

(Excerpts from the book “Answered Prayer Guaranteed,” by Frederick K.C. Price)

Chapter Seven

A Model Prayer

Lift up your face to God. You will make your prayer to Him. He will hear you.... You will also declare a thing and it will be established for you; So light will shine on your ways. —Job 22:26–29

I have described six different types of prayer in the earlier chapters and have given you seven important steps for receiving answers to your petition prayers. Understanding that, you may be wondering what a “typical” prayer looks—and sounds—like. Before I outline for you a “typical” prayer a believer might pray, I can tell you my personal prayer habit. I pray about an hour a day—twenty to thirty minutes in English, and the remainder of the time in the Spirit. This costs me as I must rise early to work in an hour of prayer before I start my day, but I find that if I do not pray, first thing, every day, I pay for it later. Are you willing to pay what it will cost to have your prayers answered, every time? Once you make the decision to dedicate a regular part of your life to prayer you then must create the time, because you can bet the devil will not allow you to “work it in.” Prayer is not something that you should just *fit* into your schedule: it is the key factor that allows the rest of your schedule to function. There is not a professional ball team in America, whether it’s football, baseball, or basketball, that does not warm up before starting a practice or the game. Couldn’t they get more practice time in if they got rid of that twenty minutes of warm-ups first? Of course, but the result would be more injuries—*more serious* injuries. If you approach your prayer time as optional, as something to be squeezed in, then soon you will not be praying at all. Some people I know pray in the shower, which can run up a water bill, but if that’s what you must do to get away from distractions, so be it. Others pray in the Spirit in their cars. That’s fine, but if you try that in English, your attention will be divided, and

you'll either mess up your prayer or have an accident. I prefer praying the first thing in the morning, because it sets the tone for the whole day. Then I never get into a situation where I say, "Uh oh, I should have prayed about that!" No, the Spirit will take care of those situations. Remember also that the devil will do his best to distract you. You will have phone calls, pet "emergencies," family interruptions, even physical discomfort or itching—anything to get you off schedule. And if the devil can get you off schedule once or twice, soon he can get you off schedule every day.

Is There a Model for Prayer I Can Use?

I'm sure you want a model or *prototype* prayer. Some people lack confidence in developing their own prayers. With a little practice you will gain confidence but let me start you off with some suggestions. In his prayer for Gaius, John prayed this way: "I pray that you may prosper in all things, and be in health, just as your soul prospers" (3 John 2). John's prayer is a laundry list, if you will, of what John had *already prayed for* in Gaius's case. He was telling Gaius, "Brother, in the past we've set ourselves in agreement on these things, and I just want to let you know I'm keeping up my end of the bargain." I believe that from John's words we can assume that John had included these things in his prayer time. Let me suggest one simple prayer of faith that you could plug into anyone's life situation.

1. Begin with thanksgiving.

Heavenly Father, thank You so much for all Your blessings, and for all Your gifts ... Here you might want to list the things you are thankful for—good health, a job, a nice house, a wonderful spouse or children. Whatever it is, thank God for it. Don't be in a hurry. This might take some time.

2. Confess your faith in God and His Son.

Father, I'm a believer and not a doubter. Jesus is Lord. I believe in my heart that He has been raised from the dead. And I give thanksgiving that I am born again. Thank You, Jesus, for Your sacrifice and that You lived a perfect life, died on the cross for me, rose from the grave for me, defeated hell and death for me, and sit at the right hand of the Father making intercession for me. Praise You, Jesus!

Don't be in a rush. You can never go wrong by praising God and His Son.

3. Pray for those in authority over you.

In 1 Timothy 2:1–2, Paul tells us that we should pray for our leaders. Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

Paul was saying that we need to pray for all men to come into the knowledge of salvation, to give thanks, and to intercede for all those in authority over us. This is for our benefit, not theirs, so that we may lead peaceful lives. You can't have a very good prayer life if you are worried about rival gangs breaking down your doors. During my prayer time I thank God for the president, whoever he is, the vice president, the members of the House and Senate, the Supreme Court, our governor, our mayor, and the police, judges, and fire personnel over me, that I may live in peace. Just imagine what an incredibly peaceful world it would be if every one of those people were born-again Christians! And this is the wonderful part: even when the *king*, as it were—the president or the governor or whoever—is not a believer, God can use that person.

In the Bible, God constantly directed the kings of Babylon and other countries to show favor to the Jews living under their authority. Some of that was due to the prayer intercessions of the priests and prophets. There will be times when you pray for someone in authority over you and say, "I can't believe they just voted that way," or "I can't believe

she just made that speech, it's so out of character." But that's God at work. If you don't pray for these people—especially the nonbelievers—you are just handing them over to the devil. At some point, you should pray for the holy church and all believers. Pray for the Christians battling repressive governments—men and women who literally take their lives in their hands by worshiping God. Pray that we come into a “unity of the faith” and that God's people stop bickering among themselves so they can work together to accelerate the spreading of the gospel. Thank God for ministers, pastors, teachers, prophets, and evangelists. I name the people I know who are in ministry and specifically ask God to bless them, and I set myself in agreement with them that their needs are met.

4. Pray for revelation knowledge.

Paul also said we should pray for revelation knowledge. Pray for greater spiritual understanding and pray that believers around the world are protected and that they may exercise their faith in peace. Pray for the spread of the gospel, that with the harvest ready, laborers are coming forth. In that vein, it's appropriate to pray that government barriers against Christianity are lifted, whether in communist countries or in Muslim countries where Christians are, to this day, enslaved. Remember, not all believers have it as well as you do! Bind the demonic spirits that are attacking Christians through governments and loose the protective angels that they might keep believers safe and free.

5. Add your personal confession about your need.

When you are ready, next move to your personal confession about your needs and your circumstances. *Father, I believe that the things You have promised me in Your Word belong to me. I intend to know what they are. Satan, I rebuke you in the name of Jesus! Take your hands off my body. Take your hands off my home. Take your hands off my finances. Take your hands off my children and my family and get out of my affairs. The blood of the Lamb is over me. I belong to God. You, Satan, are not my Lord. Jesus is Lord, and He has defeated you permanently to reclaim the world and to reclaim me. I don't have to do what you say, devil. I don't have to receive what you give. I believe I am healed from the tip of my toes to the top*

of my head. I believe through His stripes I was healed, and since I was healed, I am healed. Jesus is the champion of my salvation, the giver of my healing, and the author of my faith. God is Jehovah Rapha, the “God who heals me,” and I receive that healing. If you have a particular medical challenge, put it in! Pray specifically over that issue. Otherwise, you can just thank God that you have a healthy heart, arteries, lungs, bronchial tubes, stomach, esophagus, liver, and so on. When I pray, I name every part of my body I can think of, thanking God they are healthy. That’s *playing offense* over those parts of your body that might be attacked.

You are putting up a faith shield around them. Playing *defense* involves praying over any part of your body that is already under attack, and you know what they say: “The best defense is a good offense.” Quote Psalm 91 and make it personal: *I am not afraid of the terror by night, nor the arrow that flies by day, nor the pestilence that walks in darkness, nor the destruction at noonday. Father, Your Word promises that even though a thousand fall at my side, and ten thousand at my right hand, it shall not come near me, nor shall any evil befall me, nor shall any plague come near my dwelling, because You have given Your angels charge over me. Once again, loose Your angels that they might protect me. I bind demonic spirits that they will have no place in my body, my family, or my home.* Now begin confessing protection over your family. *Father, Your Word promised that my seed would be blessed, and that if I raised a child up in the way he should go, he would never depart. Lord, I’ve tried to put You in front of my family at all times. I thank You for my family. Protect them. I pray the blood of Jesus over them as they go about their lives today. Keep them safe. Reveal Yourself to them.*

6. Pray for your enemies.

If you are a normal, average person, you will have some enemies. Confess what Deuteronomy said—that they would come at you one way and go away fleeing seven. Jesus said to pray for specific enemies. Pray for their conversion, if they are not Christians, and pray for their eyes to be opened to their behavior if they are. Confess in line with the

Word that you will add patience to your love when you deal with them. We also have enemies in the world that want to kill us. Paul tells us in Romans that we have a police force and an army to “execute wrath,” not merely to dispense justice. There is a reason for this. If you do not want people to engage in Mafia-style vendettas, each seeking his own revenge, you must be assured that the government (which you prayed for above) will take care of threats to our nation and our neighborhoods. So, we are well within our godly rights to pray that God deliver our enemies into our hands as a nation. You might not be comfortable with that, but I have no problem thanking God that He has already delivered our enemies into our hands, including leaders in al Qaeda and other terrorist movements. Of course, if you want to pray for their conversions, do that too, and if they get converted before getting captured, so much the better. Here is an amazing thing: Proverbs says that when you do good to your enemies, for example, praying for them, you “will heap coals of fire on his head” (Prov. 25:22). Have you ever sincerely (not facetiously) said to a genuine enemy, “I’ll pray for you,” and watched what happens? That person will usually react like you threw hot fire on him or her and may say indignantly: “How dare you think I need *you* to pray for *me*.” Look at Proverbs 24:17–18: Do not rejoice when your enemy falls, And, do not let your heart be glad when he stumbles; Lest the LORD see it, and it displease Him, And He turn away His wrath from him.

So, this is really tricky. When you pray for your enemies, you really are heaping burning coals on their heads. It *is* going to cause them discomfort—but if you take pleasure in that, you will actually interfere with God’s dealing with that person!

7. Pray for your financial and material needs.

Having prayed for those in authority over you, your health, your family, next address your financial and material needs. *Father, I believe my needs are met. The Son has made me free! I am free from need. Your Word says that You loved us more than the birds of the air or the lilies of the field, more than human fathers—who give their children good gifts—love their*

kids. So, my needs are met according to Your riches in glory. I am redeemed from the curse. The blessing of Abraham is mine. I'm blessed coming in, blessed going out, above and not beneath, the head and not the tail, blessed in the city, and blessed in the field. I'm a victorious overcoming conqueror and more than a conqueror. Any other confessions or promises from the Word related to material things that you find you can put in this section. If you have a need in this area, this is where you state it. Some people work on computers all day, and for them to get their work done, they need their computers to function. Pray over those computers. Other people are truck drivers or operate machinery. Pray over those devices. And I would never get on an airplane without praying over that aircraft and the pilot and crew, that they be blessed in the name of Jesus and that I have a safe trip to where I'm going. Other people will be cursing that plane, especially if it's late, so you better be blessing it!

Father, thank You for my car. I need a new car, Father. This one has carried me many miles, but I need one that burns less oil and is safer and more fuel efficient. [or if you just want a new car, you don't need a reason!] I want a Mercedes, Lord, because I like them. I want to drive one. Thank You, Father, for meeting this desire of my heart. I've put You first in all ways, Father, that I can think of. Your Word said if I did that, all these things would be added unto me. So Father, thank You for Your promise. I believe I have already received it, and I thank You for that new car.

Once you've addressed physical, job, and material needs, address any specific family situation or job situation or anything troubling your spirit.

8. Conclude your prayer by praying in the Spirit.

At that point, I close my prayer in English and spend time praying (interceding) in the Holy Spirit. That way, I've covered all my bases. I know that there is not one issue that I should have addressed but didn't, and not one request that I should have made but forgot. There

is not one time that I finish praying in the Spirit that I am not satisfied that everything that needed to be said, by me to God and by God to me, was said. The most important ingredient for answered prayer, of course, is to pray. You can't get practice at praying until you start to pray. The writer William F. Buckley, who at his peak would write a newspaper column every day, edit a magazine, and turn out two novels a year, was once asked how he wrote so much. Buckley said, "I get up in the morning, brush my teeth, then sit down and start to type." Prayer is the same process. Some people have a prayer closet, some have a prayer room, or some pray in bed. Wherever you pray, be sure to set aside someplace where you won't be interrupted. Remember that one of the devil's best tricks is distraction. But most of all, find a *regular time* to pray. No matter what, nothing must come between you and that prayer time. Begin today. Begin right now. Start immediately finding out God's promises for you and begin listing what He has already done. You will notice a change in your life, and I can assure you that you too can say with confidence, "God hears my prayers and answers them all."