



Power of Prayer

Through the Power of prayer we experience the following:

- God draws us closer to Him and fulfils His plan for our lives.
- Our faith grows and we become more like Jesus.
- Protection and deliverance from evil.
- Physical, emotional and spiritual healing.
- The Holy Spirit increases our wisdom, knowledge and understanding of spiritual things.
- We can love others in the way God loves us.
- Spiritual fruit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control is evident in our lives.
- Forgiveness from God as we forgive others.
- Divine blessings, miracles and spiritual gifts.
- The gift of salvation, eternal life.
- Evidence of God making positive changes in the lives of those we pray for.

Overcoming Challenges

Overcoming challenges whilst learning to pray takes time and practice. Ask God to teach you and he will help you to build prayer into your life. Below are suggested ways to develop a routine for prayer:



- Trust in God and believe that he hears and answers you (Hebrews 11:6).
- When you pray believe and claim the promises of God (2 Corinthians 1:20).
- When feeling distracted or discouraged- “submit to God, resist the devil and he will flee” (James 4:7).
- Ask God to bring to your attention anything that you need to confess and seek his forgiveness (1 John 1:9).
- Study Christ’s example, he:
 - Spent regular time alone in prayer.
 - Taught the disciples how to pray.
 - Encourages us to pray and not to give up even when we think our prayers are not being answered.
 - Reminds us to pray with faith.

Devotional Helpers

Recommended Reading:

Practical Pointers to Personal Prayer-Carrol Johnson Shewmake

Incredible Answers to Prayer-Roger Morneau
www.prayerpartners.com; www.path2prayer.com

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SEVENTH-DAY ADVENTIST CHURCH

PRACTICE OF PRAYER



PURPOSE



PRACTICE



POWER

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but it brings us up to Him”.

The Privilege of Prayer in Steps to Christ (Ellen. G. White)