

7 Keys

TO PRAYING EFFECTIVELY



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Scripture quotations are from the New International Version of the Bible, unless otherwise indicated.

In Luke 11:1 and following we have an account of Jesus' disciples asking Him to teach them to pray. John the Baptist had taught his disciples how to pray and Jesus' disciples felt a need to know how to pray as well.

Recently someone asked me to pray for them. They also wanted to learn more about how to pray. In reflection, I put down some points on prayer and have added a few more. Do you want to learn how to pray effective prayers? In James 5:17 we are told that Elijah was like us, and he prayed earnestly and it did not rain for 3 and a half years.

Below are 7 keys to help you pray effectively to unlock heaven's resources.

1. ASK IN JESUS NAME—Chapters 14-16 in John give some instruction on asking in Jesus name.

John 14:13—And I will do whatever you ask in my name, so that the Father may be glorified in the Son. Jesus instructs us to ask in His name.

John 15:16—You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit

that will last—and so that whatever you ask in my name the Father will give you.

John 16:23—In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name.

I encourage you to read through these chapters.

2. ***BINDING AND LOOSING*** as mentioned in Matthew 18:18 —“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

We understand that Jesus has given us authority to bind and loose spiritual realities. We bind the negative—“I bind the spirit of fear or whatever” and loose the opposite/ kingdom truth - ‘I loose love, peace’ etc.

3. ***PROCLAMATION AND DECLARATION***—At times I am not asking God to do something, if I know what he is saying and sense his direction and word on something I am decreeing it into being. As he spoke things into being at creation so our words enable him to move and bring about his purposes.

Patricia King has a book called ‘Decree’ which is a compilation of scripture she wrote to decree over ones life. I have used it, and decreed it over myself at various times in my life, especially when I have been depressed. In those times, I would read and decree the whole book, day after day until I would start believing it. I highly recommend her book. It can be found on her website XP Ministries—[***TO ORDER CLICK HERE***](#)

4. ***FASTING AND PRAYER***—When the disciples were surprised that a demon would not submit to them and they could not bring healing to a boy, they questioned Jesus. He replied to them that this kind only comes out with prayer and fasting. We understand then from this discussion that there are spiritual entities that can only be removed by fasting.

Fasting is a concept where you go without food and pray. Jesus did fast. John the Baptist and his disciples fasted as well. The scribes and Pharisees fasted. It was not uncommon in that day. However, Jesus did not have his disciples do much of it as he said when questioned by John the Baptist's disciples, 'why should they fast when the bridegroom was among them.'

Why indeed? However, he did say that a time was coming when they would fast. Fasting is Biblical and needed to break certain strongholds.

—Joel 1:14 Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

5. ***PRAYING GOD'S PROMISES***—Ask for God to give you a promise(s). The word of God is living and active (Hebrews 4:12). There is the written logos and the rhema word. A rhema word connects with your spirit. It comes alive—leaps off the page.

When you know God's heart and intent then use that to battle. When God has told me something then I can stand on that and remind him, thank him and use it to bring about his purposes.

The disciples had asked Jesus how to pray and we repeat that as the Lord's prayer. Part of that instruction is to pray that his kingdom come and his will be done. There is a reason why he asks us to pray - our agreement and voice here on earth allows him to move and accomplish his will.

- 6. GOD'S PERSPECTIVE**—Praying for revelation of God's heart and thoughts is always good. Get an understanding of how God sees the situation and what he wants to do. Pray from his perspective. This is very important.

We are told in 1 John 5:14—“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

Paul prayed for those in Colosse that they would have a better understanding of his will—Colossians 1:9 “For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives...”

- 7. INTERCESSION IN THE SPIRIT**—Sometimes we don't know what to pray or how to. Romans 8:26—“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.” ESV

In 1 Corinthians 14 Paul gives instructions about the gift of tongues. He highlights that we use this gift to speak to God and to edify oneself. Paul highlights he is glad

that he has this gift and mentions he uses it more than the rest. It is however, a gift that needs interpretation in the public arena. As it is not understandable to our natural minds. We need the Spirit to bring revelation. Paul uses this opportunity to instruct the believers that in the public arena prophesy is of more value as it edifies, encourages and builds up the believers.

While downplaying the gift in the public setting, Paul is in no way minimizing the importance and value of this gift and the use of as a means of intercession.

BONUS KEY

- 8. *THANKSGIVING***—All prayers are to be made with thanksgiving - Thanksgiving is one of the keys to unlocking the will and purposes of God.

In Philippians 4:6 Paul instructs—‘Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.’

And then in verse 7 the after effect is: “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Awesome!

My hope is that in using these KEYS you will be able to pray in a way as to unlock God’s calls and purposes on your life and others. One last thought. When you pray—BELIEVE.

Matthew 21:22—If you believe, you will receive whatever you ask for in prayer.” and Mark 11:24—Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.



MORE ABOUT

ANGIE & PAUL WAGLER

Angie Wagler is an author, speaker, mentor, and coach. Having a love for creative pursuits, she has worked in the arts; interior decorating, photography, and graphic arts as well as in administration and bookkeeping.

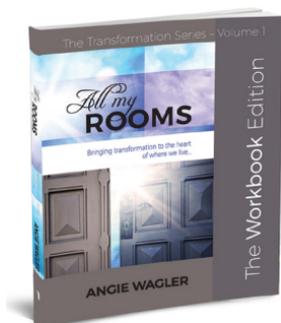
Angie has a heart to see the Church arise and become all it is called to be. She has a prophetic anointing, is an avid worshipper, singer, songwriter, and an inspired teacher.

Angie and her husband, Paul, are the founders of Arise Now—a ministry to encourage and equip. They have been church planters and pastors, and have been involved in church in various forms, including traditional, cell, house churches, and leadership healing groups. They understand wilderness pruning and fine-tuning and have an understanding of walking through the painful process that pre-empts inheritance.

Happily married for almost 30 years, they make their home in Kitchener, Ontario, Canada. They have three grown children and one much-loved dog.

Paul and Angie would love to hear how this book has impacted you. You can contact them through their website: arisenow.ca or the [Arise Now Facebook page](#).

OTHER RESOURCES AVAILABLE



—BY ANGIE WAGLER

Go on a journey with Jesus in

All my ROOMS

He is knocking on your door and wanting you to invite him in to all your rooms. Find out what He will say and impart to you that will bring transformation to your heart and life!

[Available in kindle and paperback on Amazon.](#)

What others are saying...

Angie Wagler's book *All My Rooms* is a delightfully practical look at life. By comparing a room of your house to a part of your life, she enables you to invite Jesus in and assist you in every way.

The Living Room correlates to our thought processes. The Family Room speaks of relationships, and how to forgive. From The Bedroom: "To sleep well, we need to put fear in its place!" Her personal story of doing this is greatly encouraging.

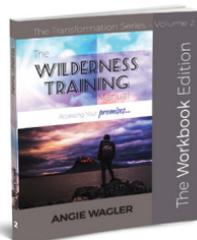
At the end of each chapter, Angie invites us to take some time to write down our own reaction to her teaching. This engaging book is one you will want to use over and over. Even as we sometimes move from place to place physically and need to "redecorate," at times, we also have to move in our thinking. *All My Rooms* gives a refreshing way for a spiritual spring cleaning and refocusing of our lives.

—Jane Huff, Author, *An Intimate Look at the Armor of God: Finding Safety in a Broken World*

Watch also for Volume 2 in the Transformation Series

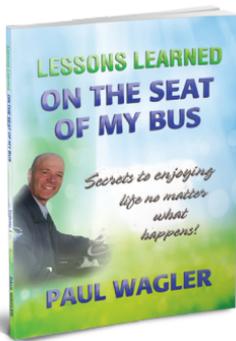
The **WILDERNESS TRAINING** Manual

a resource to bring freedom from the slavery mindset and to access the promises of God!



—PAUL WAGLER’S

LESSONS LEARNED SERIES OF BOOKS;



Lessons Learned on the Seat of my Bus— Volume 1

You will want to read this book to find out this bus driver’s secrets to enjoying life no matter what happens!

Available in kindle and paperback on [Amazon](#).

What others are saying...

Paul writes from such a unique perspective bringing insight and humor into everyday life. Buckle your seat belt and enjoy the ride in reading this treasure.

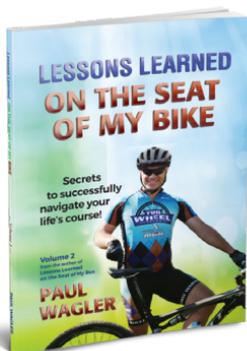
—**Brian Fleming, Author - “Your Life Matters”**

Oh, Paul - you have hit the nail on the head. This book is so much fun! I love “Where you are seated determines your perspective.” Each of the sections starts off like a tasty appetizer - and ends up with a nourishing nugget of God’s truth. I look forward to your “Seat of the Bicycle” Book.

—**Jane Huff, Author - “An Intimate Look at the Armour of God”**

I can’t stop laughing from the stories in your book! I’m sitting here alone in the living room just laughing out loud! Good Job!

—**Judith Ann Martin, Blogger, www.HeyJude45.com**



Lessons Learned on the Seat of my Bike – Volume 2

also available in both kindle and paperback versions on Amazon. You will want to read this gem to find out some of this mountain bikers secrets to help you successfully navigate your life`s course!

[Available in kindle and paperback on Amazon.](#)

What others are saying...

Paul Wagler has done it again! A dynamic follow-up to his first book, “Lessons Learned on the Seat of My Bus: Secrets to Enjoying Life No Matter What Happens!”, you’ll enjoy how Paul delivers life changing lessons for avid cyclists, non-riders, mountain bikers, fair-weather riders, and everyone else in between. Ride along with Paul as he authentically shares the joys, the pains, the victories, and the mistakes he has experienced—on and off these non-motorized two wheels—so that you can gain gold nuggets about living a life that matters, pressing on, and finishing well. You’ll even discover why you don’t want a DNF or a DNS beside your name. Enlightening, practical and thought-provoking, well worth the read.

—**Jackie Morey, COO of Customer Strategy Academy; www.Your21stCenturyBusinessCard.com, www.CustomerStrategyAcademy.com, www.Your90DayLaunchpad.com**

Paul’s life can serve as an example for all of us. His use of stories from his biking experiences, to illustrate simple yet deep truths, is outstanding. He takes the complex and makes it simple. His book is a must read.

—**David Powers, Author and Coach; www.fear-to-faith.com**

I enjoyed reading Paul’s book. He has biking illustrations that fit pretty much all of life! And they are great illustrations! I feel myself limping as he runs with his bike shoes to the finish line! It’s amazing!!

—**Jim Loepp Thiessen, Pastor**