

# Prayer Training Manual

How 2 HOURS of prayer can feel like 2 MINUTES.

This manual has three sections.

1. Assessing your **Schedule** → **WHEN** do I pray? (Pgs. 1-3)
2. Assessing your skill in the **Prayer Weapons** → **HOW** do I pray? (Pgs. 4-9)
3. **FAQs** Frequently Asked Questions (Pgs. 10-15)



This manual is meant to be used as a **REFERENCE Tool** over **TEN Years**

No one can become an expert in all of the spiritual weapons in this manual in less than ten years. This manual is designed to be an encouraging reference work. My hope is that you will refer back to this manual each year as you grow in skill in each weapon and are ready to tackle new weapons.

Jesus is **SO PLEASED** with you!

This is going to be one of the most encouraging and life changing seasons of your life!! If you will give your heart to this training – very soon your life will be drenched daily in the presence of Jesus, the richness of His word and the power of His Spirit. The Lord Jesus is so pleased with you and so proud of you for being hungry for more of Him!

Let's begin by looking at a picture of how much the Lord wants to bless you. I want to begin by making you some **PROMISES**. If you give your heart to this prayer training, I PROMISE that.....

1. Within a month, you will have the **most DEEP, powerful, REGULAR** prayer time you have **EVER experienced**.

Your joy and confidence will DOUBLE each week.

2. **Success breeds success.**

You will soon be SHOCKED at your new levels of CONFIDENCE. From a base of confidence, you will eventually EXPAND your prayer time into different times of your daily life with new prayer weapons and new skill levels.

3. You will find your **ACCOUNTABILITY Partner**.

When you first get started, an Accountability Partner greatly helps your consistency and encourages you.

4. You will have **MORE Time!**

Yes, you read that correctly. You will discover that MANY of your hours were spent in activities that did not truly satisfy your soul. They will no longer attract and pull at you. You will become a much better time manager and will end up having MORE time.

*Is. 55:2*  
*Why spend money on what is not bread and your labor on what does **NOT SATISFY**? Listen, listen to me, and eat what is good and your soul will delight in the richest of fare.*

5. You will **WIN** your **Spiritual Battles**

Let's be clear - you WILL face spiritual battles whether you pray or not. The question is whether your spiritual battles will result in great destruction or great new blessings in your life.

Because you will be so strong and deep, these battles will ENERGIZE you – rather than exhaust you. You will WIN these battles in a big way. They will become major victories that make you stronger in prayer. When you win these battles, Jesus will release new levels of Favor, Blessings and Anointing on your life.

6. You will eventually pray **more than one hour** a day.

Your hunger will grow. Your creative time management will grow. Your leadership skills in prayer will grow.

7. Your **PHYSICAL HEALTH** will steadily get better.

When you have TONS of grace in your life, you find yourself constantly encouraged and ready to tackle new personal goals. You will find the Lord very generous in His grace, wisdom and direction in helping you to regain physical health and vitality. Not being healthy is extremely discouraging. The Lord wants to greatly encourage you.

*Ps. 103:5b*  
*so that your **Youth is renewed***

8. Within 1-2 years **HALF** of your **FAMILY** will be **deeply changed** by what has happened to you.

Your family knows you better than anyone. They will know that this new DEPTH in you is real. They know when you REALLY CHANGE in permanent ways. They will eventually want what you have. This will produce AMAZING long term effects in your family's salvations, marriages, children and teenagers. You will see eternal fruit. This is literally the biggest gift you could ever give your family.

9. You will lead many **OTHERS** into a joyful consistent prayer time.

10. **MOST** of all – You will stay **consistent** for **DECADES**.

What a joy to get off the roller-coasters of frustration, weakness and self-condemnation & be mighty in Jesus.

Section # 1    Assessing your **Schedule** → **WHEN** do I pray?

There are three fantastic times to pray. They are:

1. A **Quiet** time at your home or by coming to the church
2. While **EXERCISING** or **STRETCHING**
3. **DRIVE** time to work and going home

Besides these three major options, there are extra options listed in our FAQs section.

### 1. **Quiet time at Home or at CHURCH.**

Our church is open 85 hours a week for people to come and pray. We have a few simple guidelines posted on a large board in the center aisle of our sanctuary. Many people don't have a place to pray. At home, the distractions of life battle against their ability to pray effectively.

Having a quiet, peaceful place can make a huge difference. Many people are overwhelmed at how much they felt the Lord's presence after an hour in the sanctuary in a quiet place of prayer.

- Some people have most of their daily prayer time at other places but still have a consistent 1-2 times a week when they come to church to pray.
- Others use the church as their primary place to pray and come 5-6 times a week.

### 2. **While EXERCISING or STRETCHING.**

On our web site are free downloadable videos that teach you how to stretch and pray in very comfortable ways. The second video explains how to effectively exercise and pray. They are a huge help in understanding how you can have powerful extended prayer times while exercising or stretching. This applies to

- every **TYPE** of exercise -----You can have GREAT prayer times while:
  - walking,
  - jogging,
  - bicycling,
  - weight training,
  - core strength,
  - swimming,
  - rowing etc.

- It also applies to every **AGE** & every **LEVEL** of stamina and health.

You are NOT too old or too out of shape. When you combine prayer with exercise & stretching, you find yourself much more patient and much more consistent. You no longer exercise to impress others. You exercise for your health and quality of life. Your exercise time is peaceful – rather than stressful.

If you fall in love with combining prayer with exercising & prayer with stretching; you will be healthier spiritually and physically. You will have lots of time to pray. You will also be very consistent in your exercise & stretching times because you need the prayer time even more than you need the exercise. This has been the main reason why I have consistently prayed 2-4 hours a day for over 2 decades.

### 3. Drive time

Turn your biggest negative into your biggest positive! If you have a long drive time to work, you are very BLESSED. Even if you ALREADY have a great hour of prayer, I recommend using your drive time for a SECOND hour of prayer each day. The best drive time lasts over 45 minutes. However you can also use shorter drive times to have some "Extra" prayer time. If your drive time is only 30 minutes but you have a private area for prayer at work, then you can leave early for work, pray in the car and then finish before you start work.

#### On the way **TO** work

If you have, at least a 30 minute drive to work; there are a few obvious ESSENTIALS to effective prayer time in the car. You would have learned these by yourself through trial and error but I can save you time. 😊 However, please be warned that these four points are ESSENTIALS. If you skip any of them, you will NOT have effective prayer time while driving TEN YEARS from now. The essentials are:

**1. Leave for work very EARLY.**

*You can NOT be distracted or worried by traffic & concentrate on prayer.*

**2. Don't CHANGE LANES unless absolutely necessary.**

*Because you left early for work - you have plenty of time and are not stressed by slow traffic. Your mind is now calm and can focus on your prayer time. Changing lanes greatly intrudes on your ability to focus on prayer.*

**3. Completely REMOVE the option of ever listening to the RADIO in the morning.**

*If you have the option of radio → that temptation will constantly distract you. On the days when you most NEED prayer, you will feel weak and listen to the radio instead. That break in rhythm will greatly discourage you. If you will refuse to listen to the radio in the morning, then you will have your most POWERFUL prayer times on the days you feel most weak.*

**4. Pray OUT LOUD almost the entire time.** *Powerful prayer requires the power of the tongue!*

Once you learn the different leadership skills of the power of worship, the power of quoting, the power of prayer structures, the power of praying in the Spirit etc.: you will easily fill your drive time with powerful prayer. That one hour drive will feel too short.

You may also want to invest in a PORTABLE RECORDER. The Lord will speak many things to you and you do not want to try to write & drive. 😊 Also, the Holy Spirit loves to help you organize your day. Thus, as the Holy Spirit gives you reminder tips and strategies for your day, you can record them and have your mind free to go back to prayer.

#### On the way **Home**

Many people feel so worn out that they have no energy to pray out loud on the way home AFTER work. However, there are other options of ways to pray and commune with God that do not require you to talk out loud and leave you refreshed, recharged and re-energized by the time you get home.

If you want to be doubly powerful, listen to some gripping quality Bible teachings. These will engage your mind & will wash the stress of your job off of your soul. You may even find fresh grace to worship, pray or record thoughts about the message. Your family will appreciate you coming home refreshed instead of exhausted. We have over 600 free teachings as downloads [www.LibertyChurch.org](http://www.LibertyChurch.org). Many other Bible teachers also offer this option. You can also listen to worship cds or the Bible on cd while driving home.

In the FAQs section – the first question is: "What do I do now?" We talk you through how to assess your schedule.

## Grace & Encouragement!

This prayer training document may be the most grace filled and most encouraging document on prayer that you will ever study. The Self-assessment document will help you clearly see how MANY different weapons are available for you in prayer.

Many people deeply love Jesus and greatly want to pray, - but - they do NOT know HOW!

Both John the Baptist's disciples and Jesus disciples felt so frustrated by this that they asked HOW to pray. *Lk. 11:1*

These teachings will teach you HOW to pray. They will give you LOTS of DIFFERENT ways to pray.

Jesus made you a very unique and a very complex person. You have thousands of aspects to your soul. You face millions of different situations in your life. Each situation brings a wide range of emotions and thoughts. When you have MANY different prayer weapons and you know HOW to use each prayer weapon with skill, you can find Jesus grace, wisdom and victory in every situation.

As you can learn to truly connect with the Holy Spirit every day in extended prayer time – He will give you victory in every area of your life. You will be ADDICTED to His power & presence. You will give up ANYTHING to have His power and presence daily.

In the upcoming pages is a personal assessment of the five main leadership prayer skills which are your weapons in prayer.

You may score low on many of the self-assessments. This is exciting! That means that you will never be bored in prayer again!!

Your low score simply means that you will still be learning exciting new levels of skills ten years from now. Myself and many other trained veterans are honored to walk with you as you learn skill in each weapon of prayer.



# EVERYTHING in Prayer is an ENGAGED Mind

*Romans 8:5-6*



The upcoming self-assessments are much **EASIER** to understand if you have already heard my 2 cds on *Prayer Power – How 2 HOURS of prayer can feel like 2 MINUTES.*



## Weapon #2 Move my Body

(Rom. 12:1, Prov. 18:21, Phil. 2:11, I Cor. 9:27, Lk.6:45, II Cor. 4:13– 25 times in Ps.)

*Special note:*

*This assessment obviously does NOT apply when you are exercising & praying or driving & praying.*

*It is specifically for when you are at church or another quiet place of prayer.*

### Self-assessment of Move my Body

Please rate yourself by picking any number from 1-10 on the scale below. Your self-assessment score \_\_\_\_\_

1-----2-----3-----4-----5-----6-----7-----8-----9-----10



I mostly sit on the pew or a chair when I pray.

I am pretty strong in 2 types of moving but weak in the other 3

I am fairly strong in 3 types of moving but weak in the other 2

I am strong in all five types of movement and use all of them every month.

1. Regularly **WALK** & pray for 15-30 minutes.
2. Regularly **STRETCH** & pray for 15-30 minutes
3. Regularly **KNEEL** & pray for 5-15 minutes
4. Regularly **Sit** on the **Floor** & read or pray for 15-30 minutes
5. Have **2-3 EXERCISE** & prayer times that can get my blood quickly flowing in 1-5 minutes.

Most of all, I understand Romans 8:1-3 says **FOURTEEN** times in 13 verses that my body will try to **CONTROL** my mind and emotions.

If I am quiet and still and my mind begins to wander, I immediately create blood flow, move my body, move my mouth and use my weapons to have an engaged mind in prayer.

Weapon # **3** **Open my Mouth** (Prov. 18:21, Lk.6:45. II Cor. 4:13– 25 times in Ps.)

*Special note:*

*This weapon has two different assessments.. They are connected and yet different. The biggest battle with praying in the Spirit is to open your mouth. Thus the first weapon releases the second weapon.*

Self-assessment of **Open my Mouth**

Please rate yourself by picking any number from 1-10 on the scale below. Your self-assessment score \_\_\_\_\_

1-----2-----3-----4-----5-----6-----7-----8-----9-----10



I have a hard time praying out loud.  
  
I am not familiar with the strong Bible verses on the battle of the tongue

I am strong in approx. half of the Biblical types of speaking

I completely understand that my mouth tells me what is actually in my heart. I also understand the power of the Bible confessions & use all of them often

1. Singing & worship,
2. Confessing my sins or wrong attitudes out loud.
3. Confessing the LORD'S forgiveness and SELF forgiveness out loud, by the power of His shed blood.
4. Listing THANKFUL points in my daily life out loud,
5. READING God's Word out loud,
6. QUOTING out loud
7. Praying in the SPIRIT out loud
8. Talking through my QUESTIONS out loud with the Lord,
9. INTERCEDING for others out loud,
10. Speaking out loud any DECLARATIONS of the Lord's promises, the Lord's grace for me today, prophetic words that the Lord gives me etc.

Self-assessment of **Praying** in the **Spirit**

Please rate yourself by picking any number from 1-10 on the scale below. Your self-assessment score \_\_\_\_\_

1-----2-----3-----4-----5-----6-----7-----8-----9-----10



I don't know how & have never humbly, diligently, & Biblically studied this weapon

I regularly pray in tongues, but I have NOT done a LOT of humble, diligent, Bible studying of this weapon

I have great freedom on praying in the Spirit. I mix praying in the Spirit with English constantly.

I have humbly & diligently studied what God's Word says about this hammer. I understand and have experienced thousands of times of having God's Spirit search my heart through tongues and help me sort out my heart and to hear the Lord's heart.

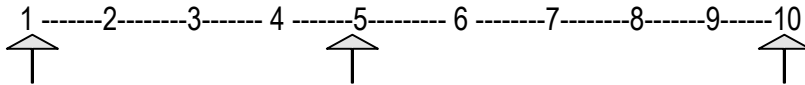
I am diligent and careful to be balanced between Word and Spirit and to carefully check every impression for clear scripture and fruit.

# Weapon # 4 Quoting God's Word

(John 1:1, Heb. 4:12, II Tim. 3:16, 150 times in the N.T. Ps. 119:11,28,43, 65. 81,89,)

## Self-assessment of Quoting God's Word

Please rate yourself by picking any number from 1-10 on the scale below. Your self-assessment score \_\_\_\_\_



I don't know how & have never humbly, diligently, & Biblically studied this weapon

I have 5 or more chapters of God's Word that I can quote, but I only use those passages in 1 or 2 applications.  
  
In other words – I have a sharp sword, but I only know one or two strokes with the sword.

I have 10 or more chapter of God's Word that I use regularly in all of the situations below.

1. I understand HUNGER Based memorizing.  
I resist the temptation to memorize more than one chapter a year so that I will always remain hungry and grace filled. I do not memorize another verse unless I am very hungry for that verse.
2. I understand that quoting BACKWARDS is:
  - a. A LOT EASIER. I have heard the story of how Jesus unlocked this weapon for Pastor John and I have personally experienced how much EASIER it is to memorize a chapter backwards.
  - b. I regularly open my prayer time by quoting my newest couple of verses or newest chapter backwards. I understand that this is the quickest way to get strongly mentally engaged in prayer.
3. I know all the different nuances of WHEN to quote FORWARD or WHEN to quote BACKWARD while:
  - a. Kneeling
  - b. Travailing
  - c. Exercising
  - d. Extended 2-4 hours of prayer
  - e. Worship
  - f. Warfare
  - g. Walking
  - h. Driving
4. I understand why this is the MOST POWERFUL weapon in prayer → by a large margin.  
I understand the spiritual warfare of obsessive thoughts. I understand that:  
*EVERYTHING in prayer is an ENGAGED mind*



# FAQs

Frequently Asked Questions

1. **What** do I do **now**? (pg. 11)
2. What if the **schedule** I set does **not work**? (pg. 11)
3. Questions on an **Accountability Partner**? (pg. 11-12)
4. How do I know **which** prayer weapon to study and add **first** to my spiritual arsenal? (pg. 12)
5. What **RESOURCES** can help me study the different prayer weapons? (pg. 13)
6. How do I know **WHEN** to move on to learning **another** weapon? (pg. 14)
7. I am a **“Stay at home” Mom** – how do I find time to pray? (pg. 15)
8. I **commute** w/ my **mate** to work – how does that affect praying together in the car? (pg.15)
9. I **commute** with **other** people on the way to work – is there anything I can do to make that time productive spiritually without being weird or making them feel awkward? (pg. 15)
10. The **volume** of the **instrumental music** in our **sanctuary** during prayer time is too **loud** for me. What should I do? (pg. 15)

## 1. What do I do now? – 3 Things

### a. Please start your LIST.

Please write out the words Monday, Tuesday Wednesday etc. in the back of your Bible or in your prayer journal and begin to write some names of people for whom you will pray once a week to come closer to Christ and be certain that they are going to heaven.

Even if you only have a very few names, you will feel the Lord's joy & power upon you as you write those names. Over time, the Holy Spirit will add more names to your list.

### b. Pick 1-2 COUNSELORS

A counselor is DIFFERENT than an accountability partner. Most people pick their mate or their best friend, plus one spiritually strong friend as their counselors to help them get started. At Liberty Church we have hundreds of people who are strong in all five prayer weapons and who would love to be a sounding board for you. If you are a part of Liberty Church, I am always available also.

Pick  
**NICE** 😊 people  
as counselors

### c. Make your :

- i. Best guesses on your best **SCHEDULE** time to pray
- ii. Best guesses on your **SELF-ASSESSMENTS &**
- iii. **DISCUSS** your **SCHEDULE & your** SELF-ASSESSMENTS with your counselors.

This is your most **IMPORTANT** moment

You may feel very **OVERWHELMED**. Be very careful to pick grace filled counselors who:

1. Guide you toward **JOY**
2. **LISTEN** well before making suggestions
3. **ENCOURAGE** you
4. Know how to **LAUGH** with you.

## 2. What if the **schedule** I set does **not work**?

That is a deeper question than you may realize. The Lord loves to teach us truths by walking with us through a process. You will face adjustments in your schedule many times over the next 40 years. You may need to try 2-3 variations before you find a pattern that fits your soul and your schedule. The Lord enjoys walking with you in the process as much as he enjoys the end goal. His desire in trial and error is to teach you a lot of wisdom and to teach you a lot about your own soul.

Obviously you will also talk again with your counselors.

## 3. Questions on an **Accountability Partner**?

### a. Do I **NEED** an Accountability Partner?

You may NOT! If you are ALREADY strong in prayer and have consistent disciplines you might prefer to skip this option.

### b. Are there **DANGERS** with an Accountability Partner?

Yes! An accountability partner is a very helpful and a LOT of FUN for a SHORT time, but can become a legalistic burden if it is carried on too long. An accountability partner is NOT a counselor. Having an accountability partner does **NOT** involve any deep discussions, correction or any other type of focused dialogue. The goal is to have that 10% extra motivation of not wanting to disappoint a friend – on the days you are tempted to skip. It is very easy to take accountability too far! I also recommend a **TIME LIMIT** to any

accountability relationship of 3-12 months. Please do **NOT** use your **MARRIAGE partner** in this role. It puts too much tension in a marriage.

c. How do I **FIND** an Accountability Partner?

A. One of the **BEST** accountability partners is your **son** or **daughter** if they are older than 5 years old.

They are **TOUGH** on you and will not let you slip a bit. 😊 In addition, you can promise them money or some other reward if they catch you skipping a day of prayer. The biggest reward for them is money.

1. For example, you may promise them \$1 for every day they **ASK** you if you have had your hour of prayer in the last day. The \$1 reward is for them asking. You would simply keep a tally of how much you owe them and settle up once a week. This can take the place of allowance. If they only remember 5 times in the week, they only get \$5 for that week.
2. However, if they ask you if you have had your hour of prayer time in the past day and your answer is **"NO"** → then you would owe them **TEN** dollars for that day. This could be a lot of fun for your kids and for you. It would sure keep you faithful in prayer. 😊

B. When your main prayer time is spent praying at **CHURCH**: the basic goals are to have:

- a **friend** or acquaintance who prays at the same time and place that you pray
- who simply waves "Hi" & **misses** you if you are not there
- is **proud** of you and **desires** to encourage you

C. When your main prayer time is **NOT** at the church it is a different dynamic for an accountability partner.

In this case,

- Your checking on each other usually involves something like:
  - a once a week or once a month email update or
  - asking each other about your prayer time when you see each other at church.
- Because it is a less convenient situation, it is probably more important that your accountability partner be a good friend, with whom you can dialogue and bounce ideas off each other.

4. How do I know **which** prayer weapon to study & add **first** to my spiritual arsenal?

You might not add ANY new weapons for a while. Some of you have a past history of some very vibrant powerful prayer times. Once you get a consistent schedule you may want to spend the bulk of that first season just re-digging some old wells and drinking some sweet water.

*Genesis 26:18*

*Isaac reopened the wells that had been dug*

You have decades to add new prayer weapons. It is not the amount of our weapons that pleases the Lord. It is our joy in His presence that thrills him.

When you are ready to learn new prayer leadership skills / weapons the best one to start is the one which has you most hungry or most excited or most eager to try.

5. **RESOURCES** to help me study the different prayer weapons? - - - If you want to study more about::
- a. **Structure Options** - I would recommend reading my book on the Armor of God. In addition, any of the other nine structures listed in the self-assessment are terrific tools to research. Use the ones that best fit your soul, feel comfortable and energize you.
  - b. **Move your body** - this would involve learning to work within your prayer space to create environmental flow and to find different ways that help you be most alert in different moods and different situations. In other words – you just start experimenting. 😊 This can also include some great stretching and prayer times. As you grow stronger in memorizing, this can also include exercise times.
  - c. **Open your mouth** – You can just start experimenting or begin to read or listen to some great Bible teachings on the different types of Biblical confession listed. Joyce Meyer has some great material on this subject.
  - d. **Pray in the Spirit** – You may want to listen to my extensive study on the Holy Spirit series available for free on our church web site [www.LibertyChurch.org](http://www.LibertyChurch.org) There is a list of 20 questions attached to this series that is good to read before you study the series. If you are not filled with the Holy Spirit with freedom to pray in tongues, a Pastor or Leader in your church can help you with this. If you are a part of Liberty Church, I would be honored to help you in this area. Once you have freedom in tongues, the tool of I Cor. 14:14-15 will cause you to gain the quickest power as you experiment with different times of praying in tongues when English is not enough to express the burden on your heart.
  - e. **Quoting God's Word** – You may want to listen to the seven sermons on Memorizing the Bible from our free sermon series. In addition, here are a few key things that could keep it joyful.
    - i. I stick with **HUNGER** based memorizing & hate the **HURRY** of **PERFORMANCE** based memorizing.
    - ii. I memorize **slower** than anyone. I don't move on until I am ravenous for another verse.
    - iii. I **Limit** myself to only memorize a chapter a year. Waiting 4 months makes you very hungry.
    - iv. I learned to memorize **BACKWARDS** simply because it was **EASIER!** I begin almost **EVERY** prayer time by quoting my most recent verse and the verses before it. This quickly jump starts my mind. My mind is more alert after 3 minutes of quoting backwards, than 30 minutes of other styles of prayer.
    - v. I quote to get a **calm** mind. I need **more** of God's power to get a calm mind than others. 😊
    - vi. This is the best way to **consistently** have **POWERFUL** prayer times while **EXERCISING**
    - vii. For the **SECOND** to **FOURTH** HOUR of prayer quoting and praying in the Spirit while allowing the Holy Spirit to take you down rabbit trails is extremely **EASY!**
  - f. **Journaling & Studying** – Being willing to use part of your prayer time as study time makes the time move very quickly and it makes you richer and stronger in prayer. **ALWAYS** have a paper & pen. I Cor. 14:33 says that God is a God of order. If you spend 60 minutes with the Holy Spirit, he will bring order to your life. This means that he will gently remind

you of a lot of little things that need done in your life. ☺ In other words, your “To Do” list usually is very clear and organized by the end of your prayer time. This is why you have to always have a paper and pen. ☺ There are so MANY great Christian books, Christian Bible studies and so many thoughts that you can journal so - - - - you just start experimenting. ☺

6. How do I know **WHEN** to move on to learning **another** weapon?

This is a **HUGE** question. The answer is the **OPPOSITE** of what many people think.

Right now, you are in a surge of **enthusiasm** from the cd teachings on prayer.

- ⇒ That enthusiasm is **NOT** how the Holy Spirit will lead you into new prayer skills in the next year.
- ⇒ In fact, it is the **OPPOSITE** of how the Holy Spirit will lead you.

The Holy Spirit will call you to new leadership skills in prayer through being a little bit **DRY & BORED** in your current prayer time. This is because *EVERYTHING in prayer is an ENGAGED mind*. The Holy Spirit nudges us forward by giving us times that are **no longer** “*Fantastic*” in prayer. They were **just** “*Good*” or “*OK*”.

Right now you are bursting with joy and power. You have had some of the best prayer times of your life. You have 2-3 new models of prayer and they have released a vitality and energy in your prayer life that amazes you. You are completely convinced that you have FOUND your prayer style and that you will have this energy and vitality in prayer every day for the rest of your life.

However, within 1-4 months, the Holy Spirit will want you to MOVE ON to some other leadership skills in prayer. Here is how the Holy Spirit will call you.

- ⇒ He will begin with a very quiet gentle nudge of curiosity about a different prayer model.  
*(Most people ignore this gentle nudge. They quickly become rigid and religious.)*
- ⇒ After you **ignore** the first nudge – the Holy Spirit will give you a slightly **LESS** enjoyable prayer time. It will still be a “GOOD” prayer time, but you will not have hit the well of life. You will leave “**MOSTLY**” satisfied, but slight **restless**.

You have become STRONGER in 4 areas  
*Walking & Praying, praying a specific Structure, reading your Bible & Quoting.*

However you are still WEAK in other areas like:  
*Sitting on the Floor / Praying in the Spirit / Praying Other structures/ Stretching / Kneeling / Knowing when to quote verse forward or backward / Bible studies / Journaling / Travailing prayer / Reading chapters out loud etc.*

The Holy Spirit is **PROUD** of you  
However, He is also **EXCITED** to teach you a new skill.

- ⇒ After you ignore the second nudge, the Holy Spirit simply increases the level of being dry and bored until you become desperate enough to be willing to learn a new leadership skill in prayer. Then when you humble yourself to learn the new leadership skill, the Holy Spirit comes rushing back with power, vitality and life.

Please do not beat yourself up when you get rigid and religious. ALL of us go through this process. I have 22 years of praying 2-4 hours a day and I still have 1-2 times a year that I repeat the above process. The Holy Spirit

will never stop teaching you new leadership skills in prayer. He wants you to have ALL of your weapons for victory!

7. I am a **“Stay at Home” Mom** – how do I find time to pray?

There are two main ways that “Stay at Home” Moms find consistency in prayer. They are:

- a. Before your kids wake up or after they go to bed.

Some Moms will go up to church to pray while Daddy stays with the kids.

- b. Requiring a mid-day hour of your kids staying in a room and playing without interrupting you, while doing a half hour of exercise and prayer and a half hour of stretching and prayer.

If your children are not yet disciplined enough to stay in a room for an hour without interrupting you – except for emergencies – then you would be greatly encouraged by our free parenting cds on our web site. They teach you many points of wisdom and how you can praise and discipline your children.

8. I **commute** with my **mate** to work – how does that affect praying together in the car?

Generally you would NOT try to pray together but would have two separate prayer times with some instrumental Christian music playing in the background. We have 8 instrumental Christian cds that we can give you.

You would both start off with 5-10 minutes of “TALK Time” and then both agree to have 30-60 minutes of NO TALKING to EACH OTHER. Then you might save the last 5-10 minutes of your drive - AFTER your prayer time to talk and share what the Lord showed you.

9. I **commute** with **other** people on the way to work – is there anything I can do to make that time productive spiritually without being weird or making them feel awkward?

This is a great opportunity. You can use strong cd Bible teachings to let God’s Word affect your driving partner. You might tell your driving partner that you are committed to listen to a certain amount of these teachings as a promise to your mate or your Pastor. *(Make sure you make the promise first so that you are telling the truth ☺).*

You can then pick some of the most FASCINATING cds and ask your driving partner if you can have 30 minutes a day of listening to one cd on the cd player while you drive. Explain that it saves you a lot of time and it is only a small part of your drive. Ask them to just try it for one week. If you use some of my free teachings, I recommend starting with the Cross – the Story of the last 24 hours. That is like a movie on cd. Hopefully you will get them addicted to fascinating teachings and see how God’s Word can melt a heart.

10. The **volume** of the **instrumental music** in our **sanctuary** during prayer time is too **loud** for me. What should I do?

I have a few thoughts.

1. We try to keep a balance because those who like to walk and pray need the music a bit louder so they can pray out loud softly without disturbing others. Thus, we have experimented with different levels and are still adjusting to find the best level. In addition, younger people tend to want the music louder, while us older ones want it quieter. ☺
2. There are some QUIETER spots in the sanctuary in the back corners. You may want to try those.

3. A nice pair of headphones can muffle the sound so much that you will barely hear the music and they are a lot more comfortable than earplugs.
4. I would be glad to meet you up at church at some time when you know you will be there so I can check the volume while you are there. It may be that it was simply too loud when you were there. That has happened a few times.