

CAYA Series – “Understanding the Purpose and Power of Prayer”

CHAPTER 7 - “TWELVE ACTION STEPS TO PRAYER”

There is an useful approach for organizing your steps in prayer based upon the prayer lives of several biblical figures who all used a similar pattern in prayer. Their prayers received the attention of God and produced powerful results. *“The prayer of a righteous man is powerful and effective.” (James 5:16)*

1. BECOME SILENT

First, prayer should begin with silence and eliminate distractions. To be silent means to gather oneself, to be still. **Matthew 6:6** - “When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” Allow the Lord to calm your heart. Silence helps bring you into a unity of heart and purpose with yourself and God.

2. GIVE ADORATION

Adoration means worshipping God. When you adore someone, you express how precious that person is to you. Worship God as creator, our Savior, King of all the earth, our All in All. (*read example on bottom of page 131*)

3. MAKE CONFESSION

- Confession means agreeing with God about what He says to you and about you. You can agree with God only when you can hear what He is saying to you. Confession takes place when God points out something in your life and says, “Get rid of that,” and you say, “Yes, God, You’re right, I won’t do that any longer.” 1 John 1:9 - “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
- If you have done something wrong, confess it quickly. Whatever you justify you have not repented of. Whatever you explain, you

are not sorry for. Just say, "I was wrong; forgive me," and ask God to forgive you. Once God cleanses you, no one can condemn you.

4. GIVE THANKS

Now that you have confessed, your heart is free to give thanks abundantly. You have enough to be thankful for to last hours.

5. MAKE SUPPLICATION

- Supplications implies three things; to intercede, to petition, and to brood (with deep passion). When you offer supplication, it means you feel the heart of God. You desire His will so much until it becomes an emotional experience.
- When you give thanks, you usually move into supplication because thanksgiving please God, and He reveals to you what is in His heart.

6. SPECIFY PETITIONS AND REQUESTS

Prayer is very articulate, intentional communication. Specify your petitions by acknowledging God's name and Word. Write down what you want to pray, then write down the scripture you plan to use.

7. SECURE THE PROMISES

Hold onto God's promises as you take His Word before Him. When Jesus ministered to people, He never assumed what they needed, He asked them. When people didn't ask Jesus for healing, he still healed based upon the promises.

8. PLEAD THE CASE

Pleading the case does not mean begging and moaning and becoming emotional. It is something you do because you rightfully deserve what you are asking for based on God's promises. Faith is believing those promises. Plead your case based on God's Word and integrity.

9. BELIEVE

After we plead, we are to believe. Asking, in itself, doesn't cause you to receive. It is possible to ask to ask for something in prayer and not believe. We usually give up too soon. **Mark 11:24** - 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].

10. GIVE THANKS

The first thanksgiving expresses your appreciation for God's forgiveness and mercy. The second thanksgiving is the highest form of faith. You thank God for what you don't yet see because you believe it is already done. That takes faith. We are not to wait until we see the manifestation of our answers before expressing our gratitude.

11. LIVE IN EXPECTATION

Continue in a spirit of thanksgiving by living in expectation of the answer to your prayer. Anticipate the answers to your prayers by preparing the way for them.

12. PRACTICE ACTIVE BELIEF

Don't stop after you pray. Get up and go look for what you asked for. You will find it if you seek it.

PRAYER:

Heavenly Father,

*Thank you for giving us principles for prayer in Your Word. **Psalm 119:15** says, "I will meditate on your precepts and consider your ways." Don't allow us to walk away from your truths and forget them. Help us to study these principles and consider carefully Your ways as revealed in Your Word. Then encourage us to step out in faith to put these principles into practice in our lives. As we do, we thank you for answering our prayers and doing "immeasurably and more than all we ask or imagine, according to [Your] power that is at work within us" (**Ephesians 3:20**). We pray this in the name of Jesus, the Mediator of the new covenant. Amen.*

[Individual/Small Group Activity]

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BREAKOUT QUESTIONS

What information presented in Chapter 7 impacted/influenced each team member the most? (It could be a principle, revelation, understanding, insight or obstacle, etc.)

1. Which of the 12 steps are currently part of your prayer life? Which one(s) will you need to add and strengthen?
2. Is there any sin in your life that you are trying to justify? How are you trying to justify it? Share if you feel comfortable.
3. Select one person in your group to pray about any topic or one related to our lesson today (***if you prayed last week, you are exempt***). After the person has prayed, then the group should share what they heard prayed. Also, share with the group any word you heard from the Holy Spirit and offer positive feedback to encourage that person.