**Lesson 5: Determined To Pray: Keys To An Effective Prayer Life**

**Key ingredients: Repentance, Forgiveness, Deliverance, Fastings, and Consistency**

1. **Repentance: Acts 3:19 Repent, then, and turn to God, so that your sins maybe wiped out, that times of refreshing may come from the Lord (NIV).**
2. **Forgiveness: 1 John 19 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteouness.**

In your daily prayer life, we must repent and ask God for forgiveness of sins and wrongdoings committed, whether they were done intentionally or unintentionally. This is the time to come clean and honest with God in order for Him to cleanse, purge and take out everything that is not like God. Repenting keeps us humble and reminds us that we are not perfect and need to makes sure there is nothing hindering our prayers from being heard and answered. The power of repentance and forgiveness purifies us from any possible contamination or ungodly seeds from taking root from people, life situations and Satan. There's never a day that goes by that we shouldn't confess our faults, sins and mistakes to God in prayer.

1. **Deliverance:** There should be some type of deliverance, purging or release from something during your prayer time. It may not always be a spirit or something having you bound but it can be bad habits, fleshly desires or thoughts, hidden sins, unforgiveness, false burdens, stress, profanity, fears, or anything that God needs to remove in order to use your vessel in a greater capacity to do your God-given assignment. Sometimes, some things need more time for total deliverance especially if it's something that you been having for a long period time and stubborn spirits that keep attacking you in the same areas of your life repeatedly. You have to continue to pray until you see deliverance and a release from God from it. There's always areas in our spiritual walk with God where we can use some form of deliverance in.

**Psalms 34: 14 I sought the Lord, and he answered me and delivered me from all of my fears (KJV).** Prayer allows God to deliver us from every concern in our lives.

**John 8:32 And you will know the truth, and the truth will set you free (KJV).** God reveals truths about our ourselves that are not

always pleasant and receive these truths then we can become free in our spirit.

**Psalms 91:1-16 Dwell In the Secret Place of God**

God will deliver you from The Enemy, his attacks and the warfare you experience in your spiritual walk with God. You must continue to dwell in the secret place of the Most High God to gain strength, power, endurance and the ability to gain victory over the tactics, schemes, snares and tricks of the Enemy. Study and meditate on these scriptures using them during your bible study and prayer time.

**Prayer Exercises 1**

**What are some areas in your life you still need deliverance from?**

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**Exercise 2: How long have you prayed to God about delivering you from these issues? What has changed or not changed?**

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**Exercise 3: What has God revealed to you concerning the truths about yourself?**

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1. **Fastings: Mark 9:29 This kind cannot come out, except by prayer and fasting.**

**Benefits of Fastings**

* **Deliverance Esther 4:16**
* **Your Assignment Acts 13:2**
* **Spiritual Breakthroughs Daniel 10:3**
* **The Anointing Luke 4:2-4**
* **Crucify the Flesh Romans 8:13**
* **Hear God's Voice clearly John 10:27**
* **Identify strange voices John 10: 1-5**
* **Help govern life by the spirit of truth 1st John 4:6**

1. **Consistency:** prayer must be done on a daily basis. Here are ways that you can pray that varies based on the leading of the Holy Spirit. When you yield your tongue to the Spirit of God during prayer, you may pray in your natural language or the language of the Holy Ghost(diverse tongues). You may sing praise and worship songs to God and the Holy Ghost may begin to sing in your heavenly language. Sometimes you don't always speak in any language and may not know what to say or pray, that is when the Holy Ghost may moan, groan or utter sounds on your behalf which is still prayer. God understands the language of Holy Ghost and is a powerful tool to use during prayer to build yourself up and engage in spiritual warfare for The Devil cannot interpret or understand your heavenly tongues.

* **Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perserverance and supplication for all saints**
* **1st Corinthians 14:15 What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.(KJV)**
* **1st Thessalonians 5: 17 Pray without ceasing. (KJV)**
* **Romans 8: 26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. (KJV)**

**Pick a time to pray on a consistent basis whether it's in the morning or at night depending on your schedule. Start with 10 to 15 minutes if you are just beginning and add as you study the Word and the Spirit leads you based on your spiritual needs and situations that are happening in your life. God rewards those who diligently seek Him (Hebrews 11:6) and the more you seek Him, the greater anointing, power, authority and prosperity will begin to manifest in your life. You will receive more directions, guidance, revelation and strategies on to live the abundant life during your prayer time (John 10:10).**

**Reflections and Thoughts:**

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