**PRAYER WARRIOR TRAINING**

**Companion Workbook**

A person standing on a beach with their arms out

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***“We cannot all argue, but we can all pray. We cannot all be leaders, but we can all be pleaders. We cannot all be mighty in rhetoric, but we can all be prevalent in prayer”.*** *Charles Spurgeon*

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**Companion Workbook**

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**Declaring Your Destiny**

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**FOREWORD**

Welcome to this companion workbook to the Declaring Your Destiny Prayer Warrior video lessons. The topics include prayer, types of prayers, spiritual authority, and the courts of heaven. We are excited to have you embark on this transformative journey with us.

Prayer is more than just a ritual; it is a heartfelt conversation with our heavenly Father that transcends the mundane and touches the eternal. Through these lessons, we will delve into the depths of what it means to pray, exploring various forms and expressions of prayer that can enrich our spiritual lives.

In our exploration of the types of prayers, we will uncover the unique ways in which prayer can manifest in our daily lives—whether it be through supplication, intercession, thanksgiving, or adoration. Each type of prayer offers a distinct pathway to connect with our heavenly Father, providing us with an understanding of how to cultivate a rich and meaningful prayer life.

The lessons on spiritual authority will guide us in understanding the power and responsibility that comes with our spiritual journey. By recognizing the authority bestowed upon us, we can learn to navigate life's challenges with a sense of purpose and confidence, rooted in our faith and trust in the divine.

This workbook is designed to be a companion as you work through each lesson. It provides outlines for each lesson, reflections, and practical applications to help you internalize and apply what you learn. Each lesson also includes a quiz for review. As you engage with the content, take the time to reflect, pray, and meditate on the insights and revelations that emerge.

We hope this workbook serves as a valuable resource that supports and enhances your spiritual growth. May it inspire you to deepen your relationship with the Father and empower you to live a life of prayerful purpose and spiritual authority.

Blessings on your journey,

Carolyn & Audra ~ Declaring Your Destiny

**LESSON 1: PRAYER**

**What is Prayer?**

**Definition**: Communicating with our Heavenly Father.

**Nature**: A good gift from the Father, usable anywhere, anytime.

**Purpose**: To build a relationship with the Heavenly Father through communication.

**Is Prayer 2 Ways?**

**One-Sided**: The person praying does all the talking. This is still valuable as the Father loves all prayers.

**Two-Sided**: The Father speaks to us in various ways during prayer time, not always audibly. He may lead us in a direction or provide insight.

**Scriptural Reference**: ***Psalm 46:10*** *“Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth!”*

**When to Pray?**

**Anytime**: Prayer is a communication tool usable 24/7.

**Set Times**: Many have set times each day for prayer and praise, starting and ending the day with prayer.

**Continuous Prayer**: Opportunities to pray arise throughout the day.

**Scriptural Reference*: 1 Thessalonians 5:16-18*** “Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

**Where to Pray?**

**Anywhere**: Prayer can be done anywhere, anytime.

**Designated Space**: The Bible suggests having a prayer closet or war room in your home for private prayer time. If you do not have a separate room- no worries just find a quite place where you will not have any interruptions.

**Scriptural Reference**: ***Matthew 6:6*** *“But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”*

**How to Pray?**

**Start with Praise**: Praise and Adoration for the Heavenly Father and Jesus.

**A.C.T.S. Acronym**:

**Adoration**: Praise the Father, Son, and Holy Spirit.

***Psalm 63:3:*** *“Because Your lovingkindness is better than life, My lips shall praise You.”*

**Confession**: Repent and apologize for sins with a pure heart.

***Psalm 51:1*:** *“Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions.”*

**Thanksgiving**: Give thanks for everything, large and small.

***Psalm 100:4*:** *“Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.”*

**Supplication**: Make your petitions to God for needs and desires.

***John 5:15*:** *“And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”*

**Recommended Postures for Prayer**

**Be Bold**: Approach the Heavenly Father with boldness, faith, and strength.

***Hebrews 4:16:*** *“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”*

**Childlike**: Approach Him as His Child, with honor, respect, and love.

***Psalm 131*:** “*Lord, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me. Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child is my soul within me.”*

**Humble**: Be humble in your approach to the Heavenly Father.

***James 4:10:*** *“Humble yourselves in the sight of the Lord, and He will lift you up.”*

**Grateful**: Come to prayer with a grateful heart.

***Psalm 28:7:*** *“The LORD strengthens and protects me; I trust in him with all my heart. I am rescued and my heart is full of joy; I will sing to him in gratitude.”*

**A close-up of a person praying

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**REFLECTION**

Reflection is an essential part of understanding and deepening one's practice of prayer. Here are some questions and ideas to consider for each section:

**How to Pray**

What does prayer look like for me personally?

How do my prayers change when I use different types of prayer (e.g., praise, confession, thanksgiving, supplication)?

What methods or practices help me focus and feel connected during prayer (e.g., silence, music, writing)?

**When to Pray**

How does the timing of my prayer (morning, evening, before meals, etc.) affect my day?

What triggers or reminds me to pray throughout the day?

How do my prayers differ at different times of the day or during different seasons of life?

How can I incorporate prayer into daily routines and activities?

**Why Pray**

What are my motivations for prayer? How do they influence my approach to it?

How has prayer impacted my life in tangible ways?

What do I hope to gain or achieve through prayer?

How does prayer contribute to my emotional, mental, and spiritual well-being?

**Additional Reflection Ideas**

Reflect on a recent prayer experience. What emotions or thoughts were prominent during that time?

Consider a time when you felt your prayer was answered or when it wasn't. How did that experience affect your faith or perspective on prayer?

Think about the role of prayer in your community or family. How does praying together strengthen your relationships?

Journal about a specific prayer request or concern. Over time, reflect on any changes or insights that arise regarding that request.

**Practical Application**

Prayer can serve many practical purposes, and its applications can vary greatly depending on personal beliefs and practices. Here are a few ways people use prayer in their daily lives:

**Stress Relief**: Many people find that prayer provides a sense of peace and tranquility. It is a great way to pause, reflect, and connect with God.

**Seeking Guidance and Wisdom**: Prayer can be a time to seek clarity and direction, especially during difficult decisions or challenging times. It's a moment to ask for insight and strength.

**Gratitude and Positivity**: Expressing thanks through prayer can help cultivate a positive mindset and appreciation for life's blessings. It can shift focus from what's lacking to what's abundant.

**Community and Connection**: Praying in groups can foster a sense of community and shared purpose. It brings people together, creating bonds and support networks.

**Healing and Comfort**: For many, prayer is a source of comfort and healing, particularly during times of illness or grief. It offers solace and hope when facing life's hardships.

These are just a few examples of how prayer can be incorporated into daily life.

**Test Your Knowledge-Lesson 1**

1. **Multiple Choice**What is prayer?

a) A ritual performed at specific times

b) Simply communicating with our Heavenly Father

c) A form of meditation

d) A method to request miracles

1. **True or False**: Prayer can only be a one-sided conversation where the person praying does all the talking.
2. **Fill in the Blank**: According to 1 Thessalonians 5:16-18, we should “Rejoice always, pray without \_\_\_\_\_, in everything give thanks; for this is the will of God in Christ Jesus for you.”
3. **Short Answer**: What does the acronym ACTS stand for in the context of prayer?

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**Scriptural Reference**: Match the following scriptures to the correct concept:

a) Hebrews 4:16

b) Psalm 131

c) James 4:10

d) Psalm 28:7

\_\_\_Approaching the Heavenly Father with boldness

\_\_\_Being humble in our approach to the Heavenly Father

\_\_\_Coming to prayer with a grateful heart

**Lesson 2: The Different Forms of Prayer**

**Prayer can take many forms**. It could be a time of worship, a time of repentance, a time of intercession, a time of petition, or all of these. It is a personal time with the Father, the Son, and the Holy Spirit. Prayer is our method of communication with Our Creator, Abba Father.

**The Lord’s Prayer**  
  
**Overview**: The disciples asked the Lord Jesus how to pray, and He gave them and us the most perfect prayer.  
 **Reference**: Matthew 6:9-31  
 **Activity**: Recite the Lord’s Prayer.   
 ***Matthew 6:9-31 9****Pray then like this: “Our Father in heaven, hallowed be your name.* ***10****Your kingdom come, your will be done,on earth as it is in heaven.* ***11****Give us this day our daily bread,* ***12****and forgive us our debts,  as we also have forgiven our debtors.* ***13****And lead us not into temptation, but deliver us from evil*

**Popcorn Prayers**

**Overview**: Quick prayers you pray many times throughout the day. Just like how popcorn pops, these prayers are valuable and sometimes just right for the moment.

**Activity**: Write down examples of your own popcorn prayers.  
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**Prayers of Travail**

**Overview**: Deep, soul-longing prayer that can be a painful, birth-like experience. It's about letting God break our hearts for what breaks His.

**Activity**: Reflect and journal on a moment of deep prayer with the Father.

**Praying in Tongues**

**Overview**: A powerful prayer tool given by the Holy Spirit. It is recommended to pray in tongues daily, allowing the Holy Spirit to intercede through you.

**Activity**: Spend time in prayer, asking for the gift of tongues if you haven’t received it yet.

**Confession Prayers**

**Overview**: Characterized by humility and repentance. Examples include Psalm 51, Psalm 139, and Leviticus 5:5-6.

***Psalm 51 1****Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.* ***2****Wash away all my iniquity and cleanse me from my sin.* ***3****For I know my transgressions, and my sin is always before me.* ***4****Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.* ***5****Surely I was sinful at birth, sinful from the time my mother conceived me.* ***6****Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.* ***7****Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.* ***8****Let me hear joy and gladness; let the bones you have crushed rejoice.* ***9****Hide your face from my sins and blot out all my iniquity.****10****Create in me a pure heart, O God, and renew a steadfast spirit within me.****11****Do not cast me from your presence or take your Holy Spirit from me. 1****2****Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.* ***13****Then I will teach transgressors your ways, so that sinners will turn back to you.* ***14****Deliver me from the guilt of bloodshed, O God,  you who are God my Savior, and my tongue will sing of your righteousness.* ***15****Open my lips, Lord, and my mouth will declare your praise.* ***16****You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.* ***17****My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.* ***18****May it please you to prosper Zion, to build up the walls of Jerusalem.* ***19****Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; then bulls will be offered on your altar.*

***Psalm 139:*** *Lord, You have searched me and known me.* ***2****You know my sitting down and my rising up; You understand my thought afar off.* ***3****You comprehend my path and my lying down, And are acquainted with all my ways.* ***4****For there is not a word on my tongue, But behold, O Lord, You know it altogether.* ***5****You have hedged me behind and before, And laid Your hand upon me.* ***6****Such knowledge is too wonderful for me; It is high, I cannot attain it.* ***7****Where can I go from Your Spirit? Or where can I flee from Your presence?* ***8****If I ascend into heaven, you are there; If I make my bed in hell, behold, You are there.* ***9****If I take the wings of the morning, And dwell in the uttermost parts of the sea,* ***10****Even there Your hand shall lead me, And Your right hand shall hold me.* ***11****If I say, “Surely the darkness shall fall on me,” Even the night shall be light about me;* ***12****Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light are both alike to You.* ***13****For You formed my inward parts; You]covered me in my mother’s womb.****14****I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.* ***15****My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth.* ***16****Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.* ***17****How precious also are Your thoughts to me, O God! How great is the sum of them!* ***18****If I should count them, they would be more in number than the sand; When I awake, I am still with You.* ***19****Oh, that You would slay the wicked, O God! Depart from me, therefore, you bloodthirsty men.* ***20****For they speak against You wickedly;]Your enemies take Your name in vain.* ***21****Do I not hate them, O Lord, who hate You? And do I not loathe those who rise up against You?* ***22****I hate them with [*[*k*](https://www.biblegateway.com/passage/?search=Psalm%20139&version=NKJV#fen-NKJV-16262k)*]perfect hatred; I count them my enemies.* ***23****Search me, O God, and know my heart; Try me, and know my anxieties;* ***24****And see if there is any wicked way in me, And lead me in the way everlasting.*

***Leviticus 5:5-6.5****‘And it shall be, when he is guilty in any of these matters, that he shall confess that he has sinned in that thing;****6****and he shall bring his trespass offering to the Lord for his sin which he has committed, a female from the flock, a lamb or a kid of the goats as a sin offering. So the priest shall make atonement for him concerning his sin.*

**Activity**: Write a confession prayer seeking forgiveness and approach God with honesty. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Intercession**

**Overview**: Praying on behalf of others to God. The word "intercessor" comes from Greek, meaning "to come between" or "to meet with".

**Activity**: Create a list of people or situations you wish to intercede for and pray over them.  
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**Prayers of Thanksgiving**

**Overview**: Express gratitude to God for blessings and mercies. Examples include Psalm 100.

***Psalm 100*** *Make a joyful shout to the Lord, all you lands!* ***2****Serve the Lord with gladness; Come before His presence with singing.* ***3****Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.* ***4****Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name.* ***5****For the Lord is good; His mercy is everlasting, And His truth endures to all generations.*

**Activity**: Write a thanksgiving prayer acknowledging God’s goodness in your life.  
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**Prayers of Praise and Blessing**

**Overview**: Express praise and honor to God for giving us life and the many blessings we enjoy. Examples include Psalm 150.

***Psalm 150:*** *Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament!* ***2****Praise Him for His mighty acts; Praise Him according to His excellent greatness!* ***3****Praise Him with the sound of the trumpet; Praise Him with the lute and harp!* ***4****Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes!* ***5****Praise Him with loud cymbals; Praise Him with clashing cymbals!* ***6****Let everything that has breath praise the Lord. [*[*d*](https://www.biblegateway.com/passage/?search=Psalm%20150&version=NKJV#fen-NKJV-16401d)*]Praise the Lord!*

**Activity**: Write a prayer of praise using Psalm 150 as a guide.  
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**Prayers of Petition**

**Overview**: Communicating with God and asking for something. The requests can be for us or others.

**Activity**: Write a petition prayer for something you need or for others' needs.  
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**Scripture Prayers**

**Overview**: Praying God’s Scripture back to Him. Use it for praise, thanksgiving, and petitions.

**Activity**: Select a scripture and turn it into a prayer, reminding God of His words.  
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**The Jabez Prayer**

**Overview**: Found in 1 Chronicles 4:10. Jabez’s prayer for blessing and

protection.

**Activity**: Pray the Jabez prayer for yourself and personalize it.  
***1 Chronicles 4:10: 10****And Jabez called on the God of Israel saying, “Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!” So God granted him what he requested.*

**The Prayers of Ephesians**

**Overview**: Based on the Apostle Paul's prayers for the Ephesians found in Ephesians 1:15-23 and Ephesians 3:14-21.

***Ephesians 1:15-23: Prayer for Spiritual Wisdom***

***15****Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints,****16****do not cease to give thanks for you, making mention of you in my prayers:****17****that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,****18****the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,****19****and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power****20****which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,****21****far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.* ***22****And He put all things under His feet, and gave Him to be head over all things to the church,****23****which is His body, the fullness of Him who fills all in all.*

***Ephesians 3:14-21: Appreciation of the Mystery***

***14****For this reason I bow my knees to the Father of our Lord Jesus Christ,****15****from whom the whole family in heaven and earth is named,****16****that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,****17****that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love,****18****may be able to comprehend with all the saints what is the width and length and depth and height—****19****to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.* ***20****Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,****21****to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.*

**Activity**: Read and reflect on these prayers, then write your own prayer inspired by them.  
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**Additional Prayers**

**Adoration**: Exalt the Lord and worship at His footstool (Psalm 99:5, Psalm 104:1-4).  
  
 ***Psalm 99:5:*** *Exalt the Lord our God, And worship at His footstool—He is holy.*  
  
 ***Psalm 104:1-4*** *Praise to the Sovereign Lord for His Creation and Providence Bless the Lord, O my soul! O Lord my God, You are very great: You are clothed with honor and majesty, 2Who cover Yourself with light as with a garment, Who stretch out the heavens like a curtain. 3He lays the beams of His upper chambers in the waters, Who makes the clouds His chariot, Who walks on the wings of the wind, 4Who makes His angels spirits, His ministers a flame**of fire.*

**Lament**: Cast your anxieties on Him (1 Peter 5:7, Psalm 88:1-7).

***1 Peter 5:7 7****casting all your care upon Him, for He cares for you.****Psalm 88:1-7*** *O Lord, God of my salvation, I have cried out day and night before You.* ***2****Let my prayer come before You; Incline Your ear to my cry.* ***3****For my soul is full of troubles, And my life draws near to the grave.* ***4****I am counted with those who godown to the pit; I am like a man who has no strength,* ***5****Adrift among the dead, Like the slain who lie in the grave, Whom You remember no more, And who are cut off from Your hand.* ***6****You have laid me in the lowest pit, In darkness, in the depths.* ***7****Your wrath lies heavy upon me, And You have afflicted me with all Your waves. Selah***Thanksgiving**: Acknowledge God’s goodness and sovereignty (Daniel 2:20-23, Luke 1:46-55).

***Daniel 2:20-23: 20****Daniel answered and said: “Blessed be the name of God forever and ever, For wisdom and might are His.* ***21****And He changes the times and the seasons; He removes kings and raises up kings; He gives wisdom to the wise And knowledge to those who have understanding.* ***22****He reveals deep and secret things; He knows what is in the darkness, And light dwells with Him.* ***23****“I thank You and praise You, O God of my fathers; You have given me wisdom and might, And have now made known to me what we asked of You, For You have made known to us the king’s [*[*a*](https://www.biblegateway.com/passage/?search=Daniel%202%3A20-23&version=NKJV#fen-NKJV-21782a)*]demand.”*

***Luke 1:46-55: 46****And Mary said: “My soul magnifies the Lord,* ***47****And my spirit has rejoiced in God my Savior.* ***48****For He has regarded the lowly state of His maidservant; For behold, henceforth all generations will call me blessed.* ***49****For He who is mighty has done great things for me, And holy is His name.* ***50****And His mercy is on those who fear Him From generation to generation.* ***51****He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.* ***52****He has put down the mighty from their thrones, And exalted the lowly.* ***53****He   
has filled the hungry with good things, And the rich He has sent away empty.* ***54****He has helped His servant Israel, In remembrance of His mercy,* ***55****As He spoke to our fathers, To Abraham and to his seed forever.”*

**Petition**: Present your requests to God (Philippians 4:6).  
**6***Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

**Deliverance**: Seek deliverance from troubles (Psalm 3).

***Psalm 3:*** *Lord, how they have increased who trouble me! Many are they who rise up against me. 2Many are they who say of me, There is no help for him in God.” Selah But You, O Lord, are a shield for me, My glory and the One who lifts up my head. 4I cried to the Lord with my voice, And He heard me from His holy hill. Selah 5I lay down and slept; I awoke, for the Lord sustained me. 6I will not be afraid of ten thousands of people Who have set themselves against me all around. 7Arise, O Lord; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. 8Salvation belongs to the Lord. Your blessing is upon Your people. Selah*

***To be a Christian without prayer is no more possible than to be alive without breathing."* ~ Martin Luther**

**Test Your Knowledge: Lesson 2**

1. **Multiple Choice**: What is one of the main purposes of prayer?

a. To ask for material wealth  
b. To communicate with Our Creator, Abba Father  
c. To impress others with our piety   
d. To recite memorized phrases

1. **True or False**: Popcorn Prayers are long, elaborate prayers that take significant time to complete.
2. **Short Answer**: What is the significance of the Lord’s Prayer, and where can it be found in the Bible? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** **Fill in the Blanks**:   
Praying in tongues is a powerful prayer tool given by the \_\_\_\_\_ \_\_\_\_\_, and it is recommended for all believers to pray in tongues \_\_\_\_\_.

**5. Matching**: Match the following types of prayers with their descriptions:   
a. Prayers of Travail   
b. Confession Prayers   
c. Prayers of Thanksgiving   
d. Prayers of Petition

1.Express gratitude to God for blessings and mercies.   
2. Deep, soul-longing prayer that involves emotional or physical pain.  
3. Communicating with God and asking for something.   
4. Characterized by humility and repentance, seeking forgiveness.

**Lesson 3: Spiritual Authority**

**INTRODUCTION**: Understanding and exercising spiritual authority as believers. Key Scriptures: Ephesians 1:30, Luke 10:19, Ephesians 1:18-23, Ephesians 6:10-20, Matthew 17:20, Acts 4:31, Hebrews 4:16, James 4:7, Matthew 17:18, 1 Peter 2:24, Matthew 6:9-10

**Section 1: The Source of Our Authority**

Scripture Study: Ephesians 1:30, Luke 10:19, Ephesians 1:18-23

**Ephesians 1:30:** ***18****the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,****19****and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power****20****which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,****21****far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.* ***22****And He put all things under His feet, and gave Him to be head over all things to the church,****23****which is His body, the fullness of Him who fills all in all.*

**Luke 10:19***:****19****Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.*

**Ephesians 1:18-23** :***18****the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,****19****and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power****20****which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,****21****far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.* ***22****And He put all things under His feet, and gave Him to be head over all things to the church,****23****which is His body, the fullness of Him who fills all in all.*

**Summary:**  
Christ has blessed us with all spiritual blessings.  
We have authority over the power of the enemy through Christ. Our authority is backed by the power of God and the resurrection of Christ.

**Application**

**Reflection Questions:**

What does it mean to you to have spiritual blessings in Christ?

How does knowing that you have authority over all the power of the enemy impact your faith?

**Activity:**

Write a prayer declaring your authority in Christ over a specific area of your life where you are seeking victory.  
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**Section 2: Armor Up!**

Scripture Study: Ephesians 6:10-20  
**The Whole Armor of God: *10****Finally, my brethren, be strong in the Lord and in the power of His might.****11****Put on the whole armor of God, that you may be able to stand against the wiles of the devil.****12****For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.****13****Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.* ***14****Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,****15****and having shod your feet with the preparation of the gospel of peace;****16****above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.****17****And take the helmet of salvation, and the sword of the Spirit, which is the word of God;****18****praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—****19****and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel,****20****for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.*

**Summary:** The Armor of God is essential for spiritual warfare. Each piece of the armor represents a spiritual truth to protect and empower believers.

**Application**

**Reflection Questions:**

How do you currently "put on" the Armor of God each day?  
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Which piece of the armor do you feel you need to focus on more in your daily walk?  
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**Activity:** Write down each piece of the Armor of God and its significance. Pray aloud, putting on each piece for yourself and your family.A statue of a knight holding a sword

AI-generated content may be incorrect.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section 3: Praying With Authority**

Scripture Study: Matthew 17:20, Acts 4:31, Hebrews 4:16  
Matthew 17:20:**20***So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.*

Acts 4:31 :***31****And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.*

Hebrews 4:16:***16****Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*  
**Summary:** Bold, faith-filled prayers are essential for exercising spiritual authority. Approach the throne of grace with confidence and speak the Word of God boldly.

**Reflection Questions**

How can you increase your faith and boldness in prayer?

Share an example of a time when you prayed with authority and saw results.

**Activity**

Practice praying with authority by writing and speaking a prayer over a challenging situation in your life.

**Section 4: Rebuke, Resist, and Bind**

Scripture Study: James 4:7, Matthew 17:18 James 4:7

**Humility Cures Worldliness**James 4:7*:* ***7****Therefore submit to God. Resist the devil and he will flee from you.*

Matthew 17:18:***18****And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.*

**Summary:** We are instructed to resist, rebuke, and bind the enemy in the name of Jesus. Use the authority given by Jesus to take a stand against the enemy.

**Reflection Questions**

In what areas of your life do you need to resist, rebuke, and bind the enemy?

How does understanding your authority in Christ change the way you handle spiritual battles?

**Activity**Write a prayer using the example provided, specifically addressing an area where you need to exercise spiritual authority.

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**Section 5: The Father's Will**

Scripture Study: Matthew 6:9-10, 1 Peter 2:24  
  
**Matthew 6:9-10***:* ***9****In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.****10****Your kingdom come.  
Your will be done On earth as it is in heaven*.

**1 Peter 2:24:*24****who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose [*[*a*](https://www.biblegateway.com/passage/?search=1%20Peter%202%3A24&version=NKJV#fen-NKJV-30424a)*]stripes you were healed.*

**Summary:** Align your prayers with the Father's will as revealed in Scripture. The Father's will includes healing and wholeness for His children.

**Reflection Questions**

How do you discern the Father's will in your prayers?

Share a testimony of a time when you saw God's will manifest in your life.

**Activity**

Write a prayer aligning with the Father's will for a specific need, incorporating Scripture references.

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**Section 6: Man's Free Will**

**Summary:** Respecting others' free will in prayer. Understanding the limitations of our prayers concerning others' choices.

**Reflection Questions**

How do you navigate praying for others while respecting their free will?

What steps can you take to pray effectively for someone who is resistant to receiving prayer?

**Activity**

Write a prayer for someone you are interceding for, asking for God's will to be done in their life.  
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**Section 7: Use the Name of Jesus and Apply His Blood**

**Summary:** The power and authority in the name of Jesus. The significance of applying the blood of Jesus in prayer.

**Reflection Questions**

How do you incorporate the name of Jesus and the blood of Jesus in your prayers?

What changes have you seen in your prayer life by using the name of Jesus?

**Activity**Pray a prayer using the name of Jesus and applying His blood over a specific situation in your life.

**Reflection**Journal your thoughts and experiences as they apply to what you have learned.

**Lesson 4: The Courts of Heaven**

**Understanding the Court of Heaven**

**Believers' Access to the Court of Heaven**

Direct prayer and petitions to God as the Sovereign Judge.  
Role of the Holy Spirit as Guide.

**Heavenly Court System vs. Earthly Courts**

Legal rights of believers rooted in Scripture (the Bible as the legal document). God renders verdicts based on His legal system.

**Scriptural Documentation**

**Daniel 7:9-10**: Vision of God's throne as a judicial setting. ***9*** *“I watched till thrones were put in place, And the Ancient of Days was seated; His garment was white as snow, And the hair of His head was like pure wool. His throne was a fiery flame, Its wheels a burning fire;* ***10****A fiery stream issued And came forth from before Him. A thousand thousands ministered to Him; Ten thousand times ten thousand stood before Him. The [*[*b*](https://www.biblegateway.com/passage/?search=Daniel%207:9-10&version=NKJV#fen-NKJV-21944b)*]court was seated, And the books were opened.*

**Revelation 4:1**: Open door to heavenly insights.  
*After these things I looked, and behold, a door standing open in heaven. And the first voice which I heard was like a trumpet speaking with me, saying, “Come up here, and I will show you things which must take place after this.”*

**Significance of Jesus’ Sacrifice**

Access to the Throne of Grace through Jesus' finished work.

Role of believers as intercessors guided by the Holy Spirit.

**The Rights of the Enemy**

Fall of Satan and His Limited Power

Satan’s rebellion and dominion over the earth post-fall. God’s sovereignty limiting Satan's authority (Job’s example).

**Biblical Descriptions of Satan**

**John 12:31**: "The ruler of this world." ***31****Now is the judgment of this world; now the ruler of this world will be cast out.*

**Ephesians 2:2**: "The prince of the power of the air." ***2****in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience,*

**2 Corinthians 4:4:** "The god of this world." ***4****whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.*

**1 John 5:19**: "The whole world is in the power of the evil one." ***19****We know that we are of God, and the whole world lies under the sway of the wicked one.*

**Believers’ Legal Rights**

Importance of understanding spiritual authority in the Court of Heaven.

**Approaching the Courts of Heaven**

Praying with Understanding of God’s Heart  
God as the Judge of the Universe.

**The Three Approaches in Prayer**

1. **Father:** Recognition of God as a merciful Father: ***16****Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.* (Hebrews 4:16)

**2. Friend:** Approach God as a trusted friend for counsel:***5****And He said to them, “Which of you shall have a friend, and go to him at midnight and say to him, ‘Friend, lend me three loaves;****6****for a friend of mine has come to me on his journey, and I have nothing to set before him’;****7****and he will answer from within and say, ‘Do not trouble me; the door is now shut, and my children are with me in bed; I cannot rise and give to you’?****8****I say to you, though he will not rise and give to him because he is his friend, yet because of his persistence he will rise and give him as many as he needs.*  (Luke 11:5-8).

**3. Judge:** Appeal to God's role as Judge for justice: *Then He spoke a parable to them, that men always ought to pray and not lose heart,****2****saying: “There was in a certain city a judge who did not fear God nor regard man.****3****Now there was a widow in that city; and she came to him, saying,  ‘Get justice for me from my adversary.’****4****And he would not for a while; but afterward he said within himself, ‘Though I do not fear God nor regard man,****5****yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.’ ”* ***6****Then the Lord said, “Hear what the unjust judge said.****7****And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?****8****I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?”*  (Luke 18:1-8).

**Preparation for Prayer**

**Role of repentance**: ***8****If we say that we have no sin, we deceive ourselves, and the truth is not in us.****9****If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.* (1 John 1:8-9).

**Praying in the Courts of Heaven** Spiritual Context of the Heavenly Courtroom  
 Transition from battlefield to courtroom for legal petitions.

**How to Make Petitions**

**Standing on Jesus’ finished work on the Cross:** ***28****After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, “I thirst!”****29****Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put it on hyssop, and put it to His mouth.****30****So when Jesus had received the sour wine, He said, “It is finished!” And bowing His head, He gave up His spirit.* (John 19:28-30).

**Boldness and faith as essential: *16****Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need*.(Hebrews 4:16).

**Protocols and Order**

**Asking for the Court to be seated:** *A fiery stream issued And came forth from before Him. A thousand thousands ministered to Him; Ten thousand times ten thousand stood before Him. The [*[*a*](https://www.biblegateway.com/passage/?search=Daniel%207%3A10&version=NKJV#fen-NKJV-21944a)*]court was seated, And the books were opened.* (Daniel 7:10).

**Waiting for the Verdict**

**Listening for the Holy Spirit’s witness: 16***The Spirit Himself bears witness with our spirit that we are children of God*, (Romans 8:16).

Gratitude and praise upon receiving the verdict.

**Resources for Further Study**

Books by Robert Henderson and Dr. Francis Myles on the Courts of Heaven.

**Application**

**Daily Prayer Practice:**

Begin each day by coming boldly to the Throne of Grace (Hebrews 4:16). Spend time recognizing God as your Father, Friend, and Judge in your prayers.

**Bible Study Session:**

Research and reflect on Bible verses that describe Satan’s limited power (e.g., John 12:31, Ephesians 2:2).

**Repentance Exercise:**

Take 10 minutes to ask the Holy Spirit to reveal hidden sins. Repent of them and experience the cleansing described in 1 John 1:8-9.

**Mock Court Practice:**

Imagine entering the Court of Heaven. Write a petition to the Father regarding a personal or global issue, based on Scripture.

**Gratitude and Praise:**

After praying, spend 5 minutes in thanksgiving, acknowledging God’s goodness and justice.

**Reflection Questions**

How does understanding the Court of Heaven shape your perspective on prayer?

What role does the Holy Spirit play in guiding you through the Courts of Heaven?

Why is it important to acknowledge God as Father, Friend, and Judge in your prayers?

How does Satan’s limited power influence your faith and confidence as a believer?

**Test Your Knowledge: Lesson 4**

1. What is the legal document that grants believers access to the Court of Heaven?  
 a) The Bible   
 b) A church membership certificate   
 c) Prayer beads Answer: a) The Bible

2. Who serves as our guide into the Court of Heaven?  
 a) The Apostle Paul   
 b) The Holy Spirit   
 c) The Angels Answer: b) The Holy Spirit

3. What are the three ways believers should approach God in prayer?  
 a) As a Shepherd, Warrior, and Protector   
 b) As a Father, Friend, and Judge   
 c) As a Teacher, Redeemer, and Advocate   
 Answer: b) As a Father, Friend, and Judge

4. What should believers do before presenting their petitions in the Court of Heaven?  
 a) Give a donation   
 b) Recite a specific prayer   
 c) Repent of all sins Answer: c) Repent of all sins

5. What is the key to receiving a verdict in the Court of Heaven?  
 a) Fear and trembling   
 b) Boldness and faith   
 c) Offering sacrifices Answer: b) Boldness and faith

6. Multiple Choice:  
 What is the source of our spiritual authority as believers?  
 a) Our own strength   
 b) The resurrection of Christ   
 c) Good deeds   
 d) Church attendance

7. True or False:   
 Believers have authority over all the power of the enemy through Christ.

**ANSWER KEY FOR TEST YOUR KNOWLEDGE**

**LESSON 1: PRAYER**1. B  
2. False  
3. ceasing  
4. ACTS= Adoration, Confession, Thanksgiving, Supplication  
5. a, c, d

**LESSON 2: The Different Forms of Prayer**1. B  
2. False  
3. Answer will vary  
4. Holy Spirit, Daily  
5. 1. C, 2. A, 3. D, 4. A

**Lesson 4: The Courts of Heaven**1. A  
2. B  
3. B  
4. C  
5. B  
6. B  
7. True