

7 Ingredients For Effective Prayer

1. Name of Jesus

Philippians 2:9–10 (TNIV)

Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth.

2. Faith, not doubt

Mark 11:24 (TNIV)

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

3. Passion

Hebrews 5:7 (TNIV)

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

4. Settle offenses in your heart

Mark 11:25 (TNIV)

And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

5. Ask according to his will

Matthew 6:33 (ESV)

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:33 (TLB)

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

6. Fasting

Fasting was done with prayer (2 Sam. 12:16-17)

Fasting was preparation to hear God speak and reveal himself (Ex. 34:28; Matt. 4:2)

Fasting was a means of humbling oneself before God

Fasting was done in preparation for important decisions (Acts 13:2-3)

Fasting sets aside the natural desires as less important as our spiritual desire for God. Prayer should accompany fasting.

7. Persistence

Luke 18:1 (TNIV)

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Ephesians 6:11–12 (TNIV)

Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

2 Corinthians 10:4 (TNIV)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.