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Prayer and Intercession

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An Apostolic School of Ministry



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This book is one of a series of books written and distributed by The Apostolic School of Ministry from The Garden Training Center, Inc. The series arises from the foundational teachings of the school of ministry, founded by Brandy Helton. Brandy wrote several sections that are included in each book such as “God’s Love” and the prayers included at the end of each book.

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Encouragement and Prayer for the Reader

Beloved of God, these teachings are written to reveal Jesus Christ and His heart of love for all who call upon His name to save them.

God has sent His only begotten Son, Jesus Christ, to save all who would believe in Him and His Word.

God desires to reveal Himself and to give us His divine nature in Christ Jesus our Lord through the power of His Holy Spirit.

God is Jealous. He wants us to encounter His presence daily and walk with Him in glory – intimate communion - today, while it is called today, and forever.

It is my prayer that this teaching would so impact the readers that all would come to know and believe JESUS, the King of Kings and Lord of Lords, our Great God and Savior, and receive the PERFECT LOVE He has for us all as we grow up into Him and mature as true sons and daughters of God.

May you grow in faith and knowledge of your God and Savior and come to know the love that He has for you. I pray for you the Apostle Paul's prayer for spiritual growth:

Ephesians 3:14-21 The Living Bible (TLB)

"14-15 When I think of the wisdom and scope of his plan, I fall down on my knees and pray to the Father of all the great family of God—some of them already in heaven and some down here on earth— 16 that out of his glorious, unlimited resources he will give you the mighty inner strengthening of his Holy Spirit. 17 And I pray that Christ will be more and more at home in your hearts, living within you as you trust in him. May your roots go down deep into the soil of God's marvelous love; 18-19 and may you be able to feel and understand, as all God's children should, how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it. And so at last you will be filled up with God himself.

20 Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinitely beyond our highest prayers, desires, thoughts, or hopes. 21 May he be given glory forever and ever through endless ages because of his master plan of salvation for the Church through Jesus Christ."

In Christ our Lord,
Brandy Helton
A child of God

God's Love

God's love is good news! Don't believe the lie that God is distant, unapproachable, and angry!

God is love. He is the only true, eternal God. He is perfect and holy, and He is truth. God is One. He has revealed Himself in three distinct, individual, equal persons: God the Father, God the Son – Jesus, and God the Holy Spirit.

The Bible tells the story of God's perfect love. In that love, God created the first family to live on the earth with Him. Through their deep intimate relationship with the Father, Adam and Eve were meant to fulfill all that was in God's heart on Earth just like it is in Heaven, for God's glory and purposes. Adam and Eve were chosen to walk with God, clothed in His glory presence and were perfect, as He is perfect, and they lived in His beautiful garden, the secret place called Eden. He gave them His breath, life and power to have dominion over all He created and wanted them to reproduce that LIFE replenishing the earth with it, until all the earth is filled with His glory.

Genesis 1:26-28

"26 Then God said, 'Let Us make man in Our

image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.’ 27 So God created man in His own image; in the image of God He created him; male and female He created them. 28 Then God blessed them, and God said to them, ‘Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.’”

God created His children in His likeness. He made them spirit beings, with a soul – mind, will and emotions – and placed them in a physical body. He gave His children the choice to love Him and to walk with Him in obedience to His every word. He gave the first family the power to overcome any temptation offered to them through God’s adversary, the devil, who had rebelled against the Most High God in Heaven’s glory and was cast down to the earth. The devil, Satan, brought great darkness and chaos prior to Adam and Eve’s existence.

Adam and Eve were deceived into thinking that God was not perfect in love as Satan, the adversary, tempted them to believe that God would not keep His Word to them. Through their own will, Adam and Eve disobeyed the Father by eating from a tree that had the power to open their eyes to both good and evil. Through their choice of disobedience, they willfully gave their inheritance and authority over to the devil and his kingdom. Sin entered mankind, which produced death, eternal separation from a Holy God. Adam and Eve were banished from the dwelling and intima-

cy of perfection in the garden and were sent into the world as a fallen creation.

Father God knew He had to come Himself and save His family, and in His wisdom, He chose to send His Son, Jesus Christ into the world to save us and restore fallen mankind back to relationship with Him. Through His Son, He destroyed all the works of the devil and the curse of death. Hebrews 9:22 says, *“And according to the law almost all things are purified with blood, and without shedding of blood there is no remission.”* Remission means to cancel the penalty, so according to the law there must be shedding of blood to cancel the penalty for sin. The Father cancelled the penalty for the sins of His children through the shedding of the blood of His innocent, holy Son Jesus, who was the Sent One, called and chosen to die for all, so all could live.

John 3:16-21

“16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. 18 ‘He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. 19 And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. 20 For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. 21 But he who does the truth comes to the light, that his deeds may

be clearly seen, that they have been done in God.”

Jesus was conceived by God’s Holy Spirit in the womb of a young virgin named Mary. He appeared as the second Adam, in the flesh, with the choice to walk in perfect love and obedience, full of God’s Spirit, as a man to do the will of His Father.

Jesus grew up as any male child did in the flesh but He had divine fellowship with His Father and Holy Spirit. At the appointed time, He was revealed as being sent from God to save. Jesus went around doing good and healed all who were oppressed by the devil spiritually and physically. He revealed His Father’s heart and perfect love to all who believed through His teachings, grace and miraculous power.

Salvation means eternal life, healing, deliverance, protection, peace, wholeness, and forgiveness. Salvation came to all men through the cross, where the Son of God, the perfect One, was slaughtered as a lamb, bearing all sin for all times from a fallen people. Jesus bore the wrath of God against the darkness that separated God’s family from Him. Jesus was punished for our sin and died to cleanse us from the guilt, shame and condemnation sin produces. Sin separates. Love restores.

Jesus was crucified, dead and buried, spending three days and nights in the depths of Hades, the realm of the dead fallen race. Jesus took back the keys of death and hell from that old serpent the devil, Satan, and therefore, all authority was restored back to Jesus.

Great Holy Spirit breathed LIFE into Jesus and raised Him from the dead. He appeared to His disciples, those who followed Him and obeyed His teachings. He showed them that He conquered sin, death and the grave and now, had the keys of hell and death, and would give ETERNAL LIFE to ALL who chose to believe in Him. King Jesus ascended back to the Father of glory where He ever lives to make intercession for us all, and He is coming again to the earth in power to establish His Father's Kingdom on Earth.

Jesus Christ is the head and Lord over His church, those who have made Him Lord and Savior, by believing He is the Son of the Living God and God in the flesh, who finished the work the Father gave Him to do. He not only died for our sins to save and heal us, He chose to give His authority to those He called and chose to follow Him as His disciples, His family.

Jesus has commissioned His followers to do the same works that He did while He lived on the earth.

John 14:12-14

"12 Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. 13 And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. 14 If you ask anything in My name, I will do it."

God loves us and desires that none should perish. He desires for His family to be with Him where He

is. These books are written to inspire all who read them and to reveal the heart of God the Father, Jesus Christ the Son, and Holy Spirit in order that we might RECEIVE THE LOVE HE HAS FOR US and be CHANGED INTO HIS VERY LIKENESS. God desires to dwell with His family forever and ever just as He did in the beginning. How glorious it is to live in His presence and dominion, beholding His goodness, forever and ever, amen.

The book of Revelation describes the time that is coming when all things are made new according to God's heart of love:

Revelation 21:1-7

"1 Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also, there was no more sea. 2 Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. 3 And I heard a loud voice from heaven saying, 'Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. 4 And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.' 5 Then He who sat on the throne said, 'Behold, I make all things new.' And He said to me, 'Write, for these words are true and faithful.' 6 And He said to me, 'It is done! I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts. 7 He who overcomes shall inherit all things, and I will be his God and he shall be

My son.”

To understand what is presented in the Bible, you must start by understanding God's love. The good news is that God loves you!

The Heart of It

Prayer is communication with God. Ideally, it is two-way communication where believers talk to God and God talks to believers. If prayer is only a one-way communication, it often becomes dull and boring, but if we talk and listen, as we would if we were in a conversation with another person, prayer comes to life.

Prayer may include thanksgiving, worship, adoration, or humble confession. One may share intimate thoughts and emotions with God. Prayer may take the form of intercession - petitioning or pleading on behalf of another person. Prayer may also be supplication, which is a heartfelt, humble request for something. Earnest prayer and intercession promote closeness with God.

We can learn much about God and ourselves when we pray if we open our hearts to what He has to say. God is all-knowing, meaning He has all the answers, so if we listen when we pray, we receive insight, in addition to answers.

Prayer and Intercession

What is Prayer?

Prayer is an essential part of the Christian walk. It is one of the most important ways believers interact with the God of the universe. God desires His people to make prayer a priority because prayer opens the door for His work in our lives, the lives of those around us, and the world at large. That's why 1 Thessalonians 5:17 contains a simple but powerful command: "Pray without ceasing."

Since prayer is so important, it only makes sense to be thoroughly trained in what prayer is and how to engage in it with power.

Prayer can take on many forms. In the Bible, prayer is described in many ways. Some examples are as follows:

Calling Upon the Name of the Lord

Genesis 12:7-8

"7 Then the Lord appeared to Abram and said, 'To your descendants I will give this land.' And there he built an altar to the Lord, who had appeared to him. 8 And he moved there to the

mountain east of Bethel, and he pitched his tent with Bethel on the west and Ai on the east; there he built an altar to the Lord and called on the name of the Lord.”

Crying Unto God

Psalm 34:6

“6 This poor man cried out, and the Lord heard him, and saved him out of all his troubles.”

Crying to Heaven

2 Chronicles 32:20

“20 Now because of this King Hezekiah and the prophet Isaiah, the son of Amoz, prayed and cried out to heaven.”

Drawing Near to God

Psalm 73:28

“28 But it is good for me to draw near to God, I have put my trust in the Lord God, that I may declare all Your works.”

Lifting Up the Heart

Lamentations 3:41

“41 Let us lift our hearts and hands to God in heaven.”

Lifting Up the Soul

Psalm 25:1

“1 To You, O Lord, I lift up my soul.”

Looking Up

Psalm 5:3

“3 My voice You shall hear in the morning. O Lord; In the morning I will direct it to You, and I will look up.”

Making Supplication/Appeal**Jeremiah 36:7**

“7 It may be that they will present their supplication before the Lord, and everyone will turn from his evil way. For great is the anger and the fury that the Lord has pronounced against this people.”

Pleading or Beseeching the Lord**Exodus 12:11**

“11 Then Moses pleaded with the Lord his God, and said: ‘Lord, why does Your wrath burn hot against Your people who You have brought out of the land of Egypt with great power and with a mighty hand?’”

Pouring Out the Heart**Psalm 62:8**

“8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us.”

Pouring Out the Soul**1 Samuel 1:15**

“15 But Hannah answered and said, ‘No, my lord, I am a woman of sorrowful spirit. I have drunk neither wine nor intoxicating drink, but

have poured out my soul before the Lord.”

Seeking God

Job 8:5-6

“5 If you would earnestly seek God and make your supplication to the Almighty, 6 If you were pure and upright, surely now He would awake for you, and prosper your rightful dwelling place.”

Seeking the Face of the Lord

Psalms 27:8

“8 When You said, ‘Seek My face,’ my heart said to You, ‘Your face Lord, I will seek.’”

Expect God to speak to you when you are praying. He will usually do this through His written Word. He may lead you to a verse and give you fresh revelation of the meaning. In addition, He often speaks through His “still small voice” that seems to resonate in your heart. God might give you a vision or interpret back to your spirit what you prayed in the Spirit through tongues. Any time you pray, allow time for Him to speak to you and be open to the way He chooses to do so.

HOW PRAYER IS ANSWERED

God tells us how to pray so that our prayers can be answered. Adrian Rogers with *Love Worth Finding Ministries* proposes that prayer begins with God and ends with God. God puts what He wants in our hearts so we can agree with Him and ask for it. In this way, He originates, we ask, and He delivers. It is a circle.

The Bible shows how prayer is answered. The following verses illustrate many of the ways God may answer when a believer prays:

Immediately at Times

Isaiah 65:24

“24 It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear.”

Delayed at Times

Luke 18:7

“7 And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?”

Differently from Our Desires

2 Corinthians 12:8-9

“8 Concerning this thing I [Paul] pleaded with the Lord three times that it might depart from me. 9 And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

Beyond Our Expectations

Jeremiah 33:3

“3 Call to Me, and I will answer you, and show you great and [a]mighty things, which you do not know.”

JESUS AND PRAYER

Prayer was very important to Jesus, and He always made it a priority. He often prayed through the night. Luke 6:12-13 records, *“Now it came to pass in those days that He went out to the mountain to pray and continued all night in prayer to God.”* Jesus gives us many examples of intercessory prayer when He pleaded for others. Prayer accompanied many events that were of importance to Jesus. Some examples from the Bible are as follows:

At His Baptism

Luke 3:21-22

“21 When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened. 22 And the Holy Spirit descended in bodily form like a dove upon Him, and a voice came from heaven which said, “You are My beloved Son; in You I am well pleased.”

While Ministering from City to City

Mark 1:35

“35 Now in the morning, having risen a long while before daylight, He [Jesus] went out and departed to a solitary place; and there He prayed.”

Before Choosing His Disciples

Luke 6:12-13

“12 Now it came to pass in those days that He

[Jesus] went out to the mountain to pray, and continued all night in prayer to God. 13 And when it was day, He called His disciples to Himself; and from them He chose twelve whom He also named apostles.”

Before and After Feeding of the 5,000

Matthew 14:19, 23

“19 Then He [Jesus] commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. 23 And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.”

Before Jesus was Transformed to His Glorious Spiritual State

Luke 9:28-29

“28 Now it came to pass, about eight days after these sayings, that He [Jesus] took Peter, John, and James and went up on the mountain to pray. 29 As He prayed, the appearance of His face was altered, and His robe became white and glistening.”

Before Raising Lazarus from the Dead

John 11:41-44

“41 Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, ‘Father, I thank You that You have heard Me. 42 And I know

that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me.’ 43 Now when He had said these things, He cried with a loud voice, ‘Lazarus, come forth!’ 44 And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, ‘Loose him, and let him go.’”

Praying for Holy Spirit to Come

John 14:16

“16 And I [Jesus] will pray the Father, and He will give you another Helper [Holy Spirit], that He may abide with you forever—”

Before Jesus Ascended to Heaven

Luke 24:50-53

“50 And He [Jesus] led them out as far as Bethany, and He lifted up His hands and blessed them. 51 Now it came to pass, while He blessed them, that He was parted from them and carried up into heaven. 52 And they worshiped Him, and returned to Jerusalem with great joy, 53 and were continually in the temple praising and blessing God. Amen.”

Jesus Gave Us an Example Prayer

Mathew 6:9-13

“9 In this manner, therefore, 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 this day our daily bread. 12 And forgive us our debts, as we forgive our

debtors. 13 And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

Jesus Prayed When He Established the Lord's Supper/Communion

Mark 14:22-23

"22 And as they were eating, Jesus took bread, blessed and broke it, and gave it to them and said, "Take, [a]eat; this is My body. 23 Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it."

LEVELS OF PRAYER

Jesus established three levels of prayer in Matthew 7:7-8:

"7 Ask, and it will be given to you; seek and you will find; knock and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."

The three levels of prayer are **asking**, **seeking**, and **knocking**. Each level has a different intensity.

The first level of prayer is **asking**, and it is the easiest. It's laying a request before God and receiving an answer. Often the answer comes immediately. However, in order to receive the answer, you must ask. James tells us that we do not have because we do not ask. James 4:2 teaches, "You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have

because you do not ask. Therefore, it is important to verbalize your needs and ask God to fill them.

Seeking is the next level of prayer. It's a deeper level that includes studying and digging into God's word and the secrets He has laid up for us to find. In his book, Prayer That Brings Revival, David Yonggi Cho says, "The greater does not discount the lesser, but the lesser is always included in the greater!" (p. 85). Asking is always included in seeking. Furthermore, whereas asking often brings a direct answer, seeking may take some time for the answer to come.

Knocking is the third level of prayer, and it is a deeper level still. It's the kind of prayer that is persistent and will not let up when the answers are taking longer to manifest. This level of prayer is illustrated in Daniel 10, when Daniel kept praying even though he could not see any visible results. Satan delayed the help Daniel requested for twenty-one days, but Heaven prevailed, and the help finally arrived. This level of prayer requires that believers remain in faith despite what we may or may not see happening. That's why Jesus Himself assures us that when we knock, the door *will* be opened.

TYPES OF PRAYER

It is important to understand the levels of prayer, and this section builds on that understanding by showing different ways to pray. As believers in Jesus, we are instructed to pray with all kinds of prayer and supplication in the Spirit:

Ephesians 6:18

“18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.”

We will look at different aspects of prayer and supplication. Believers are called to pray earnestly before God, which includes genuine, authentic worship and praise. He also empowers us by His Spirit to intercede for others. Since, the believer is called to a *lifestyle* of prayer, every aspect of prayer is important.

Worship and Praise

God requires us to worship and praise Him in Spirit and in Truth.

John 4:23-24

“23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. 24 God is Spirit, and those who worship Him must worship in spirit and truth.”

We need to ask the Holy Spirit to enlighten us and give us a revelation of worship and what it means to come and pay homage to God. The Holy Spirit must be the source and director of our worship. Worship must come from our heart, releasing and giving all of ourselves to God. In worship, we yield ourselves to the Lord, and use our spiritual ability to pray in other tongues. The Holy Spirit assists us in our prayer and in other tongues. The following passages show how the Holy Spirit empowers believers in worship and praying in tongues:

Ephesians 6:18 (NASB95)

“18 pray at all times in the Spirit.”

I Corinthians 12:10

“10 to another different kinds of tongues, to another the interpretation of tongues.”

Jude 1:20

“20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.”

Colossians 3:16 (NIV)

“16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

In worship, as believers follow the Spirit’s leading, He will often give us Divine revelation of how to worship effectively and powerfully in that moment. This is something we welcome and honor as those who worship in Spirit and truth.

Furthermore, Holy Spirit will give us even more revelation of Jesus and the Father as we hunger and thirst for God. David described this intense desire using the deer as an example of us looking and needing God to live. In Psalm 41:1, David wrote, *“As the deer pants for the water brooks, so pants my soul for You, O God.”* As the deer pants to be replenished, so should we deeply desire to be refreshed in God’s Presence.

In Psalm 100:4, God has instructed us, *“Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him and bless*

His name.” Praise and thanksgiving are ways we enter the presence of God. As we discussed before, encountering God’s presence is both a goal of prayer and the source of our anointed prayers. Thus, it becomes clear how worship and prayer are closely connected.

There are many ways prayer can be released in our worship to God. Below are listed several ways to praise Him:

(1) Singing: “1 *I will praise You, O Lord, with my whole heart; I will tell of all Your marvelous works. 2 I will be glad and rejoice in You; I will sing praise to Your name, O Most High.*” - **Psalm 9:1-2**

“26 And when they had sung a hymn, they went out to the Mount of Olives.” - **Mark 14:26**

(2) Audible Praise: “1 Bless the Lord, O my soul; and all that is within me, bless His holy name!” - **Psalm 103:1**

(3) Lifting hands: “4 Thus I will bless You while I live; I will lift up my hands in Your name.” - **Psalm 63:4**

“8 I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting.” - **I Timothy 2:8**

(4) Clapping and shouting: “1 Oh, clap your hands, all you peoples! Shout to God with the voice of triumph!” - **Psalm 47:1**

(5) Musical Instruments: “3 Praise Him with

the sound of the trumpet; Praise Him with the lute and harp! 4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! 5 Praise Him with loud cymbals; Praise Him with clashing cymbals.” - Psalm 150:3-5

(6) Standing: “19 Then the Levites of the children of the Kohathites and of the children of the Korahites stood up to praise the Lord God of Israel with voices loud and high.” - **II Chronicles 20:19**

(7) Kneeling and Bowing: “6 Oh come, let us worship and bow down; Let us kneel before the Lord our Maker.” - **Psalm 95:6**

(8) Dancing: “3 Let them praise His name with the dance.” - **Psalm 149:3**

(9) Lying down: **Psalm 149:5**, “5 Let the saints be joyful in glory; let them sing aloud on their beds.”

Commitment or Devotion

Another type of prayer is the kind of prayer that commits your life and will to God. A prayer of consecration sets you apart to worship and serve God. It dedicates you to His work and His purposes. This is a deep level of prayer with a deep level of devotion, and it yields eternal rewards from God.

In His word, God reveals His intent and aspirations for us. God desires to intimately live with

His people. In the Bible, Zion often represents the place set aside for God's followers to live and serve God. God set Zion aside for His dwelling place as well. Psalm 132:13 says, *"For the LORD has chosen Zion; He has desired it for His dwelling place."* This scripture speaks of God's intense desire to dwell intimately with those who believe in Him, who trust in Him for all things and yield fully to His will.

Furthermore, God promises that if you earnestly seek His presence, you will find it. Deuteronomy 4:29 says, *"But from there you will seek the LORD your God, and you will find Him if you seek Him with all your heart and with all your soul."*

An essential component of seeking God is to obey Him. God values obedience to His rules and equates this obedience to love. John 14:21 reveals, *"He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him."* Those who love God and obey Him will benefit greatly from being in His presence. God will show Himself to them.

In addition, diligently seeking the Lord comes with a great reward.

Proverbs 8:17-19

"17 I love those who love me, and those who seek me diligently will find me. 18 Riches and honor are with me, enduring riches and righteousness. 19 My fruit is better than gold, yes, than fine gold, and my revenue than choice silver."

Obedience brings favor as well.

Proverbs 8:33-35

“33 Hear instruction and be wise, and do not disdain it. 34 Blessed is the man who listens to me, watching daily at my gates, waiting at the posts of my doors. 35 For whoever finds me finds life, and obtains favor from the LORD.”

Devotion to God is a high calling.

Philippians 3:14

“14 I [Paul] press toward the goal for the prize of the upward call of God in Christ Jesus.”

As we intimately dwell with God, His secrets are revealed and imparted to us and our children.

Deuteronomy 29:29

“29 The secret things belong to the LORD our God, but those things which are revealed belong to us and to our children forever, that we may do all the words of this law.”

With all of this in mind, it is easy to see that prayer is more than simply coming to God with a list of wants or needs. Of course, we have the privilege of asking for all we need in prayer, as we will explore next, but as believers grow in it, prayer becomes just as much about hearing from God as speaking to Him. Prayer grows to include partnering with God to see His will done on the earth. Ultimately, those who press into prayer with a heart of devotion learn to value the deeper purpose of praying – to encounter God and dwell in His presence.

Petition

Prayers of petition are requests. Requests must be made according to the will of God as revealed in His written Word. We petition God at all three levels of asking, seeking, and knocking. Another name for this type of prayer would be supplication. According to Dictionary.com, the word supplication means: “a request made for something desired, especially a respectful or humble request, as to a superior or to one of those in authority; a supplication or prayer; something that is sought by request or entreaty.”

In the book, Prayer: Key to Revival by Yonggi Cho, he says there are four conditions that must be met to get assurance that our petitions will be answered affirmatively:

1. We must ask in faith! Simply asking God for things will not assure you of a positive response. And whatever things you ask in prayer, believing, you will receive. *“22 And whatever things you ask in prayer, believing, you will receive.” Matthew 21:22*

2. We must abide in a relationship with Christ! *“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.” John 15:7.* When we abide in prayer, we develop spiritually so that His desires are ours.

3. We must be motivated properly! *“You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.” James 4:3.* It is God’s desire to give us all good things.

So many requests are generated by sheer selfishness. God desires that what we ask should be to the end that He may be glorified.

4. We must ask in accordance with the will of God. The Bible tells us what the will of God is. So, when we ask for something that God has promised us, then we know with certainty that we are praying in God's will. *"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. I John 5:14-15"*

(from Prayer: Key to Revival, pages 67-78)

God is so good. He desires to give us good things if we ask Him (Matthew 7:11). According to James 1:5, God won't refuse anyone who asks God for wisdom but will give it freely as long as it's asked in faith. We can ask for the gifts of the Holy Spirit. We can ask for the gifts of healing and deliverance. We can ask for prosperity and blessings. We can even ask for revival: Ask the Lord for rain in the time of the latter rain: *"The Lord will make flashing clouds; He will give them showers of rain, grass in the field for everyone"* (Zechariah 10:1).

We need to quit praying in generalities and learn to be very specific in our petitions. This is how we pray in faith. We must know exactly what the need is and then tell God in detail what we are asking for. For instance: if you need a certain amount of money to pay off a medical bill, don't just round off the amount. Don't just ask to have the medical bill paid. Tell God exactly how much that medical

bill is and ask to receive that amount. You want to pay the bill so that you don't owe man and you don't want debt. Therefore, you state the exact amount and then you believe and confess that you have it. You claim Romans 4:17: *"(as it is written, "I have made you a father of many nations") in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did."*

Confession and Repentance

A prayer of confession and repentance is basically confessing, repenting, and asking forgiveness for one's sin. Repentance is a turning away from sin, disobedience, or rebellion and a turning back towards God. It's a change of mind, remorse, or regret for a past conduct. True repentance will bring a "godly sorrow" for the sin and will cause us to turn around and go the other way. This will bring a change in our relationship with God. First John 1:9 says, *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

God uses a person who is in right relationship with Him. For this to happen, you must be broken and completely surrendered to Him. When a man is broken his heart resists pride. As you go into prayer, ask the Lord to search your heart to see if there is any evil, wicked, or anxious way in it. Ask Holy Spirit to show you any judgments or sin that you may have. As you pray, you will find that those areas will come up. Holy Spirit will show you what you need to repent of or what you need to be delivered from. The Lord loves us so much that He doesn't want anything to get in the way or

hinder our walk with Him. He is a jealous God. We also must be humble.

James 4:6

“6 But He gives more grace. Therefore, He says: “God resists the proud, but gives grace to the humble.”

I Peter 5:5-7

“5 Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.” 6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.”

God’s has always desired to have a spiritual building that could host His glory. The natural-born people of Israel forfeited the right to be that spiritual building because they rejected the Messiah. In our days, God is creating a new building consisting of all who believe in Jesus as Lord. Each believer is to be a living stone that is individually shaped to fit in our rightful place so we can function according to the will of God. If the stone is too hard to shape or fit, then it’s of no use. God doesn’t want to “break” us in order to hurt us. Instead, He wants to shape us so that we can be used according to His plan. However, walking in brokenness does not mean we walk in failure or poor self-image.

To surrender means we give up our own rights and agendas and we hand them over to our only master, Jesus Christ, the King of Kings and Lord

of Lords. When we are truly broken and have surrendered, it is then that we are effective tools in the hand of God to be used towards building the kingdom and revival. With this in mind, believers ought to see repentance for the gift it truly is.

INTERCESSION

Intercession is sharing the burden of Christ for a person, circumstance, or need. Basically, it's praying for others - taking the place of another or pleading their case before God. We intercede before Him in the Holy Spirit.

Simeon is a good example of some of the qualities an intercessor should have. His story is found in Luke 2:25-35. The Bible tells us that Simeon was just and devout. He was patient because he was waiting for the Consolation of Israel. He was filled with the Holy Spirit. He trusted the Lord and the revelation given as to when he'd see Jesus Christ. He was also a man of vision and he understood and could see past the natural realm. His life of prayer was fulfilled when he saw the Christ.

Luke 2:27-32

"27 So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, 28 he took Him up in his arms and blessed God and said: 29 "Lord, now You are letting Your servant depart in peace, According to Your word; 30 For my eyes have seen Your salvation 31 Which You have prepared before the face of all peoples, 32 A light to bring revelation to the Gentiles, And the glory of Your people Israel."

We've been called by God as a kingdom of priests, and therefore, we have been given authority. In the Old Testament, the job of the priest was to intercede for the people before the Mercy Seat of God. In the New Testament, our role is to stand in the gap and intercede for the needs of God's people. We are co-laborers with Christ. The Lord has given us His authority in the earth.

Ephesians 1:22-23

"22 And He put all things under His feet, and gave Him to be head over all things to the church, 23 which is His body, the fullness of Him who fills all in all."

Psalm 110 is a good example of how our authority can be used in intercessional prayer:

Psalm 110:1-4

*"1 The Lord said to my Lord, "Sit at My right hand, till I make Your enemies Your footstool."
2 The Lord shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies!
3 Your people shall be volunteers in the day of Your power; in the beauties of holiness, from the womb of the morning, You have the dew of Your youth. 4 The Lord has sworn and will not relent, "You are a priest forever according to the order of Melchizedek."*

Jesus is shown here as holding the offices as King (supreme ruler of the earth) and priest according to the Melchizedek priesthood. Christ's role as a spiritual priest is found in Hebrews 7:25: *"Therefore He is also able to save to the uttermost those who come to God through Him, since He always*

lives to make intercession for them.”

King David, who had a physical throne, ruled in the middle of his enemies and Jesus, whose throne is spiritual, also rules in the middle of His enemies. The rod that is spoken of in Psalm 110:2 is a sign of authority that comes out of Zion (which as we previously discussed, is name used for God’s people or His chosen dwelling place.) The only way the world will see, hear, and know about the dominion of Jesus Christ is through believer’s using their spiritual authority, especially in intercession.

Satan will always oppose the will of God in everything. He knows that the church, especially praying Christians, are a threat to his purposes on earth. He wants to devour us like a roaring lion. In intercession, we enter into the priestly function, bringing God’s authority into the situations, needs, or even physical locations over which we intercede. Through our intercession, the physical world we live in can be brought under control of the kingdom of God. This is why Jesus explicitly taught His followers to pray, *“Your kingdom come. Your will be done on earth as it is in heaven”* (Matthew 6:10).

Intercession is extremely valuable to the kingdom of God, but it also often comes with a cost. That’s why it’s important to understand Christ’s sufferings. We are the body of Christ. Whatever we feel, He feels. Whatever we suffer, He suffers. Paul says in Philippians 3:10, *“that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death.”* Paul wasn’t only willing to know and enjoy the

power of His resurrection, but he was also willing to fellowship with Jesus Christ in His suffering. In intercession, we willingly accept the fellowship of Christ's sufferings in order to see the kingdom of Heaven made manifest on earth.

Open Doors

In spiritual terms, an open door is a place of opportunity. Opening up and going through the doors means we will face spiritual opposition from principalities and powers. Often this will also take effect in the natural and keep nations from hearing and responding to the Word. As the Bible says in 1 Corinthians 16:9, *"For a great and effective door has opened to me, and there are many adversaries."* Jesus Christ will be the one to open the door that has been shut by the enemy, but God has chosen us to co-labor with Him as His body on the earth. It takes the prayers of intercessors to stand against the spiritual forces who oppose the kingdom of God and work to keep the door shut. Once we get breakthrough in Spirit-led intercessory prayer, a release happens, and Jesus can open the door. Not only are doors of opportunity opened, but also doors of understanding and revelation into the spirit realm. In Acts we are shown how God opened the door of opportunity and He kept it open so the gospel could be preached without any spiritual hindrance:

Acts 28:30-31

"30 Then Paul dwelt two whole years in his own rented house, and received all who came to him, 31 preaching the kingdom of God and teaching the things which concern the Lord Jesus Christ with all confidence, no one forbid-

ding Him.”

Manifestations of Intercession

As the believer intercedes, they may experience different emotions. These emotions can include laughter, joy, deep travail, sorrow, weeping, boldness, and great confidence. It is important to submit all emotion to the Holy Spirit and to constantly listen to Him about where these emotions are coming from and why the intercessor may be experiencing them. Sometimes, the intercessor is allowed to feel Jesus’ emotions toward a person or situation. Other times, the enemy may use emotions to discourage or distract. As with all things, remaining in step with Holy Spirit is the believer’s defense.

Intercession can be done at any time, but there are those certain times where the Lord calls you away into solitude or the quiet of the night season. Most believers “pray as they go,” meaning they are open to the voice of the Holy Spirit to lead them in prayer throughout the day and while they work or in daily routines. The Bible instructs believers in this lifestyle of praying:

Ephesians 6:18 NASB95

“18 pray at all times in the Spirit.”

Luke 18:1 NASB95

“1 Now He was telling them a parable to show that at all times they ought to pray and not to lose heart.”

The most important aspect of prayer is to believe that the Father is hearing our prayers and we

should believe He will answer. This is the power of simple FAITH. In Mark 11:22-24, Jesus emphasized the beauty and anointing that comes from simply believing God: *“22 So Jesus answered and said to them, ‘Have faith in God. 23 For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. 24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”*

Spiritual Resources for Intercession – Delegated Power and Authority

As we intercede in prayer, we are actually in a battle with Satan (our enemy) for the souls of people, for spiritual and political leaders, and for the nations. We don't fight this battle on the basis of our own ability or strength but on the basis of the spiritual power and authority that has been given to us by Jesus Christ.

Luke 10:19

“19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.”

There's a difference between power and authority that we need to understand. Consider a soldier. He has badges and wears a uniform which are symbols of his authority. He is given that authority or rank because of the position he holds (within the government for which he fights.) However, not all people respect his authority, so he also carries

a weapon, and the weapon is his power. Therefore, authority results from a conferred status, and power enforces the authority with tangible effects.

The intercessor's authority over the enemy comes through Jesus Christ and our position in Him as a believer. Our power over the enemy comes through the Holy Spirit:

Luke 24:49

"49 Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high."

Like a soldier, we need both authority and power to be effective in intercession because we are actually in a spiritual battle with the enemy.

God created man in His own image and gave him dominion. Satan was jealous of man's place and since the beginning of the world has tried to destroy God's creation. Satan has limited power, but he has no authority. He loves to trick us, though, and play mind games with us to make us think that he has more power than he actually has. Remember, he is a liar and the father of lies. He only comes to kill, steal, and destroy (John 10:10). He brings accusation to our minds. (Revelation 12:10). He tells us we aren't worthy to pray. That's why the effectiveness of our prayer is based on the covenant of the blood of Jesus Christ. Through our complete trust in His covenant and our submission to His will, we can overcome every thought that's not of God. We have the legal right to voice God's word and His will.

II Corinthians 10:3-6

“3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.”

As this passage demonstrates, Jesus has given us both power and authority over all the power of the enemy. Satan and his forces must yield to the will of God. We must learn to release our prayers and petitions boldly. After all, Jesus Himself gave us this right and called us to this position. Let us be certain to answer the call.

Now, we will consider some the ways God has given us authority and power as intercessors in submission to Him.

Power Over the Enemy

The authority has been given to us to intercede in prayer for those who need healing and deliverance:

Luke 9:1-2

“1 Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. 2 He sent them to preach the kingdom of God and to heal the sick.”

Power Over Forgive Sin

We have authority to intercede for those who need salvation:

John 20:23

“23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any they are retained.”

Power to Spread the Gospel

We have authority to pray for laborers to spread the Gospel.

Matthew 9:37-38

“37 Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. 38 Therefore pray the Lord of the harvest to send out laborers into His harvest.”

BINDING AND LOOSING

In this section, we will learn about an essential principle of prayer and intercession called “binding and loosing.” Jesus Himself taught His followers this principle, and it is an integral part of seeing the kingdom of God manifested on the earth. It is also an important part of truly walking in the authority and power Jesus has bestowed upon believers.

Legislation in the Heavenlies

Jesus has been given all authority from the Father through His perfect sacrifice and resurrection from the dead. That authority rules in the heavenlies and grants the believer power to rule

on earth just as it is in heaven. This authority was the commission of Adam before the fall of man. Though Adam forfeited his God-given authority when he sinned, it was restored to the believer through Jesus' blood. It is imperative that our prayer and intercession be bathed in that authority.

While serving on earth, Jesus healed the sick and cast out demons under the heavenly authority given by His Father. The religious teachers of that time accused Jesus of casting out demons by the power of Satan, the prince of demons, but Jesus rebuked them and continued to walk in true authority.

Matthew 12:26-28

“26 If Satan casts out Satan, he is divided against himself. How then will his kingdom stand? 27 And if I cast out demons by Beelzebub, by whom do your sons cast them out? Therefore, they shall be your judges. 28 But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you.”

Then Jesus continued by introducing a kingdom principle that believers refer to as “binding and loosing.”

Matthew 12:29

“29 Or how can one enter a strong man's house and plunder his goods, unless he first binds the strong man? And then he will plunder his house.”

The Hebrew word Jesus used is *asar*, which means to bind, imprison, tie, gird, or harness. Je-

sus used His authority to bind the strong man (Satan), thus enabling Jesus to take ALL of Satan's possessions. These possessions are the lost individuals who are held and bound by Satan in one way or another. Jesus gave His believers the same authority He has to bind the evil one. And there is more!

Matthew 16:19

"19 And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Along with the authority to bind the evil one from our lives, homes, communities, cities and church, the believer also has the privilege to loose (or release) the kingdom of God into those places and the people we encounter in our everyday lives. The believer looses the peace of God, the joy of Jesus, and the fellowship of the Holy Spirit into the areas of influence into which God has sent them. The authority of binding and loosing is key to intercessory prayer. Whatever the believer decrees as bound is now illegal and hindered from operating. Likewise, whatever the believer loosens becomes a legal declaration with all the power of Heaven acting as enforcement.

To illustrate how this may work, let's consider what a believer from our congregation does when she is engaged in prison ministry. Obviously, prison is a spiritually intense environment, but through binding and loosing, she is able to powerfully enforce her kingdom authority. Before entering the building, she will pray something like this: "Lord Jesus, in Your Name and by Your Blood, I bind

all fear, intimidation, and witchcraft spirits, and I loose Your peace, joy, and righteousness into this place.” This binding and loosing allows her to enter even a prison and minister in the love, power, and authority Jesus has given her!

Another example could be when you see a car accident. You can bind all trauma and loose the healing power of Jesus to the people as you pass by. Never underestimate the power of our spoken words when we bind evil forces and loose the kingdom of God.

THE NAME OF JESUS

In addition to the kingdom principle of binding and loosing, believers should always remember the power God has invested in the Name of Jesus. Simply put, the Name of Jesus is the authority by which the believer intercedes, and the blood covenant that gained that authority carries with it the promises of God. Consider what the following Scriptures reveal about the authority of Jesus’ name, and let that empower your intercessory prayers:

John 14:14

“14 If you ask anything in My name, I will do it.”

John 16:23

“23...Most assuredly, I say to you, whatever you ask the Father in My name He will give you.”

Mark 16:17-18

“17 And these signs will follow those who be-

lieve: In My name they will cast out demons; they will speak with new tongues; 18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick and they will recover.”

Matthew 28:18-20

“18 And Jesus came and spoke to them saying, “All authority has been given to Me in heaven and on earth. 19 Go, therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.”

Ephesians 1:21

“21 Far above all principality and power and might and dominion and every name that is named, not only in this age but also in that which is to come.”

Philippians 2:9-11

“9 Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, 11 and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.”(emphasis added)

A believer from our congregation shared a testimony about how she experienced a powerful encounter with the Name of Jesus while interceding in prayer over herself. Shortly after being baptized in the Holy Spirit for the first time, she was

working out of state and sleeping in a quaint but very old hotel. As she lay down to sleep, something took hold of her bed frame and shook it, and she sensed an eerie presence in the room. As she began to pray, she remembered that when Jesus encountered the evil one, He spoke scripture, so she asked Holy Spirit to give her a scripture. Out of her mouth came these words: “At the name of Jesus, every knee will bow, and at the name of Jesus, all evil flees.” Not only did these words rise up from her spirit and out of her mouth, but she was singing this declaration in a strong melody. Needless to say, there was no more trouble in her room that night, and she enjoyed the sweet presence of the Lord surrounding her.

This encounter impacted her so much that when her best friend was diagnosed with cancer, she sang the same declaration over her friend. It not only brought much peace to the friend’s soul, but in faith, she was healed of the cancer. The spoken name of Jesus is power and authority!

THE BLOOD OF JESUS

The principle of binding and loosing and the unstoppable authority of the name of Jesus are further supplemented by the power of Jesus’ precious blood. The blood of Jesus grants us access to the Father’s presence. Jesus’ shed blood initiated the new covenant of God with those who believe in Jesus as Lord and Savior. Furthermore, this covenant establishes a relationship upon which our prayers can combat the forces of Satan. In His mercy, God hears the cry of the unsaved, but how much more will His covenant defeat demons and destroy strongholds in the life of the believer?

This becomes especially clear when we consider that the blood of Jesus gives a voice of authority to the spirit of the believer. When the intercessor hears the voice of the Holy Spirit within them, that voice flows up and out in a powerful prayer of authority. At the same time, the perfect sacrifice of Jesus' blood makes believers holy, and we can come before the Lord in boldness.

Hebrews 10:19-23

"19 Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, 20 by a new and living way which He consecrated for us, through the veil, that is, His flesh, 21 and having a High Priest over the house of God, 22 let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. 23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful."

The blood of Jesus is like a conduit that runs between the believer and Heaven's throne room, exchanging sickness for healing, replacing brokenness with wholeness, and trading the poverty mindset for the richness of God in Christ Jesus. Mourning is transformed into joy and anxiety gives way to peace. Jesus' blood paid the price for our freedom. As we intercede for others through the blood of Jesus, we will see victory.

FASTING

In the Bible, fasting is often mentioned alongside prayer. When the believer enters into a time of abstaining from food, prayer becomes the suste-

nance that strengthens the spiritual senses and crucifies the flesh. The eyes and ears of our understanding are sharpened during a fast, allowing the believer to see and hear in the Spirit all the more clearly.

As the believer, when you enter into a fast, you are setting yourself apart for God.

In his book The Hidden Power of Prayer and Fasting, Mahesh Chavda points out 9 reasons for fasting:

1. We fast in obedience to God's word.

Fasting should be from our heart as a longing for our bridegroom, Jesus.

Joel 2:12-13

"12 'Now, therefore,' says the Lord, 'Turn to Me with all your heart,

With fasting, with weeping, and with mourning.'
13 So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm.'"

Matthew 9:14-15

"14 Then the disciples of John came to Him, saying, 'Why do we and the Pharisees fast often, but Your disciples do not fast?' 15 And Jesus said to them, 'Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.'"

In scripture we see the Lord Jesus referring to “when” we fast, not “if we fast.

Matthew 6:17-18

“17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

2. We fast to humble ourselves before God and obtain His grace and power.

To set aside our usual want and need for food causes one to rely on another source. All pride gives way in a fast, as we relinquish control of our hunger and desires to God.

James 4:10

“10 Humble yourselves in the sight of the Lord, and He will lift you up.”

3. We fast to overcome temptations in areas that keep us from moving into God’s power.

Jesus modeled this in Luke Chapter 4. As the lack of food weakened his physical body, His Spirit found strength in the spoken Word of God and He was victorious.

Luke 4:1-2

“1 Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, 2 being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had

ended, He was hungry.”

4. We fast to be purified from sin (and help others become purified, too).

Fasting can initiate a time of grieving over sin, as our brokenness is magnified when our physical bodies become hungry.

Daniel 9:3-5

“3 Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. 4 And I prayed to the Lord my God, and made confession, and said, “O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments, 5 we have sinned and committed iniquity, we have done wickedly and rebelled, even by departing from Your precepts and Your judgments.”

Jonah 3:5-10

“5 So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. 6 Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes. 7 And he caused it to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, ‘Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water. 8 But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands.

9 Who can tell if God will turn and relent, and turn away from His fierce anger, so that we may not perish?’ 10 Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it.”

5. We fast to become weak before God so God’s power can be strong.

As we begin to skip our usual meals, a physical weakness is evident. Fasting will often leave a person feeling shaky and as time goes on, even a mental “fog” can set in as the natural senses are dulled. However, the spiritual senses are awakened, and the Holy Spirit supplies for all our needs as we lean in on our dependance to Him.

Psalm 109:24-27

“24 My knees are weak through fasting, And my flesh is feeble from lack of fatness.

25 I also have become a reproach to them; When they look at me, they shake their heads.

26 Help me, O Lord my God! Oh, save me according to Your mercy, 27 That they may know that this is Your hand—That You, Lord, have done it!”

6. We fast to obtain God’s support in order to accomplish His will.

As our spiritual senses sharpen during a fast, it becomes easier to hear the Holy Spirit within us. The “burden” of time and energy for meals,

preparation, etc. is lifted, allowing more time to spend in His presence simply listening.

Acts 13:3-5, 14:23

“3 Then, having fasted and prayed, and laid hands on them, they sent them away. 4 So, being sent out by the Holy Spirit.....5 they preached the word of God

23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.”

7. We fast in times of crisis.

Fasting allows for more time and energy to press into prayer, especially during a crisis. However, if a crisis brings a lack of appetite due to stress, that is NOT the same as a fast set aside specifically to seek the Lord in prayer. Again, a fast is abstaining out of choice, not as a reaction to fear, or any other emotion.

Esther 4:15-16

“15 Then Esther told them to reply to Mordecai: 16 “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”

8. We fast when seeking God’s direction.

Again, God is looking at the heart of man and fasting is an action that shows we are serious

about a matter.

Ezra 6:21-23

“21 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. 22 For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, “The hand of our God is upon all those for good who seek Him, but His power and His wrath are against all those who forsake Him.” 23 So we fasted and entreated our God for this, and He answered our prayer.”

9. For understanding and divine revelation.

Jeremiah 36:6

“6 You go, therefore, and read from the scroll which you have written at my instruction, the words of the Lord, in the hearing of the people in the Lord’s house on the day of fasting.”

(Mahesh Chavda, The Hidden Power of Prayer and Fasting, Kindle edition, pages 531-635)

To illustrate the value of fasting, one believer testifies that the first fast she remembers doing came from a deep longing to please the Father and grow closer to the Holy Spirit. Within a few hours of the fast, she sat quietly and simply asked, “What do you want from me, Lord?” He responded very quickly in her spirit! “PURSUE THE FLUTE.” She had recently begun playing the flute again after many years of silence since high school. She knew immediately that music was to be more

than a part-time hobby, but a priority of worship unto Him. She now plays flute as an anointed and powerful part of the Garden Gathering's Worship team, Beyond the Veil. She also releases her worship through the flute in a variety of settings, ministering the Lord's presence to those who hear her anointed sounds. God uses her flute music in powerful ways, and it all began with a fast.

Finally, we must remember that fasting without a love for the Father and a maturing character will gain the believer very little. The Lord knows the heart and even rebuked his children, Israel with these words:

Isaiah 58:3-8 (New Living Translation)

"3 'We have fasted before you!' they say. 'Why aren't you impressed? We have been very hard on ourselves, and you don't even notice it!' 'I will tell you why!' I respond. "It's because you are fasting to please yourselves. Even while you fast, you keep oppressing your workers. 4 What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me. 5 You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the Lord? "No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives

who need your help. 8 “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind.”

Fasting is scriptural and helps the believer to prioritize assignments and receive direction from the Holy Spirit. Many times, fasting will bring a spiritual breakthrough for the believer or the individual(s) for whom they are interceding. It is not unusual for prayerful intercession to take the believer past the dinner hour and into the night. As we learn to lean on the Holy Spirit, we can trust that He will supply all our needs as we pour out His inspired prayers.

Conclusion

In this book, we've discussed various aspects of prayer and intercession. Now, we encourage you to press into your prayer life, seeking God's presence as you listen intently to His voice and His written word. Allow the Holy Spirit to reveal your place of authority and the power with which He has trusted you. Let Him lead you into times of prayer and intercession, fully believing that all you pray, you will receive. Be encouraged as you grow in prayer. Your prayers make an impact for the kingdom of God. Pray without ceasing, and your life - and the world - will never be the same!

References used in this book:

Prayer: Key to Revival by Yonggi Cho

The Hidden Power of Prayer and Fasting by Mahesh Chavda, Kindle Edition

IHOP'S website with teachings by Mike Bickle on Prayer and Intercession

<https://mikebickle.org/topic/intercession/>

Jame's Goll's website called "Encounters Net-

work” where he did teachings on prayer and intercession.

<https://godencounters.com/>

<https://godencounters.com/classes/tending-the-fires-of-intercession/>

Prayer for Salvation

If you have not made Jesus Christ your personal Lord and Savior, and you desire this with all your heart, then please, join me in prayer:

“Heavenly Father, I choose to believe with all my heart, Your love for me. I believe that Jesus Christ is Your Son, the Son of God, and that He is God in the flesh. I believe that You sent Him to this earth to save me. Thank You. I believe He died on the cross for my sins and He was dead and buried three days, and then rose again from the dead and that He ascended to Heaven and is now seated at Your right hand and is returning again.

Father, please forgive me for all my sin and iniquity and I choose to forgive others who have sinned against me. I give You all my heart and choose to live with You forever. I believe I have been born again according to Your Word and that I have been transferred out of the kingdom of darkness and into the kingdom of light. I declare I am forgiven and healed! Now, I ask for Holy Spirit to fill me. Jesus, baptize me in Holy Spirit and fullness in order that I may know You intimately and serve You all my days.

Thank You, Lord, for loving me. Amen.”

Scriptures:

John 14:6

“6 Jesus said to him, ‘I am the way, the truth, and the life. No one comes to the Father except through Me.’”

Romans 10:8-13

“8 But what does it say? ‘The word is near you, in your mouth and in your heart’ (that is, the word of faith which we preach): 9 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. 10 For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. 11 For the Scripture says, ‘Whoever believes on Him will not be put to shame.’ 12 For there is no distinction between Jew and Greek, for the same Lord over all is rich to all who call upon Him. 13 For ‘whoever calls on the name of the Lord shall be saved.’”

John 3:3-8, 16-18

“3 Jesus answered and said to him, ‘Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.’ 4 Nicodemus said to Him, ‘How can a man be born when he is old? Can he enter a second time into his mother’s womb and be born?’ 5 Jesus answered, ‘Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. 7 Do not marvel that I said

to you, *"You must be born again."* 8 *The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit."*

"16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. 18 'He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God."

II Corinthians 5:17

"17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

I Corinthians 15:3-5

"3 For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, 4 and that He was buried, and that He rose again the third day according to the Scriptures, 5 and that He was seen by Cephas, then by the twelve."

II Corinthians 5:21

"21 For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."

Colossians 1:13-14

"13 He has delivered us from the power of dark-

ness and conveyed us into the kingdom of the Son of His love, 14 in whom we have redemption through His blood, the forgiveness of sins.”

Luke 11:9-13

“9 So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 11 If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? 12 Or if he asks for an egg, will he offer him a scorpion? 13 If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!”

Acts 1:8

“8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

I Timothy 3:16

“16 And without controversy great is the mystery of godliness:

God was manifested in the flesh,
Justified in the Spirit,
Seen by angels,
Preached among the Gentiles,
Believed on in the world,
Received up in glory.”

Fresh Infilling of Holy Spirit

Acts 1:8

“8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

If you have been born again and filled with Holy Spirit and you desire MORE and want to encounter the Lord's presence afresh and anew, please join me in prayer:

“Father, in the name of Jesus, I thank You for loving me and I ask according to Ephesians 1:17-19, that You would give me the spirit of wisdom and revelation in the knowledge of Him, Jesus, and the eyes of my understanding would be enlightened; that I may know what is the hope of His calling and what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power towards us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places. Amen.

Father, according to Colossians 3:9-12, I ask in Jesus name, that I would be filled with the knowledge of His will in all wisdom and spiritual understanding; that I would walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power. Amen.

I surrender and yield my life to the fullness of Holy Spirit; His power and anointing; the spirit of wisdom and revelation; counsel and might; the spirit of the fear of the Lord and knowledge according to Isaiah 11:2, in Jesus' name. Amen."

The Garden Training Center, Inc. The Apostolic School of Ministry

The Garden Apostolic Training Center is a place that fosters spiritual growth. The center provides training to equip believers in Jesus Christ for the work of the ministry and to be victorious and free in all areas of their lives through the supernatural empowerment of the Holy Spirit. For more information check out **thegardenstc.org**.

The Garden Gathering Church

The purpose of The Garden Gathering Church is to encourage believers in Jesus Christ: to fully embrace the love of God; to walk in freedom; to carry His presence and glory; and to be equipped and trained for the work of the ministry through worship, teachings, and impartation.

“It’s all about Love. When you see His eyes of Love for you, nothing else matters. That’s it. That’s all you need to know.”

-Brandy Helton

