

TYPES OF PRAYER
Prayer and Intercession
Resource Ministries
By Jim and Jean Stephens

**I can be active and pray; I can work and pray;
but I cannot be busy and pray.**

**In prayer it is better to have a heart without words than words
without a heart.**

1. Prayer is a spiritual discipline

One thing I ask of the LORD, this is what I seek after that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. (Psalm 27:4 NIV)

--Dwelling: Developing the habit of prayer.

If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. (John 15:7 NIV)

--Developing the habit of prayer: The three D's: Desire - Discipline - Delight

2. Persevering Prayer

I waited patiently for the LORD; he turned to me and heard my cry. 2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD. (Psalm 40:1-3 NIV)

- a. Lifted from the pit (v.2)
- b. Feet set on a rock (v.2)
- c. Firm place to stand (v.2)
- d. A new song (v.3)
- e. Many will see and put their trust in God. (v.3)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12)

9 Jabez was more honorable than his brothers. His mother had named him Jabez, saying, "I gave birth to him in pain." 10 Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. (1 Chronicles 4:9-10)

3. Intercessory Prayer

Then he said, "May the Lord not be angry, but let me speak just once more. What if only ten can be found there?" He answered, "For the sake of ten, I will not destroy it." (Genesis 18:32)

5 So Peter was kept in prison, but the church was earnestly praying to God for him. 6 The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance. 7 Suddenly an angel of the Lord appeared and a light shone in the cell. He struck Peter on the side and woke him up. "Quick, get up!" he said, and the chains fell off Peter's wrists. (Acts 12:5-7)

Exodus 32:1-14

4. Praying in the Spirit

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

14 For if I pray in a tongue, my spirit prays, but my mind is unfruitful. 15 So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind. (1 Corinthians 14:14-15)

26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. (Romans 8:26-27)

But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. (Jude 1:20)

5. Prayer of Thanksgiving

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Enter into his gates with thanksgiving, [and] into his courts with praise: be thankful unto him, [and] bless his name. (Psalm 100:4)

11 Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. 12 As he was going into a village, ten men who had leprosy met him. They stood at a distance 13 and called out in a loud voice, "Jesus, Master, have pity on us!" 14 When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15 One of them, when he saw he was healed, came back, praising God in a loud voice. 16 He threw himself at Jesus' feet and thanked him--and he was a Samaritan. 17 Jesus asked, "Were not all ten cleansed? Where are the other nine? 18 Was no-one found to return and give praise to God except this foreigner?" 19 Then he said to him, "Rise and go; your faith has made you well." (Luke 17:11-19)

give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)

6. Supplication Prayer (beseeching, strong appeal, petition)

1 I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone-- 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1-2)

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. (Daniel 9:3)

"Now, our God, hear the prayers and petitions of your servant. For your sake, O Lord, look with favor on your desolate sanctuary. (Daniel 9:17)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

7. Prophetic Prayer

20 "My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. (John 17:20-21)

I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. (John 17:23)

8. Prayer with fasting

The Bible contains over 50 references pertaining to fasting. A great number of today's believers ignore the encouragement in the Bible to fast. There are no clear commands in scripture for believers to fast. However, the Bible clearly infers that fasting is a way to increase prayer power. Fasting adds power to prayer that is obtained in no other way. Fasting does not change God. Fasting changes the believer. There are situations where prayer alone will not suffice. Fasting must be employed to overcome the spiritual barriers and cause a breakthrough. The Bible says when you fast: It does not say "IF" you fast. In other words, fasting should be a part of our normal Christian life. There are no laws or formulas as to when to start or how long to fast. The Bible just says do it - as a routine part of your devotional life.

--Enjoy the benefits of God's chosen fast: Isaiah 58 reveals a long list of benefits to any believer who fasts and prays according to God's chosen fast. It also tells us what to do during a fast.

6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter -- when you see the naked, to clothe him, and not to turn away from your own flesh and blood? 8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. 9 Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, 10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. 11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. 12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. 13 "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, 14 then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken. (Isaiah 58:6-14 NIV)

16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to men that you are fasting,

but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matthew 6:16-18)

"Ask all the people of the land and the priests, 'When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?' (Zechariah 7:5)

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. (Daniel 9:3)

9. Conversational Prayer

Genesis 18:22-33

The LORD would speak to Moses face to face, as a man speaks with his friend. Then Moses would return to the camp, but his young assistant Joshua son of Nun did not leave the tent. (Exodus 33:11)

--Just talking with God as part of our daily life, can also be letter writing, etc.

10. Prayer of communion and fellowship with God

--To know Him, intimate time with Him

--Hebrew word "Yada" - life giving intimacy. The word "know" in both the Hebrew and Greek indicate there is an intimacy, a feeling of closeness.

With flattery he will corrupt those who have violated the covenant, but the people who know their God will firmly resist him. (Dan 11:32)

in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:6)

11. Scriptural Praying

--Praying scripture, God's word, back to Him

2 in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet that the desolation of Jerusalem would last seventy years. 3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. (Dan 9:2-3)

12. Prayer as Spiritual Warfare

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:3-5)

13. Meditating and Listening Prayer

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Joshua 1:8)

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. (Psalm 19:14)

1 Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. (Ecclesiastes 5:1-2)

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: (Luke 6:12-13)

I will stand at my watch and station myself on the ramparts; I will look to see what he will say to me, and what answer I am to give to this complaint. (Habakkuk 2:1)

--Jesus prayed all night and then had the direction to name, call His disciples

For I did not speak of my own accord, but the Father who sent me commanded me what to say and how to say it. (John 12:49)

--Speaks what He hears the Father speak

Mark 1:21-38

14. Prayer of confession and repentance

--Part of our daily prayer, but also sometimes a major prayer at time of need.

Psalms 51

23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

15. Waiting Prayer

16. Travailing Prayer

--Travail: To labor strenuously and continually as in giving birth

--What are some things one might travail over?

- a. The lost - generally or specifically
- b. A city or nation
- c. Prophecies God has given
- d. Urgent needs
- e. God's will and purpose for the / a church
- f. A new ministry, project, or activity
- g. War, disaster, crisis

17. Prayer as a faith declaration of the revealed will of God

18. Prayer as contending for righteousness, peace, justice

19. Prayer of submission and yielding to God

"Father, if you are willing, take this cup from me; yet not my will, but yours be done." (Luke 22:42 NIV)

20. Prayer of Petition

--Requests for our personal needs and the needs of others

The Lord's (Disciples') Prayer (Matthew 6:9-13 NIV) as a guideline

I. Guideline one

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name', 10 your kingdom come, your will be done on earth as it is in heaven. 11 Give us today our daily bread. 12 Forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.'

- A. Praise: '*Our Father in heaven, hallowed be your name.....*' - Apply Psalm 100:4
- B. Purpose: '*your kingdom come, your will be done on earth as it is in heaven.*' - Apply Matthew 6:33 in all relationships and Daniel 2:44
- C. Provision: '*Give us today our daily bread*' - Apply Malachi 3:10-11, as well as Matthew 4:4
- D. Pardon: '*Forgive us our debts, as we also have forgiven our debtors.*' - Ask God to search our hearts. 1 John 1:9
- E. Put on: '*And lead us not into temptation, but deliver us from the evil one.*' - Put on the whole amour of God. Ephesians 6:11-18
- F. Power: '*for yours is the kingdom, and the power, and the glory forever*' - Giving thanks for the answers; Philippians 4:6

II. Guideline two

- A. *Our Father in heaven, hallowed be your name*
 - 1. Picture Calvary and thank God you can call him 'Father' by virtue of the blood of Jesus.
 - 2. Hallow the Names of God corresponding with the five benefits in the New Covenant, and make your faith declarations.

| Benefit | Name | Meaning |
|-----------|---------------------------------------|---|
| Sin | Jehovah-tsidkenu Jehovah-m'kaddesh | 'Jehovah our righteousness' 'Jehovah who sanctifies' |
| Spirit | Jehovah-shalom Jehovah-shammah | 'Jehovah is peace' 'Jehovah is there' |
| Soundness | Jehovah-Rophe | 'Jehovah heals' |
| Security | Jehovah-nissi Jehovah-rohi | 'Jehovah my banner' 'Jehovah my shepherd' |

- B. *your kingdom come, your will be done on earth as it is in heaven*
 - 1. Yourself
 - 2. Your family (spouse, children, other family members)
 - 3. Your church (pastor, leadership, faithfulness of people, harvest)
 - 4. Nation (local and national political and spiritual leaders, harvest)

C. *Give us today our daily bread*

1. Be in the will of God (prayer life, church, work habits, obedience in giving)
2. Believe it is God's will to prosper you
3. Be specific
4. Be tenacious

D. *Forgive us our debts, as we also have forgiven our debtors*

1. Ask God to forgive you
2. Forgive and release others
3. Set your will to forgive those who sin against you

E. *And lead us not into temptation, but deliver us from the evil one.*

1. Put on the whole armour of God (put on the Lord Jesus Christ)
 - a. Loins girt about with Truth
 - b. Breastplate of Righteousness
 - c. Feet shod with the Preparation (readiness) of the gospel of Peace
 - d. Shield of Faith
 - e. Helmet of Salvation
 - f. Sword of the Spirit which is the Word of God
2. Pray a hedge of protection (you are my refuge, my fortress, my God)
 - a. Because you have made the Lord my habitation
 - b. Because He has set his love upon me.
 - c. Because He knows my name.

D. *'for yours is the kingdom, and the power, and the glory forever'*

1. Make you faith declarations
2. Return to praise

III. Guideline three (Five elements of effective praying)

A. Worship/worship (Psalm 36:5-7, 106:1-5, 111; 1 Chronicles 16:12-25, 29:10-13; 2 Chronicles 6:14-15; Acts 4:23-30; Ephesians 3:14-23)

1. Praise for who He is
2. Thanksgiving for what He has done
3. Gratefulness for being part of His family

B. Confession of sin (Psalm 19:12-13, 32:1-8, 51, 66:18-19; I John 1:9)

With confession of sin there is blessing through the clear line to God--there is nothing to stand in the way of relationship with Him. Guilt is released and the burden of it is lifted.

C. Petition for my needs (Philippians 4:6; 1 Timothy 2:1-2; I John 5:14-15)

1. In accordance with His Word and Will
2. In His purpose for the world
3. Not sinful
 - a. Wrong motives

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. (James 4:3)

4. Specific (I'm not sure if God answers more or if I'm more aware of His answer because I was so specific.)

D. Intercession for the needs of others (Matthew 9:38; Ephesians 1:14-23; Colossians 4:2-4; 2 Thessalonians 3:1-5)

1. World awareness (Needs around us, listen to news, read newspaper.)
2. Jesus' prayer for us as an example (John 17)
 - a. For protection by His name (v. 11)
 - b. Not to take them out of the world but protect them from the evil one. (v. 15)
 - c. Sanctify (set apart for God and His purposes) by the Word. (v. 17)
 - d. Unity so the world may believe. (v. 23)

E. Commitment of myself to God and His will in this world. (Luke 22:42; 2 Timothy 1:1)

1. To the purposes of God.
2. Not my will but yours be done