



EVERY HOME FOR CHRIST

PRACTICAL PRAYER

*Experiencing the
Delight of a
Practical Prayer Life*

Booklet Four (of Four)

By Dick Eastman

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Every Home for Christ • P. O. Box 64000
Colorado Springs, CO 80962
www.ehc.org • 1-800-423-5054



Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Eleven (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

12 Steps for Cultivating Daily Delight in Personal Prayer

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

10. Step Ten

Basic Definition

The Act of Spiritual _____

Action Focus:

Focused _____

KEY WORD: _____



Voices from the past . . .

“A prayer life doesn’t just mean hours spent in actual prayer, but hours of study and meditation in the Word until the life becomes literally absorbed in the Word and the Word becomes a very part of us.”
—E. W. Kenyon

MEDITATION: A Biblical Basis

PSALM 143:5 (NKJV)

I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

JOSHUA 1:8 (NKJV)

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

PHILIPPIANS 4:8 (NKJV)

Finally, brethren, whatever things *are* true, whatever things are noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

PSALM 77:6 (NKJV)

I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.

PROVERBS 1:1-6 (MSG)

These are the wise sayings of Solomon, David's son, Israel's king—Written down so we'll know how to live well and right, to understand what life means and where it's going; A manual for living, for learning what's right and just and fair; To teach the inexperienced the ropes and give our young people a grasp on reality. There's something here also for seasoned men and women, still a thing or two for the experienced to learn—Fresh wisdom to probe and penetrate, the rhymes and reasons of wise men and women.

Voices from the past . . .

"Dreaming is not meditation. Dozing is not thinking. Prayer in the secret place demands every faculty at its best. Call every faculty of the mind and body to remembrance, recognition, and realization of the God that is in the secret and seeth in secret. Hold the mind to this fact. Tolerate no distraction, allow no diversion, indulge no dissipation." —Samuel Chadwick

Summary Definition of MEDITATION...

A time to _____

MEDITATION: A Closer Look

From two Old Testament Hebrew words:

A. *Hagah*—"To _____ or _____."

B. *Sicah*—"To _____ down."

From the New Testament Greek Word:

Meletaeo—"To be _____; to show _____."

MEDITATION: A Prayer Application

Ponder spiritual _____.

Voices from the past . . .

"What will be the result of meditation? Simply this, a man becomes what he thinks! For as he thinketh in his heart, so is he" (Proverbs 23:7). We become like what we think upon. Meditation restores calmness to the soul. "Thou wilt keep him in perfect peace, whose mind is stayed on thee" (Isaiah 26:3). Meditation leads to stability of life. "He shall be like a tree planted by the rivers of water" (Psalm 1:3) Meditation paves the way for divine direction. "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways

Voices from the past . . . (cont.)

acknowledge him, and he shall direct thy paths' (Proverbs 3:5,6).
Meditation will protect and guard our hearts and our minds. 'And
the peace of God, which passeth all understanding, shall keep
your hearts and minds through Christ Jesus' (Philippians 4:7)."

—Jack Taylor

MEDITATION: A Life Application

Be a _____ thinker.

Voices from the past . . .

"Meditation is a spiritual act that is as definite and as purposeful
as a business engagement, a pledge of friendship, or a solemn
undertaking. In it we apply spiritual facts and principles to
ourselves as individuals and as citizens of the Kingdom of God.
Having pondered them, we work to appropriate their value by an
outgoing of our loving desires toward God, and by exercising
our will in the formation of resolutions." —Brigid Herman



Where to Next?

MEDITATION...

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 10 in World Changing Prayer

1. Select a theme or Scripture passage for your time of meditation, applying full attention to that specific area of spiritual thought.
2. Allow your mind to wander within the framework of your chosen theme. Ponder all aspects of the theme carefully in reference to God.
3. Ask questions about this theme that might lead you into an even deeper mental study of the subject.
4. Bring Scripture into all phases of meditation. This strengthens your awareness that God's Word is the necessary foundation for all meaningful spiritual thought.

AfterThoughts

Ponder Points:

Discuss (or ponder) why you think Satan has used the act of meditation (through such activities as yoga, Scientology, Eastern religions and other New Age forms) to hold the minds of unbelievers captive. What do you think makes biblical meditation so powerful in the life of the believer?

Prayer Points:

Take several moments just to be still and meditate on something of God's Word (what He has said) or something of God's works (what He has done). End your time of prayer by describing back to God why you so appreciate the truths you have seen as you were meditating.

Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Twelve (of 14)

*12 Steps for Cultivating Daily
Delight in Personal Prayer*

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

11. Step Eleven

Basic Definition

The Act of Divine _____

Action Focus:

Supernatural _____

KEY WORD: _____



Voices from the past . . .

"Prayer is not a soliloquy, where everything comes from one side; but it is a dialogue, where God's child listens to what the Father says, and replies to it, and then asks for the things he needs. Listening to God's voice is the secret of the assurance that He will listen to mine."
—Andrew Murray

LISTENING: A Biblical Basis

EPHESIANS 1:15-17 (NIV)

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,

¹⁶ I have not stopped giving thanks for you, remembering you in my prayers.

¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

REVELATION 2:29 (MSG)

Are your ears awake? Listen. Listen to the Wind Words, the Spirit blowing through the churches.

JEREMIAH 33:3 (MSG)

Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own.

EXODUS 19:5 (MSG)

If you will listen obediently to what I say and keep my covenant, out of all peoples you'll be my special treasure.

NUMBERS 23:19-20 (NKJV)

¹⁹ God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?

²⁰ Behold, I have received a *command* to bless; He has blessed, and I cannot reverse it.

Voices from the past . . .

"Quietness in a man or a woman is a mark of strength. Noise is not eloquence. Loudness is not power. In all the departments of life it is the quiet forces that effect most. Therefore if we would be strong, we must learn to be quiet. A quiet heart will give a quiet life."

—J. R. Miller

Summary Definition of LISTENING...

A time to _____

Voices from the past . . .

"Be still sometimes—
so still that God may speak,
And make His voice heard
in thy waiting heart,
Sometimes the husk of His
calm presence seek;

From all the world's confusion
come apart,
And silence even praise,
and breath no prayer,
But only wait for Him
to meet thee there."

—Edith H. Divall

LISTENING: A Prayer Application

Receive _____ instruction.

Voices from the past . . .

"All practical power over sin and over men depends on closet communion. Those who abide in the secret place with God show themselves mighty to conquer evil, and strong to work and to war for God. They are the seers who read His secrets; they know His will; they are the meek whom He guides in judgment and teaches His way. They are His prophets, who speak for Him to others and ever forecast things to come. They watch the signs of the times and discover His tokens and read His signals." —Dr. A. T. Pierson

LISTENING: A Life Application

Develop a _____ spirit.



Where to Next?

LISTENING...

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 11 in World Changing Prayer



1. In the “listening” time of prayer do not hesitate to ask God very specific questions about difficult problems or situations.
2. Search Scripture for specific answers to your questions. God most often speaks through His Word.
3. Mentally evaluate all circumstances that relate to a problem. Ask God to show you His plan through these circumstances.
4. Be prepared to write down any ideas God may share concerning the details of solving that particular problem.

AfterThoughts

Ponder Points:

Discuss (or ponder) why you think it is difficult for some Christians to truly listen to God's voice during personal prayer. One of the "life application" suggestions in this session was that we develop a "quiet life." How would you define such a lifestyle.

Prayer Points:

A wonderful and meaningful prayer exercise is to be quiet and listen to see if God will speak into our hearts with a "still, small voice." Take time to listen to see what God may impress upon your heart during this time of prayer. If you are in a small group, end your time of prayer by praying back to God what you heard.

Practical Prayer

Experiencing the Delight of a Practical Prayer Life

Session Thirteen (of 14)

*12 Steps for Cultivating Daily
Delight in Personal Prayer*

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

12. Step Twelve

Basic Definition

The Act of Joyful _____

Action Focus:

Verbalized _____

KEY WORD: _____



Voices from the past . . .

“Those who pray well will praise well; prayer and praise are the two lips of the soul; two bells to ring out the sweet and acceptable music in the ears of God; two angels to climb Jacob’s ladder; two altars smoking with incense.” —Charles Spurgeon

PRAISE: A Biblical Basis

1 CHRONICLES 16:31 (MSG)

So let Heaven rejoice, let Earth be jubilant, and pass the word among the nations, “God reigns!”

DEUTERONOMY 26:11A (MSG)

Celebrate all the good things that God, your God, has given you and your family...

PSALM 68:3-4 (NLT)

³) But let the godly rejoice. Let them be glad in God’s presence. Let them be filled with joy. Sing praises to God and to his name! ⁴) Sing loud praises to him who rides the clouds. His name is the Lord—rejoice in his presence!

PSALM 105:3-4 (NLT)

³) Exult in his holy name; rejoice, you who worship the Lord.

⁴) Search for the Lord and for his strength; continually seek him.

ISAIAH 63:7 (NLT)

I will tell of the Lord’s unfailing love. I will praise the Lord for all he has done. I will rejoice in his great goodness to Israel, which he has granted according to his mercy and love.

PSALM 70:4 (MSG)

Let those on the hunt for you sing and celebrate. Let all who love your saving way say over and over, “God is mighty!”

PHILIPPIANS 4:4 (NLT)

Always be full of joy in the Lord. I say it again—rejoice!

Voices from the past . . .

“We have had much teaching on prayer, but until recently have had little on praise. Yet there is much more emphasis in the Bible on praise than prayer. In the Bible, the entire universe, animate and inanimate, is envisioned as one grand chorus of praise to the Creator. Notice especially Psalms 148-150. Psalm 145:10 declares that ‘all thy works shall praise thee.’ Praise is the highest occupation of angels. Heaven is one grand paean of praise. Cherubim and seraphim unceasingly adore Him. Surely that which occupies the total time and energies of heaven must be a fitting pattern for earth.”
—Paul Billheimer

Summary Definition of PRAISE...

A time to _____

Voices from the past . . .

“Happy is he whose fingers are wedded to his harp. He who praises God for mercies shall never lack a mercy for which to praise.”
—Charles Spurgeon

PRAISE: A Prayer Application

Verbalize God’s _____.

Voices from the past . . .

“Solomon prevailed much with God in prayer at the dedication of the temple, but it was the voice of praise which brought down the glory and filled the house.” —D. L. Moody

PRAISE: A Life Application

Cultivate a _____ attitude.



Where to Next?

PRAISE...

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 12 in World Changing Prayer

1. End your prayer time with specific praise concerning God's greatness. Focus your praise on His omnipotence (power), His omniscience (knowledge), and His omnipresence (presence).



2. With the Psalmist “praise God because He has done it.” Look back at your devotional hour and praise God for hearing each of your requests.
3. Let your spirit “rejoice” for a few moments at the close of prayer. Repeat the universal word for praise, Hallelujah! Don’t be afraid to shout it out!
4. As Martin Luther suggested, when your devotional hour concludes make your “amen” strong. Confess with authority that you believe God has heard your every prayer.

AfterThoughts

Ponder Points:

Discuss (or ponder) what you think it means to rejoice in prayer. What do you think Paul the Apostle meant when he said, “Rejoice in the Lord always. Again I say, rejoice!” Why is such rejoicing a good way to conclude one’s time of personal prayer?

Prayer Points:

To rejoice means “to give joy” and to “feel joy or great delight.” Take time in prayer to tell God specifically why you delight in Him and why His presence fills you with great joy. Praise God simply because you enjoy Him. Try to put that joy into words.

Practical Prayer

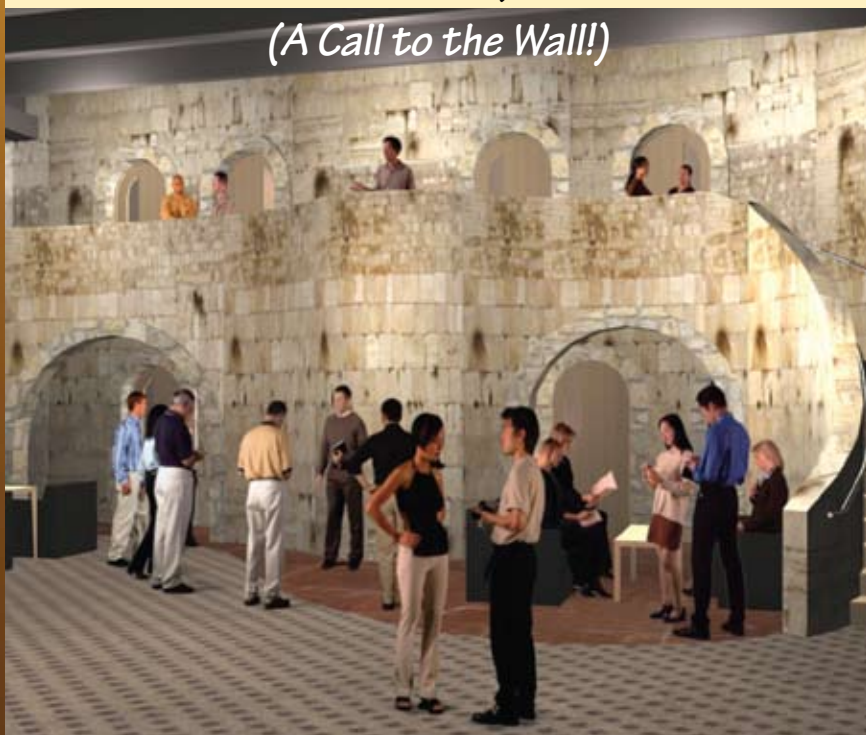
Experiencing the Delight of a Practical Prayer Life

Session Fourteen (of 14)

KEEPERS OF THE FLAME *Seven Keys to Cultivating a Consistent Commitment for Daily Prayer!*

*“An Invitation to Serve as a Watchman on a Continuing
Wall of Prayer!”*

(A Call to the Wall!)



FOUNDATIONAL SCRIPTURE:

LUKE 18:1 (MSG)

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

FOUNDATIONAL SCRIPTURES:

ISAIAH 62:6-7 (NLT)

- ⁶⁾ O Jerusalem, I have posted watchmen on your walls; they will pray day and night, continually. Take no rest, all you who pray to the Lord.
- ⁷⁾ Give the Lord no rest until he completes his work, until he makes Jerusalem the pride of the earth.

LEVITICUS 6:9, 12-13 (NIV)

- ⁹⁾ Give Aaron and his sons this command: “These are the regulations for the burnt offering: The burnt offering is to remain on the altar hearth throughout the night, till morning, and the fire must be kept burning on the altar.
- ¹²⁾ The fire on the altar must be kept burning; it must not go out. Every morning the priest is to add firewood and arrange the burnt offering on the fire and burn the fat of the fellowship offerings on it.
- ¹³⁾ The fire must be kept burning on the altar continuously; it must not go out.”

LEVITICUS 24:1-4 (NLT)

- ¹⁾ The Lord said to Moses,
- ²⁾ “Command the people of Israel to bring you pure oil of pressed olives for the light, to keep the lamps burning continually.
- ³⁾ This is the lampstand that stands in the Tabernacle, in front of the inner curtain that shields the Ark of the Covenant. Aaron must keep the lamps burning in the Lord’s presence all night. This is a permanent law for you, and it must be observed from generation to generation.
- ⁴⁾ Aaron and the priests must tend the lamps on the pure gold lampstand continually in the Lord’s presence.

Voices from the past . . .

"Fire is the motivating power in prayer. We need to have the live coal from God's altar in our hearts. The flame is not mental power or fleshly energy. It is the very being of the Spirit of God. Prayer ascends by fire. There is no incense without fire; no prayer without flame."
—E. M. Bounds

KEEPERS OF THE FLAME **A Case for Continual Prayer** **The Example of David's Tent** *The Tabernacle of David*

1 CHRONICLES 16:37 (NASB)

So he left Asaph and his relatives before the ark of the covenant of the LORD, to minister before the ark continually, as every day's work required.

Continual Prayer: A Definition

Hebrew Word: TAMIYD

Meaning "regularly" or "_____"
(*Tamiyd* literally means: to _____.)

Vine's *Expository Dictionary of Old Testament Words* says of *tamiyd*: "*Tamiyd* signifies what is to be done regularly or continuously without interruption."

ACTS 15:16-17 (NKJV)

¹⁶ After this I will return And will rebuild the tabernacle of David, which has fallen down; I will rebuild its ruins, And I will set it up;

¹⁷ So that the rest of mankind may seek the LORD, Even all the Gentiles who are called by My name, Says the LORD who does all these things.

Note v. 17 in the New Living Translation reads...

"...so that the rest of humanity might find the Lord..."

Seven Keys for Becoming a “Keeper of the Flame” (A Call to the Wall!)

1. Key One:

_____ the critical
necessity of maintaining a _____
prayer habit.



Samuel said to the people of Israel:

1 SAMUEL 12:23 (NKJV)

Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you; but I will teach you the good and the right way.

Two Principles for Consistent Prayer . . .

Principle One:

“You will never _____ time for daily prayer; you must _____ time for daily prayer!”

Principle Two:

“Something _____ when I pray that does not happen if I don’t. Therefore, if I have not prayed today something has gone _____ in God’s Kingdom _____ for my life and for the lives of those for whom I may have been _____.”

Voices from the past . . .

“I care not what bleak perpetual crisis we may come through, or what delightful spiritual Canaan we may enter, no blessing of the Christian life becomes continually possessed unless we are men and women of regular, daily, unhurried, secret lingerings in prayer.”
—J. Sidlow Baxter

2. Key Two:

_____ a set time for
developing _____
in daily prayer.



PSALM 5:2-3 (NLT)

2) Listen to my cry for help, my King and my God, for I pray to no one but you.

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

Voices from the past . . .

“Those who have no set time for prayer do not pray.”

—Andrew Murray

3. Key Three:

_____ a daily reminder to
help you keep your prayer
_____.



Post a small 3x5 card
on a bathroom
mirror . . .

*Don't forget your
appointment today
with Jesus!*

4. Key Four:

_____ a specific
_____ to meet God daily
in prayer.



MATTHEW 6:6 (MSG)

Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

5. Key Five:

_____ a plan for personal
prayer that is balanced and
_____.



EPHESIANS 6:18A (NIV)

And pray in the Spirit on all occasions with all kinds of prayers and requests...

Amplified Translation...

"...all manner of prayer."

Prayer Planning Suggestions . . .

- Use the book *The Hour that Changes the World*.
- Use the Every Home for Christ World Prayer Map.
- Sign up as a Watchman Warrior (see form on map).
- Keep an up-to-date prayer list.

6. Key Six:

_____ your prayer tools
and lists by keeping them in a
convenient prayer _____
(plastic bag).



7. Key Seven:

_____ all interruptions
_____ that might disrupt or
hinder your times of prayer.



1 PETER 5:8 (MSG)

Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping.

Voices from the past . . .

“When you ... decide to practice a more abundant prayer life, Satan will start a new strategem of making your busier, piling on your works, occupying your time with such needs that you have no opportunity to pray. The enemy will use matters such as duty, mission, and responsibility to create his best arguments for stopping our prayer.” —Watchman Nee

The Moravian 100-Year Wall of Prayer!

A Case Study in Perseverance in Prayer

Herrnhut, Saxony (Modern Germany)

“The Watch of the Lord” (1722)

Count Nikolaus von Zinzendorf

May 12, 1727—Revival Comes

“The whole place represented truly a visible habitation of God among men.” —Nikolaus von Zinzendorf

The August Decision... August 27, 1727

A covenant of 24 men and 24 women is entered into to sustain continuous prayer.

Decades later an entry in a journal documenting the Moravian prayer movement reads:

“The sacred fire was never permitted to go out on the altar (Leviticus 6:3) so in a congregation which is the temple of the

living God, wherever He has His altar and fire, the intercession of his saints should incessantly rise up to Him.”

—from *The Memorial Days of the Renewed Church of the Brethren* (1824).

Join EHC's Global Wall of Prayer

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

(Use form on Watchman edition of EHC's World Prayer Map or visit EHC's website: www.ehc.org.)

AfterThoughts

Ponder Points:

Discuss (or ponder) which of the seven keys to cultivating a consistent prayer life are most essential to you in being an effective “Keeper of the Flame.” What do you think you could do personally to enlist other believers to join a continuous wall of prayer in your church or community?

Prayer Points:

Ask God to help you become a “Keeper of the Flame” by having a consistent daily prayer life as well as by spending a minimum of at least one full hour each week as a part of a wall of prayer (168 hours). Pray for your pastor and other pastors to help raise up another Moravian-like prayer movement that focuses continuous prayer on the harvest of lost souls globally.
