

TEACH US TO PRAY | WEEK ONE

INTRO

We see how God beckoned Moses to ascend the mountain as he spent the next **40 days** enveloped in His presence. When he descended the mountain, the glory of God visibly radiated from his face.

It took **40 days** for Elisha to assume the mantle of Elijah.

Jesus Himself was driven by the Spirit for **40 days** into a wilderness that came to serve as the birthplace of His earthly ministry.

Finally, we see Jesus spend **40 days** with His disciples in Acts chapter 1 that led to the arrival of the Holy Spirit on the day of Pentecost.

Take a moment to describe your prayer life now. Don't be afraid to be brutally honest. This is what transformation is all about.

As you consider the history-making transformations that took place in Moses, Elisha, Jesus, and His disciples, what are you expecting from God as it relates to the transformation of your own prayer life? What is stirring in you right now, knowing what God is capable of by the power that is already working inside of you?

How is God awakening prayer in you even as you just listened to the introduction? Can you sense Him calling you to go deeper?

Prayer

God, you know my heart. How I hunger and thirst for you. Awaken the spirit of prayer within me. Use these next 40 days to refine me. Send the fire of Your Holy Spirit to burn away the dross so that only Gold remains. Help me buy oil. Help me go deep into new places of intimacy, authority, confidence, and breakthrough. I want to see Your kingdom come, and Your will be done. I want to see Heaven invade earth. But first Lord, I ask Heaven to invade me. Prepare my heart for these next 40 days to receive Heaven's agenda for my prayer life.

In Jesus' Name I pray—Amen.

THE SPIRIT OF PRAYER

The Holy Spirit wants to partner with you by birthing a spirit of prayer inside you. Knowing that *"a spirit of prayer falls on the life of prayer,"* we have a critical role in establishing a regular time and place to meet with God.

Considering your current rhythm of life, what is the best time and place for you to build a history of communing with God in this season. (Give yourself some grace. The ultimate goal is building a consistent, intentional history with God. Cultivating a place of intimacy with God is not about checking a box off your "to-do" list.)

God desires each one of His children to have a *deep love affair* with His Word. His Word assures us that He hears our prayers, and the Holy Spirit is ever ready to move upon the sound of our voice.

What does a "deep love affair with God's Word" mean to you, and how does it instill confidence in your prayer life?

Now that you've identified a time and place to meet with God, create a road map utilizing the tools to developing a spirit of prayer.

1. *How might you best go about developing a deep love affair with God's Word?*
2. *How can you utilize praying in tongues in your daily walk with the Lord?*
3. *How can you make fasting a part of your lifestyle?*
4. *Consider finding a community of people to venture alongside you.*

DEEP INTIMACY WITH THE WORD OF GOD

One of the lost secrets regarding our prayer life is a deep intimacy with the Word of God.

Up to this point, what role has the Word of God played in your prayer life?

Why is a deep intimacy with the Word of God such a critical component of a successful prayer life?

"The foundation of a prayer life is not talking but listening."

How does this idea differ from what you've learned about prayer?

Are there some ways you can shift your approach to be less about a prayer list, and more about receiving the Word of the Lord?

Use Ephesians 1:17-19 as a starting point to begin speaking phrases from the scripture, praying the prayers to God, reading it off the page until it becomes part of your prayer language. As you

do, you'll begin to see an increase of these truths in your life. After that, begin moving toward other places in scripture like Philippians 1:9-11, Colossians 1:9-14, Zechariah 2:5, and Job 1:10.

Ephesians. 1:17-19

That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, 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.

PRAYING IN TONGUES

I Corinthians 14:2

For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.

These mysteries contain:

- Revelatory knowledge about God and about you.
- Desires and plans He has for you.
- People who are in need.
- Nations that are in need.
- Governments that are in need.
- Cities that are in need.

By praying in tongues, heaven brings you into alignment with God's heart as the atmosphere of revelation begins to saturate you.

As you commit to praying in tongues this week, begin to anticipate receiving mysteries from God. Use a journal to write down what the Holy Spirit reveals. This journal will become a written history of God's faithfulness and you will begin to see patterns form as He downloads revelation to your spirit over time.

Praying in tongues magnifies God. The more we pray in tongues, the more our circumstances begin to get smaller as God becomes bigger.

When you pray in tongues, begin to visualize your circumstances getting smaller as you magnify God in the spirit. Watch your worries and concerns slowly fade into the background as God reveals His will, His promises, and demonstrates His ability to break into any situation or circumstance we may face.

Ephesians 6:17-18

And take the helmet of salvation and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

Praying in the spirit increases your capacity to instinctively and intelligently wield the sword of the spirit. As you pray in tongues, declare the Word of God over your life and over your circumstances.

Take note that the more time you dedicate to praying in tongues, there will be a significant increase of anointing in your ability to declare God's Word over your life. Using your journal, write down specific portions of scripture you are declaring over your circumstances and begin to make this a regular part of your prayer life. As you do, expect the Holy Spirit to bring things to your remembrance and speak them with authority and watch the enemy flee.

Praying in tongues releases a grace to move in an opposite spirit when someone is operating in a wrong spirit toward you. It releases the meekness, patience, love, long-suffering, and the wisdom of Christ. A strong spirit will go low when accused, and fight for love when attacked.

Is there a situation or circumstance in your life where you feel some unholy resistance? Pray in tongues over that situation and begin to sense how the Holy Spirit may be redirecting your natural inclinations to respond. What do you hear or sense the Holy Spirit saying?

FASTING

The combination of prayer and fasting bring about realities in God that cannot be experienced by any other means. Nothing can be earned by fasting, rather fasting awakens us to the truth of who we are and increases our capacity to walk in that truth.

As you begin your journey of regular fasting, use your journal to record the ways in which God is awakening and strengthening your identity in Him. Consider how fasting has solidified your identity in God. Write down the scriptures God is quickening to your spirit. These are often the tools God will use to secure our identity in Him as He silences the other voices in our lives.

Deuteronomy 8:2-3

And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.

As you continue your journey of prayer and fasting, consider how fasting has revealed what was in your heart, and how God begun to bring wholeness in your brokenness. What does "not living by bread alone, but by every word that proceeds from the mouth of the Lord" mean to you? How is God using prayer and fasting to realign your heart with the desires of heaven?

WEEK ONE | ASSIGNMENT

Spend 20 Minutes a day praying in the spirit.

I Corinthians 14:18

I thank my God I speak with tongues more than you all.

Get alone with God and practice praying in your prayer language in one sitting. Stay focused on God on the throne and God in your spirit.

You will notice about 15 to 20 minutes in, it will begin to shift from you reaching **for God** to you moving **with God**.

Develop an appetite and begin to anticipate:

- Mysteries & revelation
- Edification
- The activity of the Word of God
- Transformation

Use your journal to write down what God is doing in you and through you through concerted times of using your heavenly prayer language.