

3. Travailing in Prayer.

Galatians 4:19 “19 My little children, for whom I am again suffering birth pangs until Christ is completely and permanently formed (molded) within you,”

Paul was telling them about spiritual dynamics of regeneration. He said he was suffering birth pangs until Christ was completely and permanently formed within these backslidden Christians.

Isaiah 66:7-9 “7 Before [Zion] travailed, she gave birth; before her pain came upon her, she was delivered of a male child.

8 Who has heard of such a thing? Who has seen such things? Shall a land be born in one day? Or shall a nation be brought forth in a moment? For as soon as Zion was in labor, she brought forth her children.

9 Shall I bring to the [moment of] birth and not cause to bring forth? says the Lord. Shall I Who causes to bring forth shut the womb? says your God.”

In both these passages, the Spirit of God seemed to be saying that spiritual birth, conversions and revivals can only come through the avenue of travailing prayers, in which we have labour pains and birth pangs.

The Galatians had strayed from God’s grace into error, so when the man of God heard this he was troubled, and very disturbed, and so he began to pray again just like he did before they were born-again. He knew they were no longer standing firm in the grace of God. So he had to start all over again.

“My little children for whom I travail in pain or for whom I have birth pangs – agony of birth and labour pains coming upon me.”

If you have given birth to children before or maybe you have witnessed women in the labour ward, you’ll know it is serious! It is a matter of life or death.
In Isaiah 66:7, the Lord said, “before she travailed, she brought forth, before her pains came, she was delivered of a Man Child.

Who has heard such a thing?

…but as soon as Zion travailed she brought forth her children.”

That is talking about Zion – the Church. The Church of God must **travail in order to have a major breakthrough** in the area of mass evangelism. We need to agonize so that we no longer have dry and fruitless crusades. Men and women **must be pregnant with burdens** which will lead them to **soul travail**.

Before souls can be gathered into the Kingdom of God, they must have first be birthed in prayers and begotten in intercession – in **tears** and **soul travails**. Such souls usually stand strong and do not easily backslide.

Today, we have many unbelieving believers. We have believers who speak in tongues, attend fellowships and church programs, always shouting “PRAISE THE LORD! HALLELUJAH! THE LORD IS ALWAYS GOOD!” and yet they are neck-deep in sin. Today you find them singing in the choir; singing ‘praises’ and ‘worship’, tomorrow you find them gossiping and backstabbing as they continue in their sin.

Did they enter the Kingdom through the short-cut method of “Positive Confession?” There are those who believe that if they simply confess something, it will happen without praying. The result is a lot of immorality, materialism, shallowness, backsliding, and worldliness.

Ministers of God and intercessors must learn the value of travailing souls into the Kingdom of God, suffering through labour pains until Christ is formed inside such persons.

GETSEMENE = GET = to press; SEM = SEMENE = to press to produce life.

4. **Burdens and Groanings in Prayer**.

We as the Church, must be prayerful, having the burden of the Holy Spirit in our hearts. When such prayer burdens take hold of you, you’ll appear to be careless about every other thing and you can’t attend to any other thing, until you give attention to such a burden and pray, weep, or roll on the ground.

You’ll remain in this state of prayer until the burden has lifted. Do not try to leave the place of prayer until you have been released by the Holy Spirit. This **soul agony** can cause you to groan, shout, etc, but there is something happening within you that you can’t explain. That is the burden of a true intercessor.
The result is the delivery of many spiritual babies, miracles and healings for people you might not even know. In the natural we have results. PRAISE THE LORD!


There is no way you can be an intercessor unless God accepts your person. This speaks of HOLINESS. If you are going to stand between God and man, and be welcomed by God and bless humanity, you must be holy. It is NON NEGOTIABLE.

Such was the life of Moses. In Exodus 32:9-14; and Numbers 16:45-48, Moses was able to persuade God to abate His anger and wrath towards the people of Israel, because Moses stood on the higher plane of holiness than the people.

**Psalm 24: 3-6** "3 Who shall go up into the mountain of the Lord? Or who shall stand in His Holy Place? 
4 He who has **clean hands** and a **pure heart**, who has not lifted himself up to falsehood or to what is false, nor sworn deceitfully.
5 He shall receive blessing from the Lord and righteousness from the God of his salvation.
6 This is the generation [description] of those who seek Him [who inquire of and for Him and of necessity require Him], **who seek Your face**, [O God of] Jacob. Selah [pause, and think of that]!"

**Job 22:30** "He will even **deliver** the one [for whom you **intercede**] who is not **innocent**; yes, he will be delivered through the **cleanness of your hands**."

Holiness is life must therefore be a first priority.

**Daniel 10: 11** "11 And [the angel] said to me, O Daniel, you **greatly beloved man**, understand the words that I speak to you and stand upright, for to you I am now sent. And while he was saying this word to me, I stood up trembling."

Daniel was greatly loved by God and an immediate answer was sent to him the same day he prayed. He was living a holy life, upright before the Lord.

Intercession and sin cannot go together. If you want to be a victorious intercessor, then your life must be transparent, faithful and humble. You must be clothed with the garment of righteousness.

We need to have a revelation of the Blood, before we can apply it for the deliverance of nations and peoples and in meeting all that Calvary means – salvation, remission of sin, healing, freedom and prosperity.

Remember: The place of intercession is also the place of accusation and condemnation by the enemy. So, BE ALERT!!

Morning Prayer.

Father, I come in the Name of Jesus to plead His Blood on my life and on all that belongs to me, and on all over which You have made me a steward.

I plead the Blood of Jesus on the portals of my mind, my body (the temple of the Holy Spirit), my emotions, and my will. I believe that I am protected by the Blood of the Lamb which gives me access to the Holy of Holies.

I plead the Blood on my children, on my grandchildren and their children, and on all those whom You have given me in this life.

Lord, You have said that the life of the flesh is in the blood. Thank You for this Blood that has cleansed me from sin and sealed the Covenant of which I am a partaker.

In Jesus' Name,

Amen.

{Scripture References:
Exodus 12:7,13; Leviticus 17:11; 1 Corinthians 6:19; 1 John 1:7; Hebrews 9:6-14}

Evening Prayer

Father, as I lie down to sleep, I plead the Blood of Jesus upon my life - within me, around me, and between me and all evil and the author of evil.

In Jesus' Name,

Amen.

The intercessor must know the promises of God. He must be able to repeat and return such to God in prayer.

**Numbers 14:11-20** "11 And the Lord said to Moses, How long will this people provoke (spurn, despise) Me? And how long will it be before they believe Me [trusting in, relying on, clinging to Me], for all the signs which I have performed among them? 
12 I will smite them with the pestilence and disinherit them, and will make of you [Moses] a nation greater and mightier than they.
13 But Moses said to the Lord, Then the Egyptians will hear of it, for You brought up this people in Your might from among them.
14 And they will tell it to the inhabitants of this land. They have heard that You, Lord, are in the midst of this people [of Israel], that You, Lord, are seen face to face, and that Your cloud stands over them, and that You go before them in a pillar of cloud by day and in a pillar of fire by night.
15 Now if You kill all this people as one man, then the nations that have heard Your fame will say,
16 Because the Lord was not able to bring this people into the land which He swore to give to them, therefore He has slain them in the wilderness.
17 And now, I pray You, let the power of my Lord be great, as You have promised, saying,
18 The Lord is long-suffering and slow to anger, and abundant in mercy and loving-kindness, forgiving iniquity and transgression; but He will by no means clear the guilty, visiting the iniquity of the fathers upon the children, upon the third and fourth generation.
19 Pardon, I pray You, the iniquity of this people according to the greatness of Your mercy and loving-kindness, just as You have forgiven [them] from Egypt until now.
20 And the Lord said, I have pardoned according to your word."

Moses pleaded for the people, reminding God of what the people of the lands around them would say if He destroyed His own people.

The Lord finally said, “All right I will pardon them as you have requested.”

Moses used strong arguments to plead with God. He began by appealing to natural reasons to plead with God.

God said, ‘I am going to make you into a nation far greater and mightier than they are.’

Moses replied, ‘If You kill all Your people, the nations that have heard of Your fame will say, ‘the Lord had to kill them because He wasn’t able to take care of them in the wilderness. He wasn’t strong enough to bring them into the land He swore He would give them.’"
God didn’t say anything. It was as if He was unimpressed. Moses therefore continued praying by saying, “Oh, please show the great power of Your patience by forgiving our sins, and showing us Your steadfast love. Forgive us, even though You have said that You don’t let sin go unpunished, and that you punish the father’s fault in the children, to the third and fourth generation. Pardon the sins of these people because of Your magnificent, steadfast love, just as You have forgiven them all the time from when we left Egypt until now.”

From here God could not deny that He was longsuffering. He had already said this and even showed it and His people had been enjoying this favour. They knew Him as a God who bore long, tolerated people, merciful, and forgiving iniquity. Moses had to remind God what He had said about Himself.

Numbers 23:19 “19 God is not a man, that He should tell or act a lie, neither the son of man, that He should feel repentance or compunction [for what He has promised]. Has He said and shall He not do it? Or has He spoken and shall He not make it good?”

Psalms 89:34-35 “34 My covenant will I not break or profane, nor alter the thing that is gone out of My lips. 35 Once [for all] have I sworn by My holiness, which cannot be violated; I will not lie to David:”

“LORD, HAVE YOU FORGOTTEN that you said You are long-suffering, that You are of great mercy?

Pardon their sins according to Your Word!

An intercessor is God’s attorney in the courtroom of Heaven. He must be well versed in the Word of God. He must be versed in ‘thus saith the Lord’.

Your ordinary arguments may not move God, normal, natural reasons may not impress Him, but the Word that has come out of His mouth will influence Him when you rehearse it back to Him. God cannot but respond to it because He is faithful.

Do you know that a good case can be lost by a bad lawyer? You know lawyers must know the law and the country’s constitution from cover to cover.

In a like manner, the intercessor must prepare his case well by going through the Heavenly constitution (BIBLE) over and over again.
Then he can boldly approach God to argue his case in favour of any accused person or tackle any bad situation.

Example:

**Isaiah 53:3-6** "3 He was despised and rejected and forsaken by men, a Man of sorrows and pains, and acquainted with grief and sickness; and like One from Whom men hide their faces He was despised, and we did not appreciate His worth or have any esteem for Him. 4 Surely **He has borne our griefs** (sicknesses, weaknesses, and distresses) and **carried our sorrows and pains** [of punishment], yet we [ignorantly] considered Him stricken, smitten, and afflicted by God [as if with leprosy]. 5 But **He was wounded for our transgressions, He was bruised for our guilt and iniquities**; the chastisement [needful to obtain] peace and well-being for us was upon Him, and **with the stripes** [that wounded] Him **we are healed and made whole**. 6 All we like sheep have gone astray, we have turned every one to his own way; and the Lord has made to light upon Him the guilt and iniquity of us all."

We can take this and **argue and plead for someone’s health**. Take

**Exodus 15:26** “26 Saying, If you will **diligently hearken** to the voice of the Lord your God and **will do what is right in His sight**, and will **listen to** and **obey** His commandments and **keep all His statutes**, I will put none of the diseases upon you which I brought upon the Egyptians, for I am the Lord Who heals you.”

Now you say, “Lord, have You not spoken that my body is a temple of the Holy Spirit? And that he that defiles the temple of God, You would destroy? Have You not spoken and said You sent Your Word and Your Word healed them in Psalm 107:20? Have You not spoken that You are Jehovah-Rapha – the Lord that healeth us in Exodus 15:26? Therefore, Lord, according to Your Word, please heal me now in Jesus Name!”

You have **bought forth strong reasons** to the Lord and this sends satan running!

**Isaiah 41:21** “21 [You idols made by men’s hands, prove your divinity!] Produce your cause [set forth your case], says the Lord. Bring forth your **strong proofs**, says the King of Jacob.”

...for healing, deliverance, prosperity, security, provision and whatever your needs.
Believers who would make progress in their prayer lives take God’s Word seriously.
Study the Word:

**2 Timothy 2:15** “Study and be eager and do your utmost to present yourself to God approved (tested by trial), a workman who has no cause to be ashamed, correctly analyzing and accurately dividing [rightly handling and skillfully teaching] the Word of Truth.”

Do the Word:

**John 15:7** “If you live in Me [abide vitally united to Me] and *My words remain in you and continue to live in your hearts*, ask whatever you will, and it shall be done for you.”

Hear the Word:

**Proverbs 28:9** “He who turns away his ear from hearing the law [of God and man], even his prayer is an abomination, hateful and revolting [to God].”

**Psalm 1:1-3** “*1 BLESSED (HAPPY, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather. 2 But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night. 3 And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity].”*

IN CONCLUSION:

**What is prayer?**

Prayer is not noise. Prayer is not shouting at the bp of your voice. Prayer is not crying. Prayer is rather the overflow of the total man Godward. A man cannot be fighting with his wife and then stand in church and make a lot of noise in tongues and say he is praying. Even if he spends the whole night praying, he’s wasting is time.
Prayer is the **overflow of the total man towards God**. It will mean that for a person to pray, his total person must be that which is presentable to God. For a person to pray, the totality of the man, spirit, soul and body must be presentable to God, because when we pray it is our whole being that will flow to God.

If a man’s total being cannot flow Godward, he cannot pray. If a man’s total being: spirit, soul and body cannot be accepted before God, then he can make a lot of noise, but it is all in vain.

If there is sin in your life in whatever form, unless you terminate it radically, your prayers will not go anywhere. They will leave your mouth, bounce on the roof and come back.

If you have misunderstanding with your brother or sister and you have not sorted it out and reconciled, your prayers will float.

If you know people who sin and you are covering them up, your prayers will go nowhere.

**For prayers to go upward a man has to be right not only vertically but also horizontally. When a man is right horizontally, his prayers can flow vertically to the Lord.**

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**PRAYER:**

**LORD, TEACH ME TO PRAY AND ENROLL ME IN YOUR SCHOOL OF PRAYER AND INTERCESSION. MAKE ME RELEVANT TO YOUR PROGRAM ON EARTH. I YIELD AND VOLUNTEER TODAY AS ONE OF YOUR PRAYER SOLDIERS.**

**IN JESUS NAME,**

**AMEN.**
References

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- **Prophetic Role of the Church in our cities**
  Debo Daniel

- **Experiencing God’s Power**
  Derek Prince
The Priestly Blessing ...

Numbers 6:24-26

“24 The LORD bless thee, and keep thee: 25 The LORD make his face shine upon thee, and be gracious unto thee: 26 The LORD lift up his countenance upon thee, and give thee peace.”
The Priestly Blessing ...

Hebraic Translation

"YHVH will kneel before you presenting gifts, and He will guard you with a hedge of protection, YHVH will illuminate the wholeness of His Being toward you, bringing order, and He will provide you with love, sustenance, and friendship, YHVH will lift up the wholeness of His Being and look upon you, and He will set in place all you need to be whole and complete."

*Translation by Jeff A. Benner, for more information, please see http://www.ancient-hebrew.org/12_blessing.html*
The Priestly Blessing

The Priestly Blessing

May the LORD bless you and keep you

May the LORD make His face shine upon you and be gracious to you

May the LORD lift up his face to you and give you peace

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1 This blessing is (ritually) recited (by the kohanim) during synagogue services during Nesiat Kapayim ("the Raising of the Hands"), though it is also recited over children on Friday night before the start of the Shabbat meal or as a bedtime blessing.

2 The name YHVH (יהוה) represents God's attributes of love and mercy, in contradistinction to the name Elohim ( אלהים), which represents God's attributes of justice and power as our Creator.

3 The word for "face" (פנים) is plural with the 3rd person singular ending. It is considered metaphorical since God is incorporeal. The plural form is thought by some to indicate God's revealed and hidden attributes in creation.

4 The hiphil verb (רהיט) comes from the word "light" (רַע), and is thought to refer to God's wisdom. "May God enlighten you" with His wisdom, i.e., the Divine Light that preceded the work of creation (Gen. 1:3).

5 May God grant you grace or favor (_RW), i.e., to understand the "breadth and length and height and depth" of God's love (Eph. 3:18). Grace refers to the bestowal of an undeserved gift. The blessing is bestowed even though unearned or unmerited.

6 Since one's face is an indication of the heart's attitude, Rashi says that this means God will suppress His anger by "looking at you" (if God is angry at you, He "turns His face away" and refuses to admit your presence). The "lifting of face" also pictures God lifting you up as a father might lift up his child in joy. The "showing of face" indicates spiritual intimacy.

7 All of the other blessings are useless without the establishment of inner peace, and therefore it is the seal of the blessing.

8 Shalom (שלום) is not simply the absence of strife, but a balance and harmony between the finite and infinite, the temporal and the eternal, the material and the spiritual realms. Shalom is a gift from Sar Shalom ( nullptr, the Prince of Peace.

Birkat Kohanim: Num. 6:24-26

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