



EVERY HOME FOR CHRIST

PRACTICAL PRAYER

*Experiencing the
Delight of a
Practical Prayer Life*

Booklet One (of Four)



Dick Eastman's
SCHOOL OF PRAYER
EVERY HOME FOR CHRIST
WWW.EHC.ORG

By Dick Eastman

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Introduction: Session One (of 14)

Five Ingredients of a Practical Prayer Life

Introductory Definitions

Prayer Defined . . .

“When you pray . . .” (Matthew 6:6, NKJV)

Greek Word: *Proseuchomai*

“A desire towards!” “A divine wish or desire”

Voices from the past . . .

“Prayer is the contact of a living soul with God.” —E. M. Bounds

“Prayer is the slender nerve that moveth
the muscles of omnipotence.”

—Charles Spurgeon

“Prayer is the simplest act in all religion. It is simply speaking to God. It needs neither learning nor wisdom nor book knowledge to begin it. It needs nothing but heart and will.” —J. C. Ryle

Practical Defined

1. Capable of being _____.
2. Of, relating to, governed by, or acquired through practice or action rather than _____ or speculation.
3. Designed to serve a specific _____.

EPHESIANS 6:10, 18A (NKJV)

Finally, my brethren, be strong in the Lord and in the power of His might...praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication...

JEREMIAH 29:11-13 (MSG)

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for. When you call on me, when you come and pray to me, I'll listen. When you come looking for me, you'll find me.

1 THESSALONIANS 5:16-17 (NLT)

Always be joyful. Keep on praying.

Five Ingredients of a Practical Prayer Life

Ingredient One: _____

EPHESIANS 6:18A (NKJV)

Paul's Apostolic Admonition. . . **"Praying always . . ."**

LUKE 18:1 (MSG)

Jesus told them a story showing that it was necessary for them to pray consistently and never quit.

MATTHEW 26:40 (NKJV)

Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour?"

Voices from the past . . .

"Contact with the world and with the multitude distracts us and scatters our thoughts. For this reason it is necessary for us to withdraw at regular intervals to attain the quietude to hear God's voice."
—Professor O. Hallesby

Ingredient Two: _____

EPHESIANS 6:18A (NKJV)

"Praying always—**with all prayer...**"

Note the New International Version: "And pray...**with all kinds of prayer.**"

Voices from the past . . .

“Get out of the ruts of prayer. Some of us can only pray in one way, and consequently we get tired of praying. The ruts of prayer are the deepest ruts in the world.” —W. H. Faunce

MARK 11:24 (MSG)

That’s why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you’ll get God’s everything.

Ingredient Three: _____

EPHESIANS 6:18A (NKJV)

“Praying always—with all prayer and **supplication.**”

LUKE 18:6B (NLT)

...don’t you think God will surely give justice to his chosen people who plead with him day and night?

ROMANS 8:26 (MSG)

Meanwhile, the moment we get tired in the waiting, God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans.

JAMES 5:16B (NKJV)

The effective, fervent prayer of a righteous man avails much.

Voices from the past . . .

“My soul was exceedingly enlarged and I was in such anguish that I pleaded with much earnestness and importunity. When I rose from prayer I was extremely weak and overcome. I could scarcely walk straight.” —David Brainerd

Ingredient Four: _____

EPHESIANS 6:18B (NKJV)

“Praying always—with all prayer...**being watchful...**”

COLOSSIANS 4:2 (NIV)

Devote yourselves to prayer, being watchful and thankful.

MARK 13:32-33 (NKJV)

³²) But of that day and hour no one knows, not even the angels in heaven, nor the Son, but only the Father.

³³) Take heed, watch and pray; for you do not know when the time is.

Ingredient Five: _____

EPHESIANS 6:18B (NKJV)

“Praying always with all prayer and—**perseverance.**”

THE AMPLIFIED VERSION READS:

Keep alert with strong purpose and perseverance.

Persevere Defined

“To persist in an _____ in _____
of circumstances, opposition, or discouragement.”

Voices from the past . . .

“Certain requirements must be met if the art of prayer is to be acquired. In the main there are two: practice and perseverance. Without practice no Christian will become a real man or woman of prayer. And practice cannot be attained without perseverance.”

—Professor O. Hallesby

ISAIAH 64:7A (NKJV)

And there is no one who calls on Your name,
Who stirs himself up to take hold of You...

Hebrew Words

A. “Stirs himself up”

UWR—“To arouse oneself from a heavy sleep or slumber.”

B. “To take hold”

CHAZAQ— “to cling; to conquer; to grab and hold onto with great force.”

GENESIS 32:24-26 (NKJV)

²⁴ Then Jacob was left alone; and a Man wrestled with him until the breaking of day.

²⁵ Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob’s hip was out of joint as He wrestled with him.

²⁶ And He said, “Let Me go, for the day breaks.” But he said, “I will not let You go unless You bless me!”

Voices from the past . . .

“In these days there is not time to pray; but without time, and a lot of it, we shall never learn to pray. It ought to be possible to give God one hour out of twenty-four all to Himself.”

—Samuel Chadwick

AfterThoughts

Ponder Points:

Discuss (or ponder) what you think makes our praying practical as based on these definitions of the word practical:

“capable of being useful; designed to serve a specific purpose.”

What do you feel would add variety to one’s praying?

Prayer Points:

Based on the list of the five ingredients of a practical prayer life, select the one ingredient that you feel is most needed in your prayer life and ask God to increase the impact of this particular ingredient in your daily praying.

Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Two (of 14)

12 Dynamic Steps for Developing a Daily “Practical Prayer Encounter”

Based on the book *The Hour That Changes the World*
by Dick Eastman

MATTHEW 26:40 (NKJV)

Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour?”

EPHESIANS 6:18 (AMPLIFIED)

Pray at all times—on every occasion, in every season—in the Spirit, with all [manner of] prayer and entreaty.

12 Steps for Cultivating Daily Delight in Personal Prayer

“Could you not watch with Me one hour?” (Matthew 26:40)

1. Step One

Basic Definition

The Act of Divine _____

Action Focus:

Declared _____

KEY WORD: _____



PRAISE: A Biblical Basis

DEUTERONOMY 10:20-21 (MSG)

Reverently respect God, your God, serve him, hold tight to him, back up your promises with the authority of his name. He's your praise! He's your God! He did all these tremendous things, these staggering things that you saw with your own eyes.

PSALM 148:13 (MSG)

Let them praise the name of God—it's the only Name worth praising. His radiance exceeds anything in earth and sky; he's built a monument—his very own people!

PSALM 135:1 (MSG)

Hallelujah! Praise the name of God, praise the works of God.

PSALM 106:47 (NKJV)

Save us, O LORD our God, and gather us from among the Gentiles, to give thanks to Your holy name, to triumph in Your praise.

PSALM 63:3 (NKJV)

Because Your lovingkindness *is* better than life, my lips shall praise You.

Origin of the word "PRAISE"

From the old French word:

Presier meaning: to _____

When we _____ something we...

8 ESTEEM IT! • CHERISH IT! • TREASURE IT!

Voices from the past . . .

“Since Satan is the great hindrance to successful prayer, when he is bound and banished from a situation the answers come through without fail. After all, successful prayer is overcoming satanic opposition to the purpose of God. The missing element in weak prayer is triumphant faith. And the missing element in weak faith is praise—perpetual, purposeful, aggressive praise. Praise is the spark plug of faith. It is the one thing needed to get faith airborne, enabling it to soar above the deadly influence of doubt. And the secret of faith without doubt is praise—continuous, massive, triumphant praise, praise that is a way of life.”

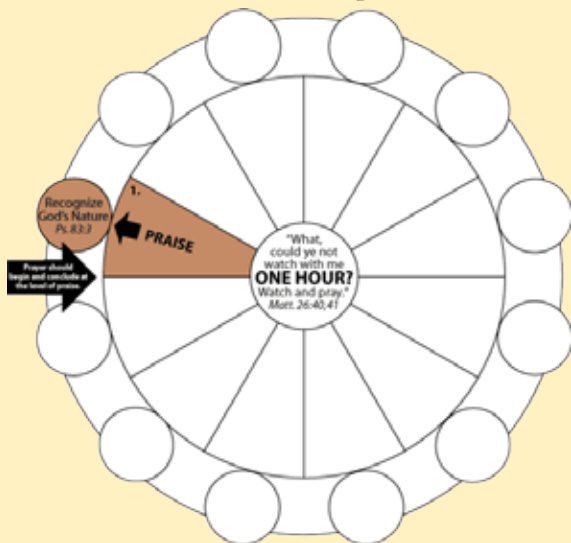
—Paul E. Billheimer

PRAISE: A Prayer Application

Verbalize God’s _____.

PRAISE: A Life Application

Honor _____ with praise.



Where to Next?

PRAISING...

Four Ways to Get Started and Keep Going!

Following are four suggestions to help you personally apply this aspect of the 12 in daily prayer.



A Practical Prayer Summary

Step 1 in World Changing Prayer

1. Sanctify, or set aside a period of time specifically to praise God at the beginning of your prayer time.
2. Select a specific theme for praise, such as God's righteousness, His Word, or His creative acts.
3. Drawing on your selected theme, declare vocally all that God is.
4. Expand your theme as much as possible. Allow God to reveal new themes for worship as your time of praise develops.

AfterThoughts

Ponder Points:

Discuss (or ponder) why you think aggressive praise can fill our praying with triumphant faith. Discuss (or make a list) of as many aspects of God's nature and character for which you might praise Him.

Prayer Points:

Take time to verbalize (speak out) aspects of God's nature and character as you discussed or listed moments ago. Acknowledge God for who He is or what He has done because of His nature or character.

Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Three (of 14)

*12 Steps for Cultivating Daily
Delight in Personal Prayer*

“Could you not watch with Me one hour?” (Matthew 26:40)

2. Step Two

Basic Definition

The Act of Soul _____

Action Focus:

Intimate _____

KEY WORD: _____



Voices from the past . . .

"He who in prayer has not time in quietness of soul, and in full consciousness of its meaning to say Abba, Father, has missed the best part of prayer."
—Andrew Murray

"There is activity in prayer, of course, and it includes speaking with God. But that should not be all. In the quiet holy hour of prayer we should also be still and permit ourselves to be examined by the Physician of our souls."
—Professor O. Hallesby

WAITING: A Biblical Basis

PSALM 5:3 (NLT)

Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly.

PSALM 27:14 (NLT)

Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

PSALM 62:1-2 (NLT)

I wait quietly before God, for my salvation comes from him.

MICAH 7:7 (NLT)

As for me, I look to the Lord for help. I wait confidently for God to save me, and my God will certainly hear me.

PSALM 62:5-6 (NKJV)

⁵ My soul, wait silently for God alone, for my expectation is from Him.

⁶ He only *is* my rock and my salvation; *He* is my defense; I shall not be moved.

ROMANS 8:23 (NIV)

Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies.

Six Ways to Wait...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Summary Definition of WAITING...

A time to _____

WAITING: A Prayer Application

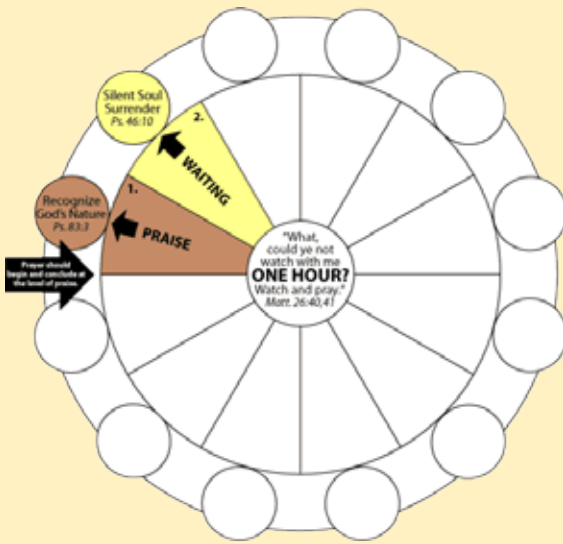
Love God _____.

WAITING: A Life Application

Nurture a close _____.

Voices from the past . . .

"Here is the secret of the life of prayer. Take time in the inner chamber to bow down and worship; and wait on Him until He unveils Himself, and takes possession of you, and goes out with you to show you how a man can live and walk in abiding fellowship with our unseen Lord."
—Andrew Murray



Where to Next?

WAITING...

Four Ways to Get Started and Keep Going!

Following are four suggestions to help you personally apply this aspect of the 12 in daily prayer.

A Practical Prayer Summary Step 2 in World Changing Prayer



1. After your moments of praise, bring your mind and spirit into a time of complete silence to the world.
2. Think no thoughts but thoughts of God the Father, His Son Jesus, or the Holy Spirit.
3. If words are to be voiced, let them be quiet whisperings like, "I love you, Lord," or, "I long for your presence, O God."
4. Concentrate full attention on the "love" aspect of God's nature in these minutes of silence.

AfterThoughts

Ponder Points:

Discuss (or ponder) what you think it means to surrender your soul to God in prayer. How does waiting on God help accomplish this objective? How do you think we can apply this aspect of prayer in a practical way in daily life?

Prayer Points:

Take at least two minutes (or more) to be silent in God's presence. Take time just to focus on the wonder of who God is. What do you admire about Him? Conclude your time of prayer by telling God how much you admire and love Him. Pray that you can apply this aspect of prayer in daily life by cultivating more intimacy in your marriage or friendships.

Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Four (of 14)

12 Steps for Cultivating Daily Delight in Personal Prayer

“Could you not watch with Me one hour?” (Matthew 26:40)

3. Step Three

Basic Definition

The Act of Declared _____

Action Focus:

Humble _____

KEY WORD: _____

Voices from the past . . .

“If you go back to the Scripture records, you will find that the men who lived nearest to God, and had the most power with Him, were those who confessed their sins and failures.... It was when Job was confessing his sin that God turned his captivity and heard his prayer. God will hear our prayer and turn our captivity when we take our true place before Him, and confess and forsake our transgressions.”
—Dwight L. Moody

Note

Both the Hebrew (Old Testament) and Greek (New Testament) words for “Confession” mean: “To _____ with.”

CONFESSION: A Biblical Basis

PSALM 32:3, 5 (NLT)

³⁾ When I refused to confess my sin, my body wasted away, and I groaned all day long...

⁵⁾ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.

LEVITICUS 26:39-42 (NIV)

³⁹⁾ Those of you who are left will waste away in the lands of their enemies because of their sins; also because of their fathers' sins they will waste away.

⁴⁰⁾ But if they will confess their sins and the sins of their fathers...

⁴²⁾ I will remember my covenant with Jacob and my covenant with Isaac and my covenant with Abraham, and I will remember the land.

PSALM 38:18 (NKJV)

For I will declare my iniquity; I will be in anguish over my sin.

THE NEW LIVING TRANSLATION READS:

But I confess my sins; I am deeply sorry for what I have done.

Note

The Hebrew word for “declare” in Psalm 38:18 (translated as “confess” in the *New Living Translation* and the *New International Version*) is from the Hebrew word, *NAGAD*—meaning “to put before” or “to open up oneself in total honesty.”

1 KINGS 8:33-34 (NIV)

³³⁾ When your people Israel have been defeated by an enemy because they have sinned against you, and when they turn back to you and confess your name, praying and making supplication to you in this temple,

³⁴⁾ then hear from heaven and forgive the sin of your people Israel and bring them back to the land you gave to their fathers.

PROVERBS 28:13 (NLT)

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

1 JOHN 1:9 (NLT)

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Summary Definition of CONFESSION...

A time to _____

Voices from the past . . .

"Before you can pray effectively for others, you must first be a clean channel through whom God can work. Your heart must be clean and free from unconfessed sin." —Hope McDonald

CONFESSION: A Prayer Application

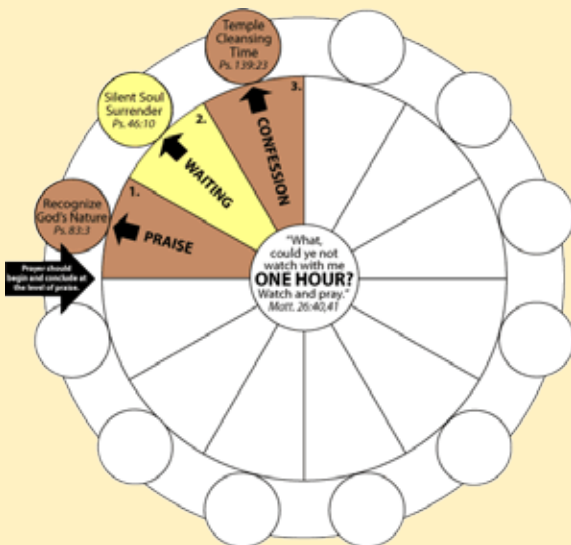
Admit personal _____.

Voices from the past . . .

"Confession cannot be omitted from our regular prayer life. The reason is obvious; sin is part of our daily existence. The purpose of our confession is for us to let Him know that we take seriously our faults and failures." —David A. Hubbard

CONFESSION: A Life Application

Be honest about _____.



Where to Next?

CONFESSING...

Four Ways to Get Started and Keep Going!

Following are four suggestions to help you personally apply this aspect of the 12 in daily prayer.

A Practical Prayer Summary *Step 3 in World Changing Prayer*



1. After your time of silent waiting, immediately ask God to search your heart for any unconfessed sin.
2. Mentally examine your recent activities to discover possible areas of spiritual failure that need confessing.
3. Confess any specific sins you may be guilty of, either against God or your fellow man.
4. Confess your need for specific divine guidance and supernatural unction.

AfterThoughts

Ponder Points:

Discuss (or ponder) why confession of our sins and shortcomings is so vital to effective prayer. Why do you feel we need to confess our sins daily even when we are convinced that we have been saved, in Christ, from our sin nature?

Prayer Points:

Although confession is very personal, biblical prophets like Daniel, Jeremiah, and Ezekiel confessed not only their own sins, but the sins of their people. Take time to confess the sins of our culture, including how you feel you may have been impacted by those sins. Pray also that God will help you personally be more transparent in all your daily relationships.
