

# How to Deepen Your Prayer Life, Part 2: By Erica Jermanus

Do you want to know how to pray or the different ways to pray? Then stay tuned for more!

The first way that you can start praying is by confessing your sins to God and repenting. Repentance is a change of mind and a turning away from sin and back to God. The Bible says in 1 John 1:8-10, “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us.” So we first need to admit that we are sinners and have sinned against God. We need to admit that we are deserving and worthy of death and hell because we have sinned against a holy and righteous God.

Sin has serious consequences. Romans 6:23 says, “For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” God simply cannot overlook sin because sin deserves justice, but when we truly confess, repent, and ask God for forgiveness, he will cleanse us and purify us from all unrighteousness. But, before we confess and repent, we first are convicted of our sins by the Holy Spirit. That conviction

should lead us to confession and repentance. There is no forgiveness without repentance.

The next way to pray is by giving thanks to God. We don't want to just ask God for things without giving thanks to him for what he has already done or provided. We want to compliment thanksgiving with petition and supplication. There is so much to be thankful for. The fact that you are alive and have life and breath in your lungs is a gift and blessing from God. God is not done with your life because you still have a purpose. Every morning we wake up, and we should thank God. He did not have to wake us up to a new day. Today could have been our last. But God woke us up for a reason and purpose. He wants to use us on the earth for his glory.

There is so much we can thank God for such as food on the table, clean water to drink, shelter, jobs, good health, transportation, etc. We take these things for granted. When we do not give thanks to God it can lead us to discontentment. When we give thanks to God we are more thankful and content for what we have. We can give thanks to Jesus Christ by keeping a gratitude journal. We can write at least five to ten things in a

journal that we are thankful for and this will give us joy and contentment.

1 Thessalonians 5:18 says, "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Psalms 136:1 says, "O give thanks unto the LORD; for he is good: for his mercy endureth for ever."

Philippians 4:6-7 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

The next way to pray is through supplication and petition. Supplication is when we can ask God for what we need. If what we are praying is according to the will of God, we can be sure that he hears us and will answer. But, if we are praying for our wants, such as a bigger house, a fancy car, or more money, then he may not answer those prayers because they are according to our own selfish desires. James 4:3 says, "Ye ask, and

receive not, because ye ask amiss, that ye may consume it upon your lusts." 1 John 5:14-15 says, "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: and if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him." Proverbs 15:29 says, "The LORD is far from the wicked: but he heareth the prayer of the righteous."

We can have faith and believe that God hears our prayers because we are praying according to his perfect will. When in doubt that God hears our prayers, then he will not answer. We need to be praying in faith, believing that we have prayed, God hears, and will come through right on time. His timing may not be our timing because Jesus Christ is not on our timetable. But he is never late. He shows up right on time when we need him to.

The next form of prayer is praise and worship. Worship is not just with our lips, but it is an active lifestyle. How we live our lives is worship to God. We can worship God with our everyday life. We can worship the Lord by going to work, driving, doing laundry, or washing dishes

while our minds are fixed and focused on Christ. That is worship to God. We are spiritual beings, and when we are focused on Jesus Christ, it is spiritual. We can also worship the Lord by singing songs of praise, dancing, bowing down, or lifting our hands held high. These are all acts of humility and surrender to God. Hebrews 13:15 says, "By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name." Praising, worshiping, and thanking the Lord are all sacrifices to God. These are all forms of prayer too.

The next way to pray is through intercession. Intercession is when we pray for others and intercede for them on their behalf. We can pray for our friends, family members, neighbors, our homes, community, city, state, and country. We can pray for the homeless, widows, orphans, fatherless, motherless, lost, broken, sick, hurt, police officers, firemen, military, leaders, presidents, etc. There is always something and someone to pray for. Someone is always in need of prayer.

The Bible says in 1 Thessalonians 5:17, "Pray without ceasing." We may not be able to pray nonstop, but we can pray continually by offering small prayers to the Lord throughout our day. We can even pray prayers such as, "Thank you, God, or help me, or please give me grace and strength." Believe God hears those short and simple prayers too. Sometimes, we do not know what to pray for or how to pray, so the Holy Spirit prays on our behalf. Romans 8:26 says, "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered."

The next way to pray is by praying spiritual warfare prayers or praying the word of God. Scripture is so powerful against the attacks of the enemy, Satan. When we are faced with a problem or a temptation and we pray the scriptures, we will be able to combat the enemy, his lies, and his attacks. Also, we can pray for protection from the attacks of the enemy, and we can also bind and rebuke the enemy and his attacks. We can cancel and destroy any attacks, plots, plans, and

assignments of the enemy. We can also plead the blood of Jesus Christ for ourselves and our families.

Ephesians 6:11-12 says, "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

The next way we can pray is to pray in tongues or in a prayer language. Not every Christian can speak in tongues or has the gift of tongues. Praying in tongues is praying the will of God, and it is to build up our spirit, to commune with the Lord, and draw closer to him. You can ask God to give you the gift of tongues and to fill you with his Holy Spirit, and he will. Be ready to receive it.

1 Corinthians 14:4-5 says, "He that speaketh in an unknown tongue edifieth himself; but he that prophesieth edifieth the church. I would that ye all spake with tongues but rather that ye prophesied: for greater is he that prophesieth than he that speaketh



with tongues, except he interpret, that the church may receive edifying.”

Mark 16:17 says, “And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues.”