

Building a Strong Prayer Life

By Christian Equippers International

I once heard a Christian man make a comment about that old gospel hymn entitled, "Sweet Hour of Prayer". He claimed that every time he sang that song in church, he experienced great conviction in his heart because his prayer life was so weak. This man was speaking for many believers who are frustrated with their prayer life, or convicted about their lack of commitment to prayer. For far too many Christians, a strong prayer life is more a frustrated hope than it is a present reality.

Each Christian can and should have a strong, consistent prayer life, characterized by frequent and enjoyable interaction with God. Building your prayer life requires understanding why you are praying, knowing the conditions that make for effective prayer, and having the willingness to develop a disciplined prayer time.

The purpose of this teaching is to provide the understanding and inspiration necessary for the development of a strong prayer life.

What is Prayer?

Simply defined, prayer is enjoying communication, interaction, and fellowship with God. When the Lord called us into His eternal family, He called us into a relationship with Himself. A Christian life without prayer is like a marriage without communication: you have the bond, but lack the intimacy.

Prayer allows us to develop a close relationship with our Creator. God desires intimate fellowship with us and has made this possible through the indwelling Holy Spirit. Prayer, alone, can develop the sensitivity of our spirit to His and produce the interaction and communion which He desires to have with us.

Prayer is not the mystery that it appears to be. It must not be viewed as a mechanical exercise that automatically brings the expected results. It is a relationship with an omnipotent and sovereign God who is Spirit (Jn. 4:24), and therefore involves different elements of communion and approach than we are used to on a purely human level of communication.

Three Reasons for Prayer

The Bible gives us clear insight concerning those conditions that are necessary for effective interaction with God. These will be examined in this booklet.

Following are three main reasons why prayer is essential for every believer:

- 1) **Prayer Creates Fellowship** — Relationships are built by quality time together. Prayer alone with God creates special fellowship together. Jesus frequently got alone with God to pray (Matt. 14:23).

- 2) Prayer Renews Us Spiritually — Prayer refreshes us in the presence and glory of God (Ps. 16:11). We come under the influence of His Spirit in a more concentrated way. Our spirit and soul are renewed as God ministers to us in our areas of personal need.
- 3) Prayer Makes Us Co-Laborers With God — Before the fall, mankind was given the rule over this present world (Gen. 1:28). Jesus Christ, as the Second Adam, has reclaimed this authority (Mt. 28:18). Through prayer, we share in the burdens and concerns of Christ and become co-laborers with God during this present age to see His redemptive will accomplished in the earth (I Cor. 3:9).

Christ is the Teacher

"And it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, Lord, teach us to pray" (Lk. 11:1).

By watching the life and miracles of Jesus Christ, the disciples had come to the conclusion that His personal strength and divine power were connected with His prayer life. Desiring more than an ordinary, mundane existence, they too wanted the secrets of prayer.

There is no more qualified teacher than Jesus. He manifested the model prayer life. He understood prayer, knew how to pray, and got results through His prayers. His faith in prayer was clearly expressed when He spoke to God saying, "And I know that You always hear Me" (Jn. 11:42). Christ is our teacher! Even after examining the biblical conditions and principles of prayer, we must rely upon the Lord to teach us how to pray. There are guidelines, but there is no single, rigid format to follow for every prayer situation. Prayer is interaction with God; therefore, He must be the teacher.

This is an excerpt from the booklet "Building a Strong Prayer Life" by Christian Equippers International. To purchase the booklet visit www.equipper.com