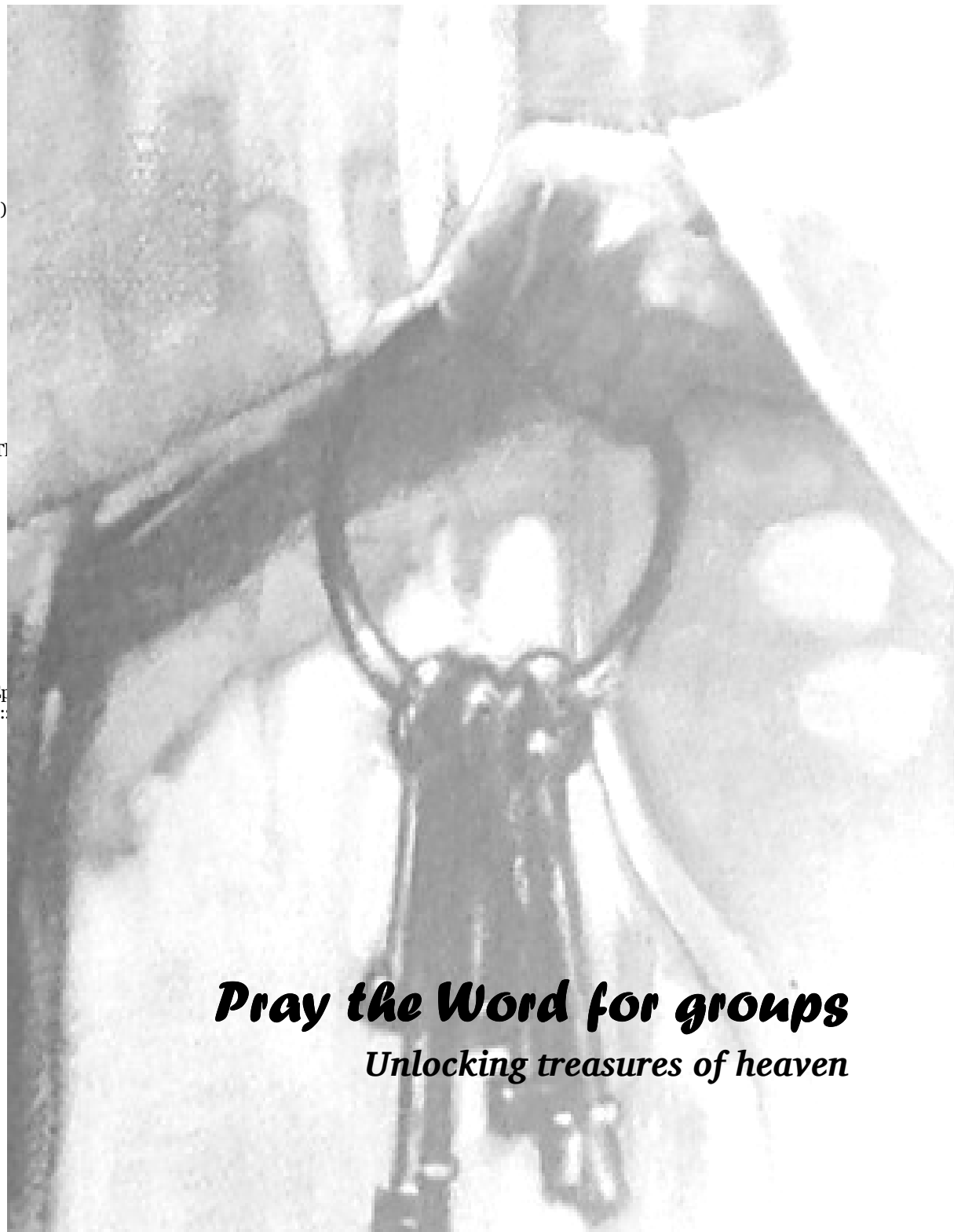


Yahweh - Ropheka (The Lord your Healer) - Ex 15:26)  
 Yahweh - Sabaoth (The Lord of Hosts) - 1Sa.1; Is.6:3)  
 Yahweh - Shalom (The Lord our Peace) - Jdg.6:24)  
 Yahweh - Shammah (The Lord is There) - Ez.48:35)  
 Yahweh - Tsidkenu (The Lord our Righteousness) - (Jer.23:6; 33:16)  
 Your confidence - (Pr.3:26)  
 Your exceedingly great reward - (Gen.15:1)  
 Your Shade - (Ps.121:5)  
 Your Keeper - (Gen.15:1)

**NAMES OF GOD THE HOLY SPIRIT**

A New Spirit - (Ez.11:19; 36:26)  
 Advocate - (1Jn.2:1)  
 Another Comforter - (Jn.14:16)  
 Breath of The Almighty - (Job.32:8)  
 Clothing - (Jdg.6:34)  
 Dove - (Lk.3:22)  
 Earnest - (2Cor.1:22)  
 Eternal Spirit - (Heb.9:14)  
 Finger of God - (Mt.12:28; and Lk.11:20)  
 Fire - (Is.4:4)  
 Gift of God - (Jn.4:10)  
 God - (Ac.5:3 - 4)  
 Helper - (Rm.8:26)  
 His Holy Spirit - (1Th.4:8)  
 His Holy Spirit - (Is.63:10 - 11)  
 His Spirit - (Ps.106:33)  
 His Witness - (Ac.5:30 - 32)  
 Holy Spirit of God - (Eph.4:30)  
 Lord - (2Cor.3:17)  
 Meal Offering - (Lev.2:5)  
 My Spirit - (Gen.6:3)  
 Oil - (Heb.1:9)  
 Omnipotent Spirit - (Rm.15:13)  
 Omnipresent Spirit - (Ps.139:7 - 10)  
 Omniscient Spirit - (1Cor.2:10)  
 Paraclete - (Jn.14:16)  
 Porter - (Jn.10:3)  
 Power of The Highest - (Lk.1:35)  
 Promise of My Father - (Lk.24:49)  
 Promise of The Father - (Ac.1:4)  
 Promise of The Spirit - (Ga.3:14)  
 Salt - (Mt.5:13)  
 Seal - (Eph.1:13)  
 Seed - (1Jn.3:9)

Seven Spirits - (Re.4:5)  
 Spirit - (Nm.11:17)  
 Spirit of Adoption - (Rm.8:15)  
 Spirit of Burning - (Is.4:4)  
 Spirit of Christ - (Rm.8:9)  
 Spirit of Counsel and Might - (Is.11:2)  
 Spirit of Faith - (2Cor.4:13)  
 Spirit of Glory - (1Pe.4:14)  
 Spirit of God - (Gen.1:2)  
 Spirit of Grace - (Zech.12:10)  
 Spirit of Grace and Supplication - (Zech.12:10)  
 Spirit of Him Who Raised up Jesus - (1Pe.3:18)  
 Spirit of Holiness - (Rm.1:4)  
 Spirit of Jesus - (Ac.16:6 - 7)  
 Spirit of Jesus Christ - (Php.1:19)  
 Spirit of Knowledge and the Fear of T - (Is.11:2)  
 Spirit of Life - (Rm.8:2)  
 Spirit of Love - (2Tim.1:7)  
 Spirit of Our God - (1Cor.6:11)  
 Spirit of Praise - (1Cor.14:15)  
 Spirit of Promise - (Eph.1:13)  
 Spirit of the Lord - (Is.11:2)  
 Spirit of the Lord God - (Is.61:1)  
 Spirit of Truth - (Jn.14:17)  
 Spirit of Understanding - (Is.11:2)  
 Spirit of Wisdom - (Is.11:2)  
 Spirit of Wisdom and Revelation - (Eph.1:17)  
 Unction From The Holy One - (1Jn.2:20)  
 Voice of The Almighty - (Ez.1:24)  
 Voice of Yahweh - (Ps.29:2)  
 Water - (Jn.7:37 - 39)  
 Wind - (Jn.3:8)  
 Wine - (Ac.2:13 - 15)  
 Witness - (Rm.8:16)  
 Your Free Spirit - (Ps.51:12)  
 Your Good Spirit - (Neh.9:20)  
 Your Holy Spirit - (Ps.51:11)  
 Your Spirit - (Neh.9:30)



***Pray the Word for groups***  
*Unlocking treasures of heaven*

# Table of Contents

Introduction	1
Why and how to meditate on the Word	2
How to pray the Word	5
Practical tips on teaching people to pray the Word	7
SOME WORKSHOP IDEAS	7
A. Praying the Psalms (Duration: 20 minutes)	7
B. Meditating on one Scripture (Duration: 20 minutes)	9
C. Praying Scripture over your life (Duration: 20 minutes)	10
D. Praying Scripture over different situations (Duration: 20 minutes)	11
SOME PRACTICAL TIPS	12
PRACTICAL TIPS FOR PRAYING AT HOME	13
A. Prayer in Jesus' life	13
B. Prayer is a relationship	13
C. Praying from your Bible	14
D. Meditation in prayer	15
E. Simple prayer	16
F. Reviewing our lives	17
SCRIPTURE PRAYERS	18
A. The power of God's Word	18
B. The power of the blood of Jesus in our lives	19
C. How to pray promises	20
D. Meditating on God's character from Scripture	21
How to pray through a chapter in the Bible	23
F. How to pray the names of God	25
NAMES OF GOD	26

Purifier; Refiner - (Mal.3:3)	Surety - (Heb.7:22)
Rabbi - (Jn.1:49)	Sword of your Majesty - (Dt.33:29)
Rain upon the Mown Grass - (Ps.72:6)	Teacher - (Mt.23:8)
Ransom - (Mk 10:45)	Tender Grass - (2Sa.23:4)
Redeemer - (Is.59:20)	Three times Holy God
Refiner and Purifier - (Is.25:4)	(Tower of Salvation - (2Sa.22:51)
Refuge - (Dt.33:27)	Trap and a snare - (Is.8:14)
Resting Place - (Jer.50:6)	Tried Stone - (Is.28:16)
Restorer - (Ps.23:3)	True Bread of Heaven - (Jn.6:32)
Resurrection and the Life - (Jn.11:25)	True God - (1Jn.5:20)
Rewarder - (Heb.11:6)	True Light - (Jn.1:9)
Rock - (Dt.32:18)	Truth - (Jn.14:6)
Rock of Offence - (1Pe.2:8)	Unspeakable gift - (2Cor.9:15 KJV)
Rock that is Higher than I - (Ps.62:2)	Upholder of all things - (Heb.1:3)
Rod of your strength - (Ps.110:2)	Vine - (Jn.15:5)
Root of David - (Re.5:5)	Wall of fire - (Zech.2:5)
Root of Jesse - (Is.11:10)	Way, Truth, Life - (Jn.14:6)
Root out of dry ground - (Is.53:2)	Wisdom - (Pr.8:12)
Ruler - (Mic.5:2)	Wisdom of God - (1Cor.1:24)
Ruler over the kings of the Earth - (Re.1:5)	Wonderful - (Is.55:4)
Sanctuary - (Is.8:14)	Word - (Jn.1:1)
Saviour of the World - (1Jn.4:14)	Word of God - (Re.19:13)
Sceptre - (Gen.49:10)	Word of Life - (1Jn.1:1)
Seed - (Gen.3:15)	Yah (The Independent One) - (Ps.68:4)
Servant - (Is.52:13 - 15)	Yahweh (The Eternal, Ever-loving One) - Mal.3:6)
Shade from the heat - (Is.25:4)	Yahweh - Elohay (The Lord my God) - (Zech.14:5)
Shadow of a great rock in a weary land - (Is.32:2)	Yahweh - Eloheka (The Lord your God) - Ex.20:2)
Shepherd and Bishop - (1Pe.2:25)	Yahweh - Eloheenu (The Lord our God) - Dt.6:4)
Shelter for His People - (Joel.3:16)	Yahweh - Elohim (The Eternal Creator) - Gen.2:4 - 25)
Shield - (2Sa.22:31)	Yahweh - Elyon (The Lord Most High) - Ps.7:17)
Shield of your Help - (Dt.33:29)	Yahweh - Gmolah (The God of Recompense Jer.51:7 - 8)
Shiloh (Peacemaker) - (Gen.49:10)	Yahweh - Hoseenu (The Lord our Maker) - Ps.95:6)
Sign - (Lk.2:34)	Yahweh - Jireh (The Lord will Provide) - Gen.22:8 - 14)
Son of God - (Mk.6:3)	Yahweh - Makkeh (The Lord shall smite thee) - Ez.7:9)
Son of Man - (Mt.8:20)	Yahweh - Mekaddishkem (The Lord our Sanctifier) - Lev.20:8)
Son of the Most High God - (Mk.5:7)	Yahweh - Nissi (The Lord my Banner) - Ex.17:15)
Spirit of Justice - (Is.28:5 - 6)	Yahweh - Rohi (The Lord is my Shepherd) - Ps.23:1)
Star - (Nm.24:17)	
Star out of Jacob - (Nm.24:17)	
Stone cut out without hands - (Dn.2:34 - 35)	
Stone of Stumbling - (1Pe.2:8)	
Strength of my life - (Ps.27:1)	
Strength to the Needy - (Is.25:4)	
Strength to the Poor - (Is.25:4)	
Strong Lord - (Ps.89:8 KJV)	
Strong Tower - (Ps.61:3)	
Stronghold - (Nah.1:7)	
Sun and Shield - (Ps.84:11)	
Sure foundation - (Is.28:16)	

Judge of the living and the dead - (Ac.10:42)	Man attested by God - (Ac.2:22)
Just One - (Ac.7:52)	Man of sorrows - (Is.53:3)
King - (Zech.14:16)	Man of war - (Ex.16:31)
King of Glory - (Ps.24:10)	Master - (1Tim.2:5)
King of kings - (Re.17:14)	Master of the House - (Lk.13:25)
King of Peace - (Heb.7:2)	Mediator - (Job 9:33)
King of Righteousness - (Heb.7:2)	Mediator of a better Covenant - (Heb.8:6)
King of the Saints - (Re.15:3)	Mediator of the new Covenant - (Heb.12:24)
King over all the earth - (Zech.14:9)	Messenger of the Covenant - (Mal.3:1)
Lamb in the midst of the Throne - (Re.7:17)	Messiah - (Jn.4:25)
Lamb of God - (Jn.1:29)	Mighty God - (Is.9:6)
Lamb Slain - (Re.5:12)	Mighty One - (Ps.45:3)
Lamb without blemish - (1Pe.1:19)	Morning Star - (Re.2:28)
Last Adam - (1Cor.15:45)	Morning without clouds - (2Sa.23:4)
Leader - (Is.55:4)	Most High - (Ps.18:13)
Life-giving Spirit - (1Cor.15:45)	Most Holy - (Dn.9:24)
Light Everlasting - (Is.60:19 - 20)	My Beloved - (Mt.12:18)
Light of men - (Jn.1:4)	My Elect One - (Is.42:1)
Light of the City - (Re.21:23)	My Fortress - (Ps.12:2)
Light of the Gentiles - (Is.42:6;Lk.2:32)	My Glory - (Ps.3:3)
Light of the Morning - (2Sa.23:4)	My Helper - (Heb.13:6)
Light of the World - (Jn.8:12)	My High Tower - (Ps.144:2)
Lily of the Valley - (SS.2:1)	My Hope - (Ps.71:5)
Lion - (Re.5:5)	My Lord and My God - (Jn.20:28)
Lion of the Tribe of Judah - (Re.5:5)	My Portion - (Ps.73:26)
Living Bread - (Jn.6:51)	My Power - (2Sa.22:33)
Living Stone - (1Pe.2:4)	My Rock of Refuge - (Ps.31:2)
Lord - (Rm.10:13)	My Salvation - (Ps.38:22)
Lord and Saviour Jesus Christ - (2Pe.3:18)	My Shield - (2Sa.22:3)
Lord from Heaven - (1Cor.15:47)	My Strength - (Is.12:2)
Lord God Almighty - (Re.4:8)	My Support - 2Sa.22:19)
Lord God of Truth - (Ps.31:5)	Nazarene - (Mt.2:23)
Lord God Omnipotent - (Re.19:6)	Offering - (Eph.5:2)
Lord Mighty in battle - (Ps.24:8)	Ointment Poured Forth - (SS.1:3)
Lord Most High - (Ps.47:2)	Only Begotten of the Father - (Jn.1:14)
Lord of all - (Ac.10:36)	Only Wise God - (1Tim.1:17)
Lord of all the earth - (Zech.6:5)	Our Passover - (1Cor.5:7)
Lord of Hosts - (1Cor.2:8)	Our Peace - (Eph.2:14)
Lord of Lords - (Re.17:14)	Our Potter - (Is.64:8)
Lord of the dead and the living - (Rm.14:9)	Passover - (1Cor.5:7)
Lord our Maker - (Ps.95:6)	Peace offering - (Lev.3:1 - 5)
Lord our Righteousness - (Jer.23:6)	Physician - (Lk.4:23)
Lord over all - (Rm.10:12)	Polished Shaft - (Is.49:2)
Lord Strong and Mighty - (Ps.24:8)	Power of God - (1Cor.1:24)
Lord who Created the Heavens - (Is.45:18)	Precious Stone - (1Pe.2:6)
Lord your Redeemer - (Is.43:14)	Priest Forever - (Heb.5:6)
Love - (1Jn.4:8)	Prince of Life - (Ac.3:15)
Man - (Jn.19:5)	Prince of Peace - (Dn.8:25)
Maker - (Is.17:7)	Prophet - (Jn.7:40)
Maker of all things - (Jer.51:19)	Propitiation for our sins - (1Jn.2:2)

## Introduction

The purpose of this booklet on prayer is to help strengthen the Christian in his/her prayer life in Christ by proclaiming and praying Scripture, in a simple way, over their own lives, their city/town, community, their workplace etc.

This booklet is *by no means a complete guide* on this matter. Its aim is rather to serve as a simple guideline and to set the Christian on a road of praying Scripture for and over his/her own life, or that of another person/situation. When we learn the language of the Bible, we can pray with much more confidence, since we know that the words we use are from Scripture and God promises that His words will never return void.

It is also possible that God will show you other Scriptures, suited to your personal circumstances. These you can add with great confidence. You may feel to omit certain of the parts quoted here or to shorten them.

In compiling these prayers, the objective was not to change, add or subtract from the text of the Bible in any way (**Re.22:19**). The focus was rather on the intention of different Bible verses, and putting them together into a personal prayer; speaking with God Himself on the matters His Word addresses.

Different translations were used. When looking up references to these verses, it is important to also consult different translations. In some cases, it is also possible that the verse reference numbers might differ slightly, for the same reason.

**We trust that this booklet will inspire you to teach others to pray the Word of God about different things in their lives, whether it is about their city/town, community, a friend who is terminally ill, a broken marriage or whichever burden God would lay on their hearts.**

Jericho Walls International Prayer Network  
P.O. Box 3683, Tygervally, 7536  
Tel.: 021-919 7988  
Website: [www.jwipn.com](http://www.jwipn.com)  
E-mail: [watch@jwipn.com](mailto:watch@jwipn.com)

## PRACTICAL GUIDELINES FOR TEACHING PEOPLE TO PRAY THE WORD

### Why and how to meditate on the Word

There are many reasons why it is a good thing to meditate on the Word of God. The important thing is not to argue the issue of meditation, but rather, to search Scripture on the guidelines it provides on the matter. In the same manner that we get to know/remember a song, a billboard, an advertisement on television etc. by repeatedly listening to it or seeing it, there is great value in the repetitive "intake" of God's Word, whether it is by hearing, reading etc. The average Christian knows some Scripture verses, but might not even notice if someone should quote these Scriptures out of context! Each and every believer in Jesus Christ desperately needs to know more and more about Him, who He is, what He is like and what He does. All of God's commands are good and helpful. They empower us to enter into a closer walk with Him.

#### *Biblical definition of meditation*

Whenever we want to understand a term, it is helpful to find its origin and its earliest uses. The Old Testament Hebrew defines meditation as the following: OT Hebrew Strong's #:1897: Hagah (daw-gaw); to murmur (in pleasure or anger) by implication, to ponder, meditate, mourn, mutter, roar, speak, study, talk, utter. The New Testament Greek Strong's defines it as: NT Greek Strong's #3191: Meletao (mel-et-ah'-o), to take care of, i.e. (by implication) revolve in the mind: imagine, (pre-) meditate.

The simplest definition of meditation is *to repeat a Bible verse over and over again*, whether it is by writing it, praying it, reading it, singing it etc. Meditation is focussed repetition of a Scripture verse(s) or phrase(s) with the main focus on gaining a deeper understanding or revelation of God's intention for him/her or just simply of the verse/phrase itself.

#### *How do I do it practically?*

**Set a time:** Find a regular time of day that is best suited to your own situation and your family life. If possible it should be a time when you are not likely to be disturbed. Decide how much time you need for prayer – and then stick to it! Be realistic. Do not schedule a long period to start off with if you are not used to it. Rather begin with 10-15 minutes and gradually increase the time. Some days you might take 30 minutes and other days 15 minutes. Do not feel guilty about this.

Covenant to the people - (Is.42:6)	God of all Comfort - (2Cor.1:3)
Cover from the tempest - (Is.32:2)	God of all Grace - (1Pe.5:10)
Creator of all things - (Col.1:16)	God of Glory - (Ac.7:2)
Creator of the ends of the earth - (Is.40:28)	God of Hope - (Rm.15:13)
Crown of Glory - (Is.28:5)	God of Love and Peace - (2Cor.13:11)
Day Star - (2Pe.1:19 (KJV))	God of my Life - (Ps.42:8)
Day spring from on High - (Lk.1:78)	God of Patience and Comfort - (Rm.15:5)
Deliverer - (Rm.11:26)	God of Peace - (Rm.15:33)
Desire of all nations - (Hag.2:7)	God of Recompense - (Jer.51:56)
Diadem of Beauty - (Is.28:5)	God of Truth - (Dt.32:4)
Door of the sheep - (Jn.10:7)	God the Judge of all - (Heb.12:23)
El (The Strong One) - (Dt.10:17)	Good - (Ps.34:8)
El Elyon (The Most High) - (Gen.14:18 - 22)	Good Master - (Mt.19:16)
Elah, Eloah (The Adorable One) - (Jer.10:10)	Good Shepherd - (Jn.10:11)
Elect Stone - (1Pe.2:6)	Good Teacher - (Mk.10:17)
Elohim (implies the fullness of His Might) - Gen.1:26)	Governor - (Mt.2:6 (KJV))
El Olam (God of Eternity) - (Is.26:3)	Grain Offering - (Lev.2:1 - 10)
El - Roi (The Lord that Seeth) - (Gen.16:13 - 14)	Grain of Wheat - (Jn.12:23 - 24)
El Shaddai (The Almighty, All - Sufficient God Gen.17:1)	Great High Priest - (Heb.4:14)
Emmanuel - (Mt.1:23)	Great Light - (Is.9:2)
Eternal Life - (1Jn.5:20)	Great Prophet - (Lk.7:16)
Eternal Blessed God - (Rm.9:5)	Habitation of Justice - (Jer.50:7)
Everlasting Father - (Is.9:6)	Head - (Re.19:12)
Faithful and True - (Re.19:11)	Head of every Man - (1Cor.11:3)
Faithful and True Witness - (Re.3:14)	Head of the Body - (Col.1:18)
Father - (Mt.6:9)	Head over all things - (Eph.1:22)
Father of mercies - (2Cor.1:3)	Heir of all things - (Heb.1:2)
My Father - (Jn.5:17)	Help of my Countenance - (Ps.42:11)
Your Father - (Mt.5:16)	He who fills all in all - (Eph.1:23)
Our Father - (Mt.6:9)	He who will Come - (Heb.10:36 - 37)
Holy Father - (Jn.17:1)	Hidden Manna - (Re.2:17)
Righteous Father - (Jn.17:25)	Hiding Place from the Wind - (Is.32:2)
Abba Father - (Ga.4:6)	High and Lofty One - (Is.57:15)
Finisher of our Faith - (Heb.12:2)	High Priest - (Heb.3:1)
First and the Last - (Re.1:17)	Highest - (Lk.1:76)
Firstborn among the dead - (Col.1:18)	His Only Begotten Son - (Jn.3:16)
Firstborn over all creation - (Col.1:15; Re.1:5)	Holy - (Is.57:15)
Flame - (Is.10:17)	Holy and Awesome - (Ps.111:9)
Forerunner - (Heb.6:20)	Holy and True - (Re.6:10)
Fortress - (Ps.18:2)	Holy One and the Just - (Ac.3:14)
Foundation - (Is.28:16)	Hope of Glory - (Col.1:27)
Foundation of Living Waters - (Jer.17:13 - 14)	Horn of Salvation - (Lk.1:69)
Friend - (Pr.18:24)	Husband - (Is.54:5)
Gift of God - (Jn.4:10)	I AM - (Jn.8:58)
Glorious Lord - (Is.33:21(KJV))	Image of God - (2Cor.4:4)
God full of Compassion - (Ps.86:15)	Immanuel (God with Us) - (Mt.1:23)
God my Saviour - (Lk.1:47)	Jealous - (Gen.34:14)
	Jesus Christ - (1Pe.1:1)
	Jesus Christ the Righteous - (1Jn.2:1)
	Judge and Law-giver - (Is.33:22)

- Read the Names of God and use these Names of God in your prayers to shape your prayers. (Look at the list of the Names of God for examples).

**To pray in the Name of Jesus**

The Name of Jesus is of the utmost importance in prayer/intercession. To pray in the Name of Jesus is the key to all the power and promises of God. Jesus tells us very clearly that we should pray in His Name. And I will do whatever you ask in My Name, so that the Son may bring glory to the Father. You may ask me for anything in My Name, and I will do it. **(Jn.14:13-14)**. To pray in the Name of Jesus, is to go to God the Father on the basis of the merit of Jesus Christ.

Meditate on the names listed below and pray them as 'promises' in your prayer time, appeal to God on the basis of His Names. Pray the Names of the Lord Jesus in the same way as you would pray any other promise of God in Scripture.

**NAMES OF GOD**

**THE NAMES OF GOD THE FATHER & JESUS CHRIST**

Adonai - (Sovereign Lord; Master. Gen.15:2;8)	Branch out of His Roots - (Is.11:1)
Advocate - (1Jn.2:1)	Branch of the Lord - (Is.4:2)
Almighty - (Re.1:8)	Bread of God - (Jn.6:33)
Altogether Lovely - (SS.5:16)	Bread of Life - (Jn.6:35)
Alpha and Omega - (Re.3:14)	Bridegroom - (Mt.25:1 - 10)
Anointed - (Ps.2:2)	Brightness of His Glory - (Heb.1:3)
Ancient of Days - (Dn.7:13 - 14)	Bright Morning Star - (Re.22:16)
Angel of His Presence - (Is.63:9)	Bundle of Myrrh - (SS.1:13)
Apostle and High Priest - (Heb.3:1)	Captain of our Salvation - (Heb.2:10 (KJV)
Apostle of Confession - (Heb.3:1)	Captain of the Host of the Lord - (Jos.5:14 (KJV)
Arm of the Lord - (Is.51:9 - 10)	Carpenter - (Mt.13:55)
As Rivers of Water in a Dry Place - (Is.32:2)	Chief Cornerstone - (Ps.118:22; 1Pe.2:6)
Author of Eternal Salvation - (Heb.5:9)	Chief Shepherd - (1Pe.5:4)
Author of our Faith - (Heb.12:2)	Chief among ten thousand - (SS.5:10)
Balm of Gilead - (Jer.8:22)	Child - (Is.9:6)
Banner of the Nations - (Is.11:12)	Chosen of God - (Lk.23:35)
Beloved - (Mt.12:18)	Christ - (Jn.6:69)
Beginning and End - (Re.22:13)	Christ our Life - (Col.3:4)
Bishop of our Souls - (1Pe.2:25 (KJV)	Christ the power of God - (1Cor.1:24)
Blessed and Only Potentate - (1Tim.6:15)	Cluster of Henna Flowers - (SS.1:14)
Branch - (Zech.6:12)	Commander - (Is.55:4)
Branch of Yahweh - (Is.4:2)	Consolation of Israel - (Lk.2:25)
Branch of David - (Is.11:1)	Consuming Fire - (Heb.12:29)
Branch of Righteousness - (Jer.23:5)	Counsellor - (Is.9:6)

**Find a place:** Find a place where you will not be easily distracted, where you can focus, preferably a quiet spot where no one will disturb you during the time you have set apart. Stand, sit, kneel, dance or draw pictures. Do not make yourself so comfortable that you risk falling asleep! Make sure there is a restroom close by. It is also good to have a regular place for prayer where you will not be disturbed. This may be a window seat, a spot in the garden, a particular chair, a corner of a room etc. It may also help to create the right atmosphere by arranging the space in a special way.

**Journal/Stationery:** Have a Bible, paper and a pen at hand so you can make notes of what the Lord tells you, or on things you want to study later on.

**Scripture:** You need to decide before you pray what method of prayer you are going to use and then stick to it. Don't chop and change because nothing seems to be happening! The purpose of prayer is not always to 'accomplish' something. We pray because it is the right thing to do, because it is a way to speak to our heavenly Father etc. If you are going to pray Scripture it is helpful to choose a specific Scripture before you start praying. Begin by picking a verse (your favourite one) and write it out on paper. If possible, write it down from different translations of the Bible. The following is an example of how to facilitate a time of prayer:

**Meditate - Just remember these 5 letters: R-W-S-S-P**

**Read it:** Read the verse several times. Look for key phrases or words. Focus on what you read and its possible meaning in context.

**Write it:** Copy down the verse directly from your Bible. Then set aside your Bible. Write down the insights, thoughts and revelations you get from the Holy Spirit. Write the phrase over and over again during your meditation. Writing often unlocks something that reading doesn't.

**Say it:** Say the verse or the phrase out loud. Say it loud enough that you can hear yourself. Faith comes by hearing, and hearing by the Word of God. As you repeat the verse or the phrase, certain words will stand out more than others. These words you can prayerfully repeat.

**Sing it:** Take an isolated phrase from the verse and sing it over and over again.

**Pray it:** Prayer is a divine means of communion with God. When you repeat a phrase and believe it, you're speaking it to God, which is prayer.

(Taken from International House of Prayer Kansas City booklet on meditation in prayer).

MEDITATION	TASKS
<ol style="list-style-type: none"> <li>1. Draw the outlines of a table similar to this one on an A4 page.</li> <li>2. Make the section for your meditation notes the largest.</li> <li>3. In this space, write down the verse from your Bible, word for word.</li> <li>4. Next, underneath this, write down an isolated portion of the verse.</li> <li>5. Write down any thoughts, insights, visions, or anything that is relevant to God and the verse.</li> <li>6. <u>R</u>ead it, <u>w</u>rite it, <u>s</u>ay it, <u>s</u>ing it, and <u>p</u>ray it. This is meditation in its simplest form!</li> </ol>	<p>The moment we begin to pray or meditate on the Word, many things tend to come to mind to distract us from our time of prayer. Usually distractions come as good ideas, sleep or sinful thoughts. Of these three, the most difficult to deal with are the good ideas.</p> <p>In this column, write down:</p> <ol style="list-style-type: none"> <li>a) Things you have to do (distractions).</li> <li>b) Any good thoughts and ideas that come to mind.</li> </ol> <p>Then go back and focus on your Scripture for meditation.</p> <p>Laying out a table like this will help you organise your thoughts towards the goal of staying focussed on meditation.</p>

#### PURSUIITS:

In this box write other verses and themes that come to mind, to pursue later.

10. *Say among the nations, 'The Lord reigns.' The world is firmly established, it cannot be moved; He will judge the peoples with equity (Ps.96:10).*  
Even as the whole earth trembles in Your presence, You firmly establish the world in Your rule. We surrender to Your judgments and give thanks for them for You are good, and Your goodness and mercy endure forever (Ps.136).
11. *Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it (Ps.96:10).*  
Because Your judgments restore the nations and remove all darkness, the heavens rejoice and bring rain in its season. The earth is glad and yields its harvest. The seas give praise and everything that has breath rejoices in the Name of the Lord.
12. *... let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy (Ps.96:12).*  
The fields are jubilant as they yield their harvest because of Your goodness and mercy. Even all the trees in desolate places will rejoice in Your goodness and bear good fruit. All of creation looks forward to the good judgments of the Lord and to be restored into His goodness.
13. *... they will sing before the Lord, for He comes, He comes to judge the earth. He will judge the world in righteousness and the peoples in his truth (Ps.96:13).*  
Creator of all things, we worship You for Your return will set the peoples of the earth free forever. Your judgments and righteousness are far above the earth. Your truth sets the nations free. We exalt Your holy Name in every nation; in every tongue; and in every tribe in Africa. Be glorified in the earth!

#### F. How to pray the names of God

There are several ways you can pray the Names of God:

- You can simply read through the Names of God on the first day.
- On the second day you can read through the Names of God and then focus on one or two.
- Thirdly you can read the Names of God until one specific Name 'speaks' to your spirit. Remain with this Name until your heart is satisfied.

5. *For all the gods of the nations are idols, but the Lord made the heavens (Ps.96:5).*  
Alpha and Omega, You are the beginning of all things. All the gods of the nations are idols. Your Name alone is excellent, Your glory is above heaven and earth (Ps.148:13). Your fingers created the vast expanses. You were there before time existed. You are the only living God who listens when we call!
6. *Splendour and majesty are before Him; strength and glory are in His sanctuary (Ps.96:6).*  
Mighty One, You are surrounded with mercy. Splendour and majesty are before You! Those who know You draw near to You, for they are strengthened in Your sanctuary. We step closer to Your sanctuary to see Your power and Your glory (Ps.63) and seek for the strength of the Lord to once again fill our land as You fill our lives.
7. *Ascribe to the Lord, O families of nations, ascribe to the Lord glory and strength (Ps.96:7).*  
Mighty God, as we enter into Your presence, every family of all nations could not resist ascribing to You the glory and strength that are in Your sanctuary. We worship You in the beauty of holiness. We exalt and adore You in worship at Your footstool (Ps.99:5).
8. *Ascribe to the Lord the glory due His name; bring an offering and come into His courts (Ps.96:8).*  
Lord God Almighty, we give You all the glory for every good deed we have ever done or will ever do. You deserve the glory and the honour, Lord we exalt Your Name in worship. We bring an offering of praise and thanksgiving as we come into Your courts. All glory and honour belong to the One who sits on the throne in heaven.
9. *Worship the Lord in the splendour of His holiness; tremble before Him, all the earth (Ps.96:9).*  
Worthy and Holy One, we cannot but bow down in Your presence and humble ourselves before Your splendour and might. Even breathless and without words, we worship and adore You in fear and trembling, for Your greatness exceeds all knowledge, all comprehension and all understanding of the human mind. We honour You.

## How to pray the Word

- **Pray the promises** over situations, your life e.g.: Is.55:11 ... my Word shall not return to me empty, but it shall accomplish that which I purpose... Example: Father, I pray that Your Word over my life will not return to You empty, but that it will accomplish that which You have purposed to come to pass.
- **The Theophanies:** These were the occasions where God revealed Himself to people. To Moses (Ex.24 and 34), Isaiah (Is.6) Daniel (Dn.7,10) Ezekiel (Ez.1 & 10) Peter (Mt.17) John (Re.1,4,19,21). Example: Father, I pray that You will open my spiritual eyes to behold You in Your true beauty.... etc.
- **The Psalms:** The Psalms reveal the feelings/emotions of humankind in their pursuit of God. Although they were written so long ago, we can still identify with the Psalms and apply them to our circumstances. Example: Lord, I declare that You are my shepherd and no other. I will lack nothing, I trust that You will take care of me (Ps.23:1).
- **Prayers of Wisdom:** Proverbs, Ecclesiastes and Job: Even today these books are applicable to all facets of life. Example: Lord I confess that I often feel my ways are pure. Today I ask that You will test and also weigh my spirit. I really want to commit my works to You. Let Your thoughts become my thoughts, so they will be established (Prov.16:2-3).
- **Song of Songs:** Much of this book is God speaking His love over us. One could call this book the instruction manual to intimacy with a beautiful God. Example: Lord, let me hear Your voice when You speak to me. Strengthen me to rise up, to realise I am Your beloved and beautiful in Your sight. Teach me to turn towards You in all circumstances (SOS2:10).
- **The Prayers of the Prophets:** The prophets display God's passionate emotions. The prophets are expected to feel what God feels and declare it to us. Example: Lord I trust You when you say that I do not need to be fearful because You have redeemed me. Thank you for redeeming me, for calling me by Your name. Thank you that I am now Yours and You are my God (Is.43:1).
- **The Prayers of Jesus:** Every prayer of Jesus should become the prayer of every Christian. It is not only that Jesus prayed more than any other Christian, but also the contents of his prayers differ from all other prayers. John 17 is a very important prayer in the Bible. Example: Heavenly Father, like Jesus we ask that our lives will be holy unto You, that although we are in the world, we will not live as if we are

from the world. We ask that through Your Name, none of us will perish, but become one with You as You and the Son are one. (Jn.17:11).

- **The Lord's Prayer:** When people sincerely pray the Lord's Prayer every day they cover all aspects of prayer. It was written as a prayer and we need only pray it as it is.
- **The Apostolic prayers:** The Apostolic prayers are simply prayers prayed by the apostles. The focus is on character, knowledge of God (Col 1:10) and the power of the Spirit-filled life. (Examples: Eph.3:14-21; Php.1:3-4,9-11; Col.1:2-4,9-12; Col.4:3-4,12; 1Th.3:9-13,5:23-25; 2Th.3:1-3,5,16; 2Th.1:3,11-12.) Example: Father of glory, I pray that You would give me the spirit of wisdom and revelation in the knowledge of Christ, and that the eyes of my understanding will be enlightened; so I may know what the hope of Christ's calling is and what the riches of the glory of His inheritance are in me as a believer (Eph.1:17-18).
- **Revelation:** The book of Revelation gives us a glimpse of what it looks like in heaven. This book is the revelation of Jesus Christ. It tells us who our God is. Examples: Re.1:4-7; 4:8-11; 5:8-14; 7:9-17; 15:2-4, 19, 21. Example: Father, as I look into Your holiness, open my spiritual eyes so I will be able to behold heavenly things. Show me the open door; let me hear Your voice calling me 'Come up here'. I want to see the things You want to show me and that must take place in Your time (Rev.4:1).
- **Names of God:** Simply praying the Names of God is like inviting Him into your life! It is by His Name that we are saved, changed, renewed, restored and healed. Therefore by praying the Names of God over your own life or that of others is a simple, yet very powerful form of prayer. (See more examples and a list of the Names of God at the end of this booklet). Example: Father, You are the God of all comfort (2Cor.1:3), I pray that You will comfort my heart, that I will come to truly know You as the God of all grace (1Pe.5:10) and hope (Rm.15:13). May Your love and peace (2Cor.13:11) cover my life completely.
- **More examples:** More practical examples on how to pray from Scripture are "SCRIPTURE PRAYERS" in the last part of this booklet.

around, even under his wings. Day and night they never stop saying: "Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come." (Re.4:8).

### **How to pray through a chapter in the Bible**

The following is how one can pray through a chapter in the Bible, verse by verse.

#### **We come into Your presence...**

1. *Sing to the Lord a new song; sing to the Lord, all the earth (Ps.96:1).*  
Lord God, we lift up a new song of dedication and worship to You. You are worthy to be praised in all the earth with renewed zeal and passion, for You are our One and Only God. Let Your Name resound in Africa like never before as Your people, who are called by Your Name sing a new song of worship to honour You.
2. *Sing to the Lord, praise His name; proclaim His salvation day after day (Ps.96:2).*  
Jesus Christ, You have shown us mercy for this life and gave us everlasting life. Forever we will sing to You. We will give praise to Your Name. We will proclaim Your salvation to all those who are hungry and thirsty for God, all the days of our lives. We will not grow weary or tired in giving thanks to You.
3. *Declare His glory among the nations, His marvellous deeds among all peoples (Ps.96:3).*  
Creator of all things, we declare Your glory among the nations in Africa. We declare that the Spirit of the risen Lord is coming upon Christians in all nations to proclaim Your marvellous deeds among all peoples until every ear has heard and every eye has seen what You prepare for those who love You (1Cor.2:9).
4. *For great is the Lord and most worthy of praise; He is to be feared above all gods (Ps.96:4).*  
Great and mighty God, You are most worthy of praise! We praise You in your sanctuary: we praise You in the firmament of Your power. We praise You according to Your excellent greatness (Ps.150). There is no other God besides You. Let Your Name be feared above all gods in Africa.

as prayers and pray them. Do not rush, but pray contemplatively. Think about a particular attribute of God.

- **The attributes of God:** The invisibility of God; the approachability of God; the compassion of God; the long-suffering of God; the grace of God; the mercy of God; the eternity and endlessness of God; the faithfulness of God; the Fatherhood of God; the wisdom of God; the omnipotence of God; the magnificence of God; the goodness of God; the pre-knowledge of God; the love of God; the holiness of God; the righteousness of God; the unchangeable nature of God; the perfection of God; the inscrutability and incomprehensibility of God; God is a jealous God; the impartiality of God; the sovereignty of God; the omniscience of God; the majesty of God; the power of God; the provision of God; the guidance of God; God is a fire; the justness of God; the omnipresence of God.
- **The Works of God:** God protects and preserves; God answers prayer; God reconciles people with each other and gives peace; The wrath and vengeance of God; God judges; God creates; God saves/delivers; God heals; God rules and reigns; God gave His Son; God blesses; God teaches; God does the impossible; God breaks strongholds; God re-creates; God changes circumstances; God destroys the works of the ungodly; God supports and encourages; God warns and disciplines; God purifies and sanctifies; God fills us with power; God forgives our sins; God rewards; God calls; God gives gifts; God curses; God is a warrior; God fills us with His glory.
- **The grace and mercy of God:** From the fullness of His grace we have all received one blessing after another (**Jn.1:16**). Though He brings grief, He will show compassion, so great is His unfailing love. For He does not willingly bring affliction or grief to the children of men (**Lam.3:32-33**). But He said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (**2Cor.12:9-10**).
- **The holiness of God:** Be holy because I, the LORD your God, am holy (**Lev.19:2**). This is the message we have heard from Him and declare to you: God is light; in Him there is no darkness at all (**1Jn.1:5**). And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory" (**Is.6:3**). Each of the four living creatures had six wings and was covered with eyes all

## **Practical tips on teaching people to pray the Word**

### **What could you expect once you start reading out loud large portions of Scripture?**

- You might feel you cannot remember it all – it is too much.
- You might feel you want to stop at a verse that catches your attention.
- You might feel you don't experience or FEEL anything.
- You might feel it cannot be of benefit to just simply read large portions of Scripture, especially if you cannot remember everything you have read.
- You might feel it is just a ritual and there is no value in doing it.

### **Then remember:**

- When we read/pray the Word, it is not about our minds, memory and understanding in the first place.
- The spirit man in us lives by the Word alone.
- It is not in the first place about what we 'feel' or 'think', but reading large portions of Scripture saturates us with God's truth and peace that surpass all understanding.
- This saturation takes place by itself – the longer and more often we read Scripture, the more we are cleansed/saturated. Gradually God's voice and purpose for our lives will become clearer. We will take more accurate decisions – not driven by our emotions (what we 'feel' is right), but by what we know is right (from His Word).

## **SOME WORKSHOP IDEAS**

The best way of teaching people to pray the Word is to help them experience it in a safe environment where they can share their experience with others. Once they have had a practical 'feel' of what happens when they do it, they will be more likely to experience more in praying the Word when on their own.

The following are just a few suggestions as to what one can do when facilitating a workshop for a group of people. You can add as much as you like and as the Holy Spirit leads you in different circumstances.

### **A. Praying the Psalms (Duration: 20 minutes)**

1. Divide the audience into groups of 4.
2. Number the people, e.g. the first person is no.1, the second no.2 etc.
3. Have them open their Bibles at Psalm 1.

4. No.1 reads Psalm 1 out loud while the others follow/listen. Then no.2 continues with Psalm 2 etc. No.1 will then continue with Psalm 5.
5. Let people also read from different translations, even other languages, if such speakers are present – it just does something to the heart of the hearer – whether we understand the language or not!
6. Move around and listen to them. If some are struggling, intervene in that group to help them as the Lord leads you.
7. Remember, as facilitator, you should strongly encourage people to try at least once before allowing them not to take part. Many things are experienced when it is their first time and it is important to encourage them to complete at least one such experience.
8. After 10 minutes announce to all that each should finish the Psalm they are currently reading.
9. After 2 minutes, stop everyone.
10. Ask them to discuss their experience in their groups. Give 5 minutes for this.
11. For the next 3 minutes, share the following:
  - Some people remember better by listening, some by reading, and some by doing both. Decide which way worked best for you.
  - How did you find the different Bible translations? Some translations are WORD FOR WORD or LITERAL like the *New American Standard Bible*. Others are DYNAMIC EQUIVALENT translations like the *New Living Translation*. Others are PARAPHRASED or THOUGHT FOR THOUGHT translations like *The Message*. You can decide which Bible translation you prefer to use.
  - Reading 10 Psalms a day for example, over a long period of time, will eventually start to bring stability to your whole being: emotionally, intellectually and spiritually.
  - As the Psalms are written in prayer form, reading them teaches us biblical prayer language.
  - Reading the Psalms teaches us what God is like – it gives us God's thoughts and His promises to pray. It reveals God's character to us.
  - Reading the Psalms teaches us who the enemies of our souls and spiritual life are, e.g. fear, rejection, lust, anger, bitterness.
  - It teaches us about spiritual warfare and how to pray for protection e.g. Ps.64, Ps.91 etc.

take God at His Word because His Word is true and just and we must use these promises in faith when praying. We add the AMEN with our lives because a promise means nothing if we do not claim it for ourselves.

According to Everet E. Storms, 7 959 promises are made by God in Scripture. If we use one promise each day it will take us 22 (twenty-two) years to use each of the promises once! Caleb lived 40 (forty years) on one promise. How many years can we live on 7 959 promises?

#### **Promises for different needs:**

- **God keeps His promises:** God is not a man that He should lie, nor a son of man that He should change His mind (Nm.23:19; Heb.10:23; Is.46:11; Ps.89:34-36; Is.30:18).
- **God listens to our prayer:** For the eyes of the Lord are on the righteous and His ears are attentive to their prayer (1 Pe.3:12, Ps.34:17; 1Jn.5:14; 2Cron.16:9; Ps.4:4; Ps.102:17).
- **God answers our prayer:** Before they call I will answer; while they are still speaking I will hear (Is.65:24, Jer.33:3; Mk.11:24; Jn.16:24; Jn.15:7; Is.58:9; Eph.3:20; Mt.7:7).
- **Promises about faith in God:** Think of yourself... in accordance with the measure of faith God has given you (Rm.12:3, Eph.2:8; Heb.11:6; James 1:3; 1 Pe.1:7; Rm.1:17; 1 Jn.5:4; Mk.9:23; Eph.6:16; Jn.20:29; Mt.21:21-22; Jn.16:24).
- **Promises about protection from the Evil One:** But the Lord is faithful and He will strengthen and protect you from the evil one (2Thess.3:3, 2Tim.4:18; Col.1:13; Col.2:15; 1Jn.5:18; Rm.8:38,39; Ps.91:9-13; Heb.2:14-15).

#### **D. Meditating on God's character from Scripture**

When we focus on the character and works of God we get to know God Himself. Studying and meditating on the character and works of God lead us to adoration and awe of God. The result is praise, worship and adoration. It is often a lack of knowledge about who God is, what He is like, what He did, can do and will do in future, that causes people to lose their desire to pray. Those who really know God will admire Him and this will lead to wonderment, which will lead to adoration of God and a desire to be in His presence. Knowing God gives us faith and faith gives us boldness in prayer. Take one characteristic of God or focus on one of the works of God at a time. Use the following verses from Scripture and add your own if you wish. Read the verses from Scripture and meditate on them. Rewrite them

has been stamped upon my life (**Heb.13:20**). Because of this covenant and if I fully obey You as the Lord my God and carefully follow all Your commands and walk in Your ways, You will set me high above all the nations on earth and all the blessings of the covenant will come upon me and accompany me. I will be blessed in the city and blessed in the country; I will be blessed at my work and the fruits of my labour will be blessed. I will be blessed when I come in and blessed when I go out. You will grant that the enemies who rise up against me will be defeated; they might come at me from one direction, but will flee from me in seven. Because of this covenant, You send a blessing on my barns and on everything I put my hand to and You bless me in the land You have given to me. You establish me as part of a holy people and all the peoples on earth will see that I am called by Your name. I trust You to open for me the heavens, the storehouse of Your bounty, to send rain on my land in season and to bless all the work of my hands so that I will lend to many nations but will borrow from none. Thank you for making me the head and not the tail and that by Your grace I will always be at the top, never at the bottom (**Dt.28:1-13**). I give thanks to You for the blood of Jesus that has granted me peace and reconciliation with all creation; with all my brethren, (the members of the body of Christ), with ministers and pastors of the church and with all people (**Eph.2:13-16, Col.1:20**). Thank you for forgiveness of all my sins that has come through the blood of Jesus (**Eph.1:7**) which purifies me from all sin (**1Jn.1:7**), justifies me from all blame, so all the devil's charges against me are nullified and that You make me righteous as if I have never sinned (**Rm.3:24, Rm.5:9**). Thank you that through the blood of Jesus I am sanctified and consecrated and thus belong to You, have become dedicated to You and set apart for ministry unto You (**1Pe.1:2, Heb.13:12**). Thank you that my conscience is purified from acts that lead to death so that I may serve the Living God (**Heb.9:14**), that I now have access through the blood of Jesus to the Most Holy Place to serve God the Holy One (**Heb.10:19**). Thank you that I need not fear evil, for the blood of Jesus makes me overcome Satan and all his power (**Re.12:11**) and is also the cause of my eternal life (**Re.7:14, Re.19:1-8**).

### **C. How to pray promises**

*For no matter how many promises God has made, they are "Yes" in Christ and so through Him the "Amen" is spoken by us to the Glory of God (**2Cor.1:20**).*

Read this verse carefully. All promises are YES in Christ, but they must become AMEN through us. Amen means: It is true and certain. We must

### **B. Meditating on one Scripture (Duration: 20 minutes)**

1. Divide the audience into groups of 4. If you do this session after the one on the Psalms, let them keep their numbers.
2. If not, number the people e.g. the first person is no.1, the second no.2 etc.
3. Have them open their Bibles at Revelation 1.
4. Let people also read from different translations, even other languages, if such speakers are present – it just does something to the heart of the hearer – whether we understand the language or not!
5. As you have come to know the group from the previous session, you have 2 options: If the group consists of children or people who find it difficult to read, choose option A. If they are strong readers, choose option B.
  - OPTION A – Each person reads 5 verses, e.g. No.1 reads Re.1:1-5, no.2 reads Re.1:6-10 etc. Continue in this way. Repeat the chapter by starting with verse 1 again.
  - OPTION B – Each person reads the whole chapter. Then no.2 can read the whole chapter again, until the facilitator stops them.
  - Walk around and listen. If they are struggling, intervene in that particular group and help them. You could suggest that they follow OPTION A if they are battling.
6. After 10 minutes announce to all that each should finish the chapter they are currently reading.
7. After another 2 minutes, stop everyone.
8. Ask them to discuss their experience in their groups. Give 5 minutes for this.
9. For the next 3 minutes, share the following:
  - Some people remember better by listening, some by reading, and some by doing both. Decide for yourself which way worked best for you.
  - How did you find the different Bible translations? Some translations are WORD FOR WORD or LITERAL like the *New American Standard Bible*. Others are DYNAMIC EQUIVALENT translations like the *New Living Translation*. Others are PARAPHRASED or THOUGHT FOR THOUGHT translations like *The Message*. Each can decide which Bible translation they prefer to use.
  - Repeating Scripture in this way helps us to reflect on the picture of Christ in a specific case.

- Revelation 1:3 says that ... blessed is he who reads and those who hear the words of this prophecy... Therefore we can read and re-read it as much as we like.
- It is also important to have a journal/notebook with you when meditating on Scripture, so that you can make notes of what God shows/tells you.

### **C. Praying Scripture over your life (Duration: 20 minutes)**

1. Divide the audience into groups of 2.
2. Let each person open their Bible at ONE of the following:
  - Ga.5:22-25 (Fruit of the Spirit)
  - Eph.1:17-18 (Prophetic insight)
  - Eph.3:16-19 (Deeper Christian life)
  - Ps.20 (God's blessing)
3. As facilitator, read the Scripture out loud to the whole group.
4. Let one person now pray this Scripture, from their Bible – in their prayer keeping as close as possible to the exact words in their Bible.
5. After 2 minutes, stop everyone. Then set the next person praying.
6. After 2 minutes, stop everyone.
7. You yourself now take this Scripture and pray it over the lives of everyone.
8. Give 3 individuals time to share what they experienced when they prayed for someone or when someone prayed for them.
9. For the next 3 minutes, share the following:
  - We are not used to praying Scripture because we do not really know Scripture. After praying a few verses, our memory is exhausted and then we start to pray our own thoughts, or what we think would be the mind of God.
  - Our minds are filled more with things WE want, and since we have such a superficial knowledge of the Word of God, we do not really know what and how to pray in such a way that it will make a difference.
  - It takes a while to let go of old prayer habits.
  - It takes a while to get used to praying Scripture and actually believe and feel it makes a difference. Sometimes the way we experience the success of our prayers or if they have been heard, is closely related to whether we prayed our own words or ideas of what should/must happen.
  - The purpose of praying Scripture is not only to deny our emotions/ideas/own will etc., but also to guard against prayer

The entirety of Your WORD is truth, all Your judgments endure forever and through Your Word I am sanctified (**Ps.119:160; Jn.17:17**). Your WORDS are pure, like silver tried in the furnace of the earth; purified seven times (**Ps.12:6**); I can trust You because Your WORD is proven (**2Sa.22:31**). Your WORDS are sweet to my taste; when I found Your WORDS I ate them and they brought joy to my heart (**Ps.119:103**). Your law is perfect, converting the soul; Your testimony is sure, making wise the simple; Your statutes are right, rejoicing the heart; Your commandment is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; Your judgments are true and righteous altogether. More to be desired are they than gold, yes, than much fine gold; Sweeter also than honey and the honeycomb. Moreover, by them I am warned, and in keeping them there is great reward (**Ps.19:7-11**).

Let Your WORD dwell richly in me so that I can teach and encourage others (**Col.3:16**) and overcome the evil one (**1Jn.2:14**). As a newborn baby I desire the pure milk of the WORD so that I can grow spiritually (**1Pe.2:2**). Let the hearing of Your WORD bring faith to my heart (**Rm.10:17**) so that I can please You (**Heb.11:6**). Lord Jesus Christ, the Living WORD of God, You are the Way, the Truth and the Life (**Jn.14:6**). Let Your WORD abide in me, and I abide in you, and I will receive what I ask from You (**Jn.15:7**).

Establish Your Word in our cities and nations, let it grow mightily and prevail (**Ac.19:20**). All flesh is as grass, and all the glory of man as the flower of the grass. The grass withers, and its flower falls away, but the WORD of the LORD endures forever" (**1Pe.1:24,25**).

### **B. The power of the blood of Jesus in our lives**

The blood of Jesus has set us free from so many things. We do not always realise what a powerful and awesome freedom we have gained by accepting Jesus Christ as our personal Saviour and Redeemer. The following are a number of Scriptures relating what the blood of Jesus has done and still does every day in the life of every believer. This prayer can be prayed as a thanksgiving and also to remind ourselves constantly of what God has done in our lives through His Son. It is a wonderful way of thanking and honouring God for His work of salvation in our lives.

Father of glory, I give You thanks for the blood of Jesus that has redeemed me from the hand of Satan (**Eph.1:7**). Thank you that through the blood of Jesus I am redeemed from any curse (**Ga.3:13**) and an eternal covenant

## SCRIPTURE PRAYERS

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The following are examples of how to put together Scriptures and how to pray through them. In the same manner and as the Lord leads you, you can put together your own prayers for the different issues you want to pray for.

### A. The power of God's Word

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How wonderful it would be if the Word of God could truly dwell in us in all its fullness! The following prayer is an effort towards asking God on a regular basis for His Word to increase in our lives.

In the beginning was the WORD and the WORD was with God and the WORD was God (**Jn1:1**). By Your WORD the heavens were made (**Ps.33:6**) and You uphold all things by the power of Your WORD (**Heb.1:3**). Forever, O LORD, Your WORD is settled in heaven (**Ps.119:89**) and You have magnified Your WORD and Your Name (**Ps.138:2**). Your WORD is alive and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intentions of the heart (**Heb.4:12**). Your WORD is also like a fire and a hammer that breaks a rock to pieces (**Jer.23:29**). Your WORD is the SWORD of the Spirit (**Eph.6:17**) and every WORD that goes out of Your mouth will not return to You void, but will accomplish what pleases You and prosper in the thing for which You send it (**Is.55:11**).

You, who reveal Yourself through your WORD (**1Sa.3:21**), open also my mind to understand the Scriptures (**Lk.24:45**) and give me a Spirit of wisdom and revelation to know You (**Eph.1:17**). Your WORD is a lamp to my feet and a light for my path (**Ps.119:105**) and the entrance of Your WORD gives light; it gives understanding to the simple (**Ps.119:130**). Direct my steps by Your WORD and let no iniquity have dominion over me (**Ps.119:133**). You have the WORDS of eternal life (**Jn.6:68**) and the WORDS You have given us are Spirit and are life (**Jn.6:63**). Your WORD comforts me (**Ps.119:15**) and I live from every WORD that comes from Your mouth (**Dt.8:3; Mt.4:4**). I have hidden Your WORD in my heart that I might not sin against You (**Ps.119:11**). Thank You that Your WORD cleanses me (**Jn.15:3; Eph.5:26**), and that my way will stay cleansed if I take heed according to Your WORD (**Ps.119:9**). It is Your WORD that heals me and delivers me from destruction (**Ps.107:20**). So I hope and put my trust in Your WORD (**Ps.119:81,144**).

springing from our emotions ONLY, praying until our emotions have been soothed, and then assuming the 'prayer burden' has been lifted. We need to learn to discern in the spirit what and how to pray about things and then try more and more to do from Scripture that which is God's promise to man concerning all things.

- To pray Scripture is praying godly order and His will into a situation.
- Your prayer life will change – for a while it might feel as if it is falling apart. Yet some of the ways in which we pray need to be replaced by new and more effective ones. This does not mean they are invalid, it just means we are maturing and growing and becoming stronger and more effective in our spiritual life.
- The transition to praying Scripture might just be the most difficult thing you will have to do. But if you persevere, it will make you a stronger and more effective prayer warrior.

### D. Praying Scripture over different situations (Duration: 20 minutes)

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1. This is a wonderful way of facilitating a time of prayer for one or two hours.
2. Divide the audience into groups of 4.
3. Number the people e.g. the first person is no.1, the second no.2 etc.
4. Let each open their Bible at ONE of the following:
  - Ga.5:22-25 (Fruit of the Spirit)
  - Eph.1:17-18 (Prophetic insight)
  - Eph.3:16-19 (Deeper Christian life)
  - Ps.20 (God's blessing)
5. Let people also read from different translations, even other languages, if such speakers are present – it just does something to the heart of the hearer – whether we understand the language or not!
6. How did you find the different Bible translations? Some translations are WORD FOR WORD or LITERAL like the *New American Standard Bible*. Others are DYNAMIC EQUIVALENT translations like the *New Living Translation*. Others are PARAPHRASED or THOUGHT FOR THOUGHT translations like *The Message*. Each can decide which Bible translation they prefer to use.
7. As facilitator, read the Scripture out loud to the whole group.
8. Let one person now pray this Scripture, from their Bible – keeping as close as possible to the exact words in their Bible in their prayer over their home town/city

- After 1 minute, announce the time and let no.2 start praying from the same Scripture for their home town/city.
- Repeat this until everyone in the group has had a chance, and then stop everyone.
- Using the same Scripture, have them repeat the same sequence, this time praying for South Africa, each taking one minute and the facilitator announcing when each minute has passed.
- Using the same Scripture, have them repeat the same sequence, this time praying for the President and government, each taking one minute and the facilitator announcing when each minute has passed.
- Using the same Scripture, have them repeat the same sequence, this time praying for one closed country (of your choice/or their choice), each taking one minute and the facilitator announcing when each minute has passed.
- Give 3 individuals time to share what they experienced when they prayed for someone or when someone prayed for them.
- For the next 3 minutes, share the following:
  1. It is difficult to really 'feel' the prayers are as well as when we pray in the way we are used to.
  2. We have to believe that God's way is better than our way. We can trust Him to answer us according to His Word (**Ps.119:60**). The sum of His Word is truth; therefore we can boldly pursue praying the Word! Ps.138:2 ... ***You have exalted above all things Your name and Your word (ESV Trnsl).***

### **SOME PRACTICAL TIPS**

1. When working with the BLIND: have a Braille Bible with you, or make sure you have an audio version of the Bible available for them in their own language.
2. When working with the ILLITERATE & CHILDREN: Audio versions of the Bible will help a lot. Have them repeat small portions of Scripture after you – this is more important than anything – they must memorise Scripture! Another way to do this is to have Bible portions written into simple songs – word for word.
3. It is a wonderful idea to write songs directly from Scripture. It helps people remember Scripture.

- *Lord, I choose to be still and know that You are God (Ps.46:10).* "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Not one of Your words is without power.
- *Nothing is impossible for You (Lk.1:37).* "For nothing is impossible with God."
- *Lord, baptise me with the Holy Spirit and fire (Mt.3:11).* "I baptise you with water for repentance. But after me will come one who is more powerful than I, whose sandals I am not fit to carry. He will baptise you with the Holy Spirit and with fire."

### **F. Reviewing our lives**

This is a form of prayer that helps us to appreciate the importance of our own experience and to see how God has been present with us in daily life. It is helpful to do at the end of each day as we look at the way we acted during the course of the day, where God has been leading us, and how we have responded.

- Ask the Father through His Holy Spirit to remind you what happened to you today and to guide you in your prayer.
- Try to remember the significant events of the day.
- Meditate on what seems to be the most significant events of the day.
- What was God saying to you during these events?
- What was God calling you to do or to be through these events? How did you respond?
- Depending on your response to God you can either give thanks or ask for forgiveness or both. May be you would feel to repent of some of the things God has shown you.
- Resolve to do or to be whatever God asks of you in the future. Make the resolution practical and something you can check on e.g. to apologise to someone you have hurt.

You may find it helpful to write down in a prayer journal or notebook the thoughts that come to you. It is also possible to use this form of prayer more occasionally – say once a week, looking back over the whole week.

- Pour out before the Lord your longings and desires, your hopes and fears, your joys and sorrows.
- This type of meditation often leads us back to our everyday world. Therefore you can conclude with some practical and specific resolutions that root your prayer in practice. Write down these things so you will not forget what God revealed to you.
- End your meditation with a short prayer of thanksgiving to Jesus Christ who is our Lord and Saviour.

### **E. Simple prayer**

In simple prayer we quiet ourselves, with our focus firmly on God as the centre of our lives. Simple prayer is prayerfully repeating a verse or part of a verse from the Bible. This helps us to focus in prayer with our hearts reaching towards God.

- Simply sit, relaxed and quiet with your heart focussed on God.
- After a few moments gently start praying the verse or part of the verse.
- If you get distracted do not worry, simply return to the Word you are praying.
- Do not simply repeat words, but pray the verse intentionally every time, focussing on each word, with both your heart and mind set on God. (Repetitive prayer like this does not mean we chant it or go into a trance. We have to actively pray with our whole heart and mind set on the Lord).
- As you finish your time of prayer, take a moment just to be silent before God. Try not to hurry back immediately into the things of the day.

### **Examples of prayers that you may use**

- *Jesus Christ, Son of God, have mercy on me (Lk.18:38).*
- *Father, fill me with all the fullness of God in Christ Jesus (Col.2:9-10).* For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.
- *Father, let Your Kingdom come (Mt.6:9-10).* "This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven.' "
- *My Lord and my God (Jn.20:28).* Thomas said to him, "My Lord and my God!"

## **PRACTICAL TIPS FOR PRAYING AT HOME**

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There is an old saying that goes:

*Some people are good at praying.*

*Some people are good at talking about prayer.*

*Few people are good at both.*

Prayer is not only a subject for discussion. It is first and foremost a relationship, a lifestyle, a way of relating to God. It is something in which we grow. The only way we really learn to pray is by starting to pray. Prayer was God's idea for us to have a relationship with Him. In the beginning He visited Adam and Eve in the Garden of Eden and had regular discussions with them. Today, we still have this opportunity to speak to God and to listen to His voice. Prayer is our response to a hunger for God that comes from deep within us and is stirred by God through His Spirit. We should not worry too much about the success of our prayer. While different forms of prayer may be helpful to us at different times in our lives, no single method is absolute.

It is dangerous to think that we can manufacture 'good' or 'spiritual' prayer. God is not really concerned with our opinion of 'success' in prayer. Yet our faithfulness in prayer is of great value. In fact this faithfulness is often best discovered in times of desolation and spiritual darkness. At times when we struggle with everyday life and come to a point where we start crying out for help. These are the times we learn how to pray best.

### **A. Prayer in Jesus' life**

Jesus' disciples asked Him to teach them to pray because they saw the importance of prayer in His own life and ministry. Jesus prayed in the temple, on the mountains, in the desert, in the morning and evening, all through the night, on His own and with others.

To Him, prayer was an intimate conversation. It was a personal 'talk' with God whom he addressed as 'Abba' – the intimate term a child would use when speaking to his/her father. At all the important moments in Jesus' life the Bible shows Him turning to His heavenly Father in prayer and being strengthened in his ministry to carry out God's will.

### **B. Prayer is a relationship**

As prayer is a relationship with God, the way we see God influences how we pray. We may see God as distant and impossible to reach. We can see

Him as someone who has to give us what we want and consequently we are forever begging favours from Him. Or we may see God as a harsh policeman that we are afraid of, or a heavenly accountant, who keeps a record of all our wrongs. Thus our view of God has a direct impact on our relationship with Him. A relationship with a harsh God is one of fear, in which we constantly feel guilty because we cannot live up to God's standards.

The God whom Jesus revealed to us is a God who is nothing but love. This God is revealed as a loving Father and a close Friend. God is someone we can trust with our most intimate secrets. God is not a man that He should lie. He never changes. What He promises He will do.

Prayer therefore, is really not a way to manipulate God or to get what we want from God. On the contrary. Prayer is a loving conversation, a dialogue with God. It is humbling ourselves in God's presence and allowing Him to have His way in us.

### **C. Praying from your Bible**

The Bible is the Christian's handbook. It forms the basis of Church life and is also helpful to use in personal prayer. When we pray from the Bible, we do not only approach it in an intellectual way, attempting to understand the background of the text or why it was originally written. Although this is important and useful preparation for prayer, it is not prayer in itself. When we pray from the Bible we allow God to speak to us directly through the text.

Open your Bible at the text you have chosen.

- Read through the passage slowly.
- Read it through again, more slowly this time. Meditate on a word or phrase that touches you or catches your attention.
- Allow God to speak to you in silence.
- Respond to God – share your feelings and thoughts with Him, in prayer. You may want to offer a prayer or hymn of thanksgiving.
- Decide how you might need to put into practice what you have gained through your prayer. It could prove helpful to record your experience in a prayer journal and return to it from time to time.

It is often a good idea to use readings from a daily devotional to start with. Alternatively, you may find it helpful to start with a reading from e.g. the book of Psalms. Do not feel that you have to pray or read through the entire book – you may spend quite a while just on the first word or two. In fact you may find that you need to keep coming back to the same text for some time. If that happens don't worry. It might be that God has a lot to reveal to you through that text. Things He wants to impart to your life. The Bible is much deeper than it is long!

The terms meditation and contemplation are often confused. Sometimes they are used interchangeably and sometimes followers of other religions use the term meditation to refer to what Christians would consider to be contemplation. Christian meditation has nothing to do with eastern religions and it does not have its origin in these religions either. There is absolutely nothing wrong with meditating on the Word of God. It is written that even the Holy Spirit searches the depths of God. Therefore we can ponder the depths of God given to us in His Word with great confidence. It is also important to say that in all cases and with all Christian disciplines, we never empty our thoughts and focus or think about nothing. On the contrary, we fill our hearts and minds with the Word of God. As Christians, we quieten our thoughts and make them submissive, so that we can focus on God and His Word.

### **D. Meditation in prayer**

When we meditate we use our minds to try and think about what God may be saying to us through a particular Scripture or passage. This can be done with Scripture, with the central truths of our faith, etc. We meditate by asking questions about the meaning of the text, about its significance for us; about how it compares to our situation and what it is saying to us and how we need to respond to it. This sort of meditation makes our intellectual knowledge of God more personal. It leads us into speaking directly to God and sharing our own thoughts and insights with God.

One example of this sort of meditation is the following:

- Prepare for prayer by quieting yourself and asking the Holy Spirit to help you (**Rm.8:26-27**).
- Use a Bible passage on Jesus to help you ponder His words and actions and their meaning to your life or that of the person you might pray for today. This is a time of quiet reflection.