



017: Seven Insights to Praying Effectively

HANNAH: *How to become a Prayer Warrior*

Challenge:

Don't begin a day without taking up your FULL Armor of God, including the Lance of Prayer, sent forth before you step out into the battles of life.

INSIGHTS

1. Come as you are

We can come directly to God with our raw and honest emotions. He already knows our circumstances and how we feel about them, so we don't need to get all cleaned up and pretty... before we begin to pray.

2. Have a warrior mindset

Hannah called God the Lord of Heavens Armies, recognizing that He is the commander of a mighty host of angel warriors. She seemed to have understood that there was a spiritual battle going on and she needed God's resources to fight for her. We too need this warrior mindset!

3. Ask boldly with few words

God knows what we want and He does not expect religious words. Hannah just said, "give me a son." Let us be as bold with our requests, even using as few words as possible. It is our heart attitude that matters more than the words we use.

4. Commit to serve Him with the answer

Hannah's vow showed us that she wanted to honor God's will. Let us ask, abandoning selfish motives. If we too will acknowledge that God owns it all, is the Giver of all, and will answer our prayer with what is best for us, then we too will see wonderful results. We too can walk forward happy and at peace.

Effective Prayer

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

James 5:16

Hannah's prayer

1 Samuel 1:10-11

Hannah was in deep anguish, crying bitterly as she prayed to the Lord. And she made this vow: "O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut."

the Armor of God

Ephesians 6:18

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

5. the Lance of Prayer

In order to put on the FULL armor of God, we need to be battle ready with our lances. God equips us with several types of lances, similar to the many types of prayers detailed on the next page.

6. Launch it!

Let us understand that the Roman lance was sent forth in advance to slow down, deter and even disable the enemy before an attack could be made. That is like the prayer we can send forth in the morning.

7. Let it go!

No successful warrior hold onto their lances. In order for them to be effective, we must let them go, as we do our prayers without worry, complaint or negative words.



Need help launching your Lance of Prayer? Consider these types of prayer
Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all of God's people.

Ephesians 6:18 ESV

More on these prayers can be found in a fantastic resource: *Dressed to Kill*, a book on spiritual warfare by Rick Renner

Just as the Roman soldier would be given several different lances, each was used for a different purpose. Some were for hurling a long range in defense, while others were for thrusting an enemy when close up.

Prayer of Petition

as Paul says, "with prayer and *supplication*"

This is our prayer when we face a specific void in our life. It specifically asks God for a want or a desire. This was like Hannah's simple request, "give me a son."

Prayer of Consecration

Paul says, "praying with all *prayer*"

This is an action or devotion we commit to God in prayer. It is much like the vow Hannah spoke to give her son back to God. It can be expressed as our heart's desire for God's will, accepting whatever He pleases.

Prayer of Authority

as Paul says, "ask for everything you need"

This is our prayer when we truly need something. We bring it to God boldly, unafraid because it is a tangible need like food, shelter, transportation, etc.

Prayer of Supplication

as Paul says, "pray at *all times*"

This is our prayer when we come to God with simple faith like a child. It is realizing the full presence of the Lord. This is the simplest form of prayer, allowing us to fall into step with God, rolling our cares upon Him.

Prayer of Thanksgiving

as Paul says, "pray in the *Spirit*"

This is our confident prayer expressing to God our *thanks in advance*, that He hears our prayers and is mighty to answer them, as He is the Lord of Heaven's Armies.

This may help you get started...

P is for **PRAISE**

begin by telling God something you think is great about Him... like that He's ever-present, or He's almighty, or He's forgiving.

R is for **REPENT**

let us turn from pride, humbly confessing our attitudes, actions and honest feelings about what we are going through; seeking His best.

A is for **ASK**

be bold in telling Him what you want... my kids do it.. and I'd rather that than they just mope about not getting what they want.

Y is for **YIELD**

recognize God has the very best in mind for you and He wants to answer; have a servant's heart attitude and thank Him in advance for loving you through it.

If we are hurting, there is actually a way to find healing in James 5:16a...

Confess your sins to each other and pray for each other so that you may be healed.

Just as you should tell a personal trainer if you had an injury before beginning a new workout... this can keep you from being hurt any further by a weakness or addiction. See that the someone you tell has your best interest in mind, wanting to see you healed, and praying with you.