

22 Prayer Guidelines

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1. Pray to God the Father

“when you pray . . . **pray to your Father**” (Matt 6:6)

“Pray, then, in this way: '**Our Father** who is in heaven” (Matt 6:9)

“Truly, truly, I say to you, **if you ask the Father for anything** in My name, He will give it to you” (John 16:23)

“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 [a]comprehension, will guard your hearts and your minds in Christ Jesus” (Phil 4:6-7)

2. Pray for His glory and His name's sake!

When we ask God for help, He will provide it for His name's sake!

“**And my God shall supply all your needs according to His riches in glory by Christ Jesus**” (Phil 4:19).

Begin in praise, continue in praise, and conclude in praise!

Psalms

“**For Your name's sake**, O Lord, Pardon my iniquity, for it is great” (Ps 25:11)

“For You are my rock and my fortress; Therefore, **for Your name's sake**, Lead me and guide me” (Ps 31:3)

“Help us, O God of our salvation, **For the glory of Your name**; And deliver us, and provide atonement for our sins, **For Your name's sake**” (Ps 79:9)

“But You, O GOD the Lord, Deal with me **for Your name's sake**; Because Your mercy is good, deliver me” (Ps 109:21)

“Revive me, O Lord, **for Your name's sake**! For Your righteousness' sake bring my soul out of trouble” (Ps 143:11)

Jeremiah

“O Lord, though our iniquities testify against us, Do it **for Your name's sake**; For our backslidings are many, We have sinned against You” (Jer 14:7)

“Do not abhor us, **for Your name's sake**; Do not disgrace the throne of Your glory. Remember, do not break Your covenant with us” (Jer 14:21)

Daniel

“O Lord, hear! O Lord, forgive! O Lord, listen and act! Do not delay **for Your own sake**, my God, for Your city and Your people are called by Your name” (Dan 9:19)

Jesus

“Our Father in heaven, **Hallowed be Your name**” (Matt 6:9; Luke 11:2)

“For Yours is the kingdom and the power and the glory forever. Amen” (Matt 6:13)

“Now My soul has become troubled; and what shall I say, ‘Father, save Me from this hour’? But for this purpose I came to this hour. **Father, glorify Your name.**” Then a voice came out of heaven: “I have both glorified it, and will glorify it again” (John 12:27-28)

“Whatever you ask in My name, that will I do, **so that the Father may be glorified in the Son**” (John 14:13)

Read John 17:1-26

The apostle Paul

“And this I pray, that . . . being filled with the fruits of righteousness which are by Jesus Christ, **to the glory and praise of God**” (Phil 1:9-11)

“Therefore we also pray always for you that our God . . . **so that the name of our Lord Jesus Christ may be glorified in you . . .**” (2 Thess 1:11-12)

Jehovah *Jireh* (Gen 22:13-14) the Lord will provide (*El Shaddai*) The All-Sufficient One

Jehovah *Rapha* (Exod 15:26) the Lord that heals (*Elohim*) Strong One

Jehovah *Nissi* (Exod 17:15) the Lord our banner (Jehovah *Sabaoth*) Lord of Hosts

Jehovah *Shalom* (Judg 6:24) the Lord our peace (*El Elyon*) Most High God

Jehovah *Ra-ah* (Ps 23:1) the Lord is my shepherd (*Adonai*) Lord

Jehovah *Tsidkenu* (Jer 23:6) the Lord our righteousness (*M’Kaddesh*) Lord My Sanctifier

Jehovah *Shammah* (Ezek 48:35) the Lord is present (*El Olam*) The Everlasting God

3. Pray according to His will!

“**Your will be done**” (Matt 6:10; Luke 11:2)

“saying, “Father, **if You are willing**, remove this cup from Me; **yet not My will, but Yours be done**” (Luke 22:42)

“This is the confidence which we have before Him, that, **if we ask anything according to His will, He hears us**. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him” (1 John 5:14-15)

4. Pray in His name!

We can approach the Father only through Jesus, only through what He has done for us on the cross (John 14:6; Eph 3:12; 1 Tim 2:5; Heb 7:25; 13:15; 1 John 2:1).

“Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. **If you ask Me anything in My name**, I will do it” (John 14:13-14)

“You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that **whatever you ask of the Father in My name** He may give to you” (John 15:16)

“In that day you will not question Me about anything. Truly, truly, I say to you, if you ask the Father for anything **in My name**, He will give it to you. Until now you have asked for nothing **in My name**; ask and you will receive, so that your joy may be made full” (John 16:23-24)

Saying “in His name” at the end of a prayer is not a magic formula. If anything we pray for is not for God’s glory or according to His will, saying “in Jesus’ name” is meaningless. Praying “in His name” means praying with His authority and asking God the Father to act on behalf of our prayers because we come in the name of His Son, Jesus. Praying “in His name” means the same thing as praying according to the will of God (1 John 5:14-15). Praying in Jesus’ name is praying for things that will honor and glorify Jesus.

5. Pray with thanksgiving!

“Be anxious for nothing, but in everything by prayer and supplication **with thanksgiving** let your requests be made known to God” (Phil 4:6)

“Devote yourselves to prayer, keeping alert in it **with an attitude of thanksgiving**” (Col 4:2)

“**giving thanks always** for all things to God the father in the name of our Lord Jesus Christ” (Eph 5:20)

6. Pray in the Holy Spirit!

“In the same way the Spirit also helps our weakness; for **we do not know how to pray as we should, but the Spirit Himself intercedes for us** with groanings too deep for words” (Rom 8:26-27)

“So I say to you, ask, and it will be given to you . . . how much more will your heavenly Father give the Holy Spirit to those who ask Him?” (Luke 11:9-13)

“And take the helmet of salvation, and the sword of the Spirit, which is the word of God. **With all prayer and petition pray at all times in the Spirit**, and with this in view, be on the alert with all perseverance and petition for all the saints” (Eph 6:17-18)

“But you, beloved, building yourselves up on your most holy faith, **praying in the Holy Spirit**” (Jude 1:20)

7. Pray in faith!

“And Jesus answered saying to them, “**Have faith in God.** Truly I say to you, whoever says to this mountain, ‘Be taken up and cast into the sea,’ and does not doubt in his heart, but **believes that what he says is going to happen, it will be granted him.** Therefore I say to you, **all things for which you pray and ask, believe that you have received them, and they will be granted you**” (Mark 11:22-24)

“But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him. But **he must ask in faith without any doubting,** for the one who doubts is like the surf of the sea, driven and tossed by the wind. For that man ought not to expect that he will receive anything from the Lord, being a double-minded man, unstable in all his ways” (Jas 1:5-8)

“Is anyone among you suffering? Then he must pray . . . and **the prayer offered in faith will restore the one who is sick,** and the Lord will raise him up . . . Then he prayed again, and the sky poured rain and the earth produced its fruit” (Jas 5:13-18)

“Commit your way to the Lord, Trust also in Him, and He will do it” (Ps 37:5)

“When they came back to the disciples, they saw a large crowd around them . . . And one of the crowd answered Him, “Teacher, I brought You my son, possessed with a spirit which makes him mute . . . And Jesus said to him, “‘If You can?’ **All things are possible to him who believes.**” Immediately the boy’s father cried out and said, “I do believe; help my unbelief.” . . . Jesus took him by the hand and raised him; and he got up . . . **“This kind cannot come out by anything but prayer”** (Mark 9:14-29)

“The apostles said to the Lord, “Increase our faith!” And the Lord said, “If you had faith like a mustard seed, you would say to this mulberry tree, ‘Be uprooted and be planted in the sea’; and it would obey you” (Luke 17:5-6)

“And **without faith it is impossible to please Him,** for he who comes to God must believe that He is and that He is a rewarder of those who seek Him” (Heb 11:6)

8. Pray specifically!

“Give us this day our daily bread” (Matt 6:11; Luke 11:3)

“Be anxious for nothing, but **in everything by prayer and supplication** with thanksgiving let your requests be made known to God” (Phil 4:6)

“And my God will supply all your needs according to His riches in glory in Christ Jesus” (Phil 4:19)

“Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months” (Jas 5:17)

9. Pray without ceasing; Pray constantly, earnestly, fervently, persistently, & perseveringly!

“Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice” (Ps 55:17)

“pray without ceasing” (1 Thess 5:17)

“Then He said to them, ‘Suppose one of you has a friend, and goes to him at midnight and says to him . . . **yet because of his persistence he will get up and give him as much as he needs.** So I say to you, **ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it will be opened . . .** how much more will your heavenly Father give the Holy Spirit to those who ask Him?” (Luke 11:5-13)

“Now He was telling them a parable to show that **at all times they ought to pray and not to lose heart . . .** now, will not God bring about justice for His elect who **cry to Him day and night,** and will He delay long over them? I tell you that He will bring about justice for them quickly. However, when the Son of Man comes, will He find faith on the earth?” (Luke 18:1-8)

“And He withdrew from them about a stone’s throw, and He knelt down and began to pray, saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” Now an angel from heaven appeared to Him, strengthening Him. And **being in agony He was praying very fervently;** and His sweat became like drops of blood, falling down upon the ground” (Luke 22:41-44) “He prayed more earnestly” (ESV, NIV, & NKJV)

“These all with one mind were **continually devoting themselves to prayer,** along with the women, and Mary the mother of Jesus, and with His brothers” (Acts 1:14)

“So Peter was kept in the prison, but **prayer for him was being made fervently** by the church to God” (Acts 12:5, NASB); “**constant prayer**” (NKJV) “**earnest prayer**” (ESV)

“rejoicing in hope, patient in tribulation, **continuing steadfastly in prayer**” (Rom 12:12)

“With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert **with all perseverance** and petition for all the saints” (Eph 6:18)

“**Continue earnestly in prayer,** being vigilant in it with thanksgiving” (Col 4:2)

“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, **fervent prayer** of a righteous man avails much. Elijah was a man with a nature like ours, and he **prayed earnestly** that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit” (Jas 5:16-18)

“Then Amalek came and fought against Israel at Rephidim. So Moses said to Joshua, ‘Choose men for us and go out, fight against Amalek. Tomorrow I will station myself on the top of the hill with the staff of God in my hand . . . But Moses’ hands were heavy. Then they took a stone and put it under him, and he

sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. Thus his hands were steady until the sun set” (Exod 17:8-12)

“let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which **I am praying before You now, day and night**, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father’s house have sinned” (Neh 1:6)

10. Pray with confession, repentance, and for forgiveness!

“And forgive us our debts, as we also have forgiven our debtors” (Matt 6:12; Luke 11:4)

“The Lord is near to the brokenhearted And saves those who are crushed in spirit” (Ps 34:18)

“If I regard wickedness in my heart, The Lord will not hear” (Ps 66:18)

“Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way” (Ps 139-23-24) See Psalms 32 and 51

“Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions” (Mark 11:25)

“He who turns away his ear from listening to the law, Even his prayer is an abomination” (Prov 28:9)

“He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion” (Prov 28:13)

“If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:8-9)

“But your iniquities have made a separation between you and your God, And your sins have hidden His face from you so that He does not hear” (Isa 59:2)

“For if you forgive others for their transgressions, your heavenly Father will also forgive you” (Matt 6:14-15)

“If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained” (John 20:23)

“let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, **confessing the sins of the sons of Israel which we have sinned against You; I and my father’s house have sinned**” (Neh 1:6)

Read Job 42:7-10

11. Pray for His guidance and deliverance!

“And do not lead us into temptation, but deliver us from evil” (Matt 6:13; Luke 11:4)

“Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak” (Matt 26:41)

“When He arrived at the place, **He said to them, ‘Pray that you may not enter into temptation’**” (Luke 22:40)

“Then they cried out to the Lord in their trouble; He delivered them out of their distresses” (Ps 107:6)

“Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil . . . With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel” (Eph 6:11-19)

“Finally, brethren, pray for us that the word of the Lord will spread rapidly and be glorified, just as it did also with you; and that we will be rescued from perverse and evil men; for not all have faith” (2 Thess 3:1-2)

“The steps of a man are established by the Lord, And He delights in his way. When he falls, he will not be hurled headlong, Because the Lord is the One who holds his hand” (Ps 37:23)

12. Seek first the kingdom of God and His righteousness!

Are you still an infant Christian? Do you ask God merely to solve your problems and fulfill your wishes for your family, your friends, and yourself? I pray that your prayers may be entirely changed as you read this prayer guideline, reflecting from the Scriptures! Seek His kingdom and His righteousness first, and pray for the nations!

“For Yours is the kingdom and the power and the glory forever. Amen” (Matt 6:13)

“**But seek first His kingdom and His righteousness**, and all these things will be added to you” (Matt 6:33)

“And do not seek what you will eat and what you will drink, and do not keep worrying. For all these things the nations of the world eagerly seek; but your Father knows that you need these things. **But seek His kingdom**, and these things will be added to you. Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom” (Luke 12:29-32)

13. Pray for others! (Intercessory Prayer)

It's sin not to intercede for others (see 1 Samuel 12:23 below)!

"Yes, truth is lacking; And he who turns aside from evil makes himself a prey. Now the Lord saw, And it was displeasing in His sight that there was no justice. And **He saw that there was no man, And was astonished that there was no one to intercede**; Then His own arm brought salvation to Him, And His righteousness upheld Him" (Isa 59:15-16)

"Therefore I exhort first of all that supplications, prayers, **intercessions**, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence" (1 Tim 2:1-2)

"Moreover, as for me, far be it from me that **I should sin against the Lord by ceasing to pray for you**; but I will instruct you in the good and right way" (1 Sam 12:23).

"They forgot God their Savior, Who had done great things in Egypt, Wondrous works in the land of Ham, Awesome things by the Red Sea. Therefore He said that He would destroy them, **Had not Moses His chosen one stood in the breach before Him, To turn away His wrath from destroying them**" (Ps 106:21-23)

"For how then can it be known that I have found favor in Your sight, I and Your people? Is it not by Your going with us, so that we, I and Your people, may be distinguished from all the other people who are upon the face of the earth?" (Exod 33:16) See Numbers 14:11-20

"On your walls, O Jerusalem, I have appointed watchmen; All day and all night they will never keep silent. You who remind the Lord, take no rest for yourselves; And **give Him no rest** until He establishes And makes Jerusalem a praise in the earth" (Isa 62:6-7)

"but I have prayed for you, that your faith may not fail; and you, when once you have turned again, strengthen your brothers" (Luke 22:32)

"But Jesus was saying, '**Father, forgive them; for they do not know what they are doing.**' And they cast lots, dividing up His garments among themselves" (Luke 23:34)

"So they removed the stone. Then Jesus raised His eyes, and said, "Father, I thank You that You have heard Me. I knew that You always hear Me; but because of the people standing around I said it, **so that they may believe** that You sent Me" (John 11:41-42)

Read John 17:1-26

14. Pray for unity!

“I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me” (John 17:20-21)

“Behold, how good and how pleasant it is For brothers to dwell together in unity!” (Ps 133:1)

Read 1 Cor 1:1-17; Eph 4:1-16; Phil 2:1-3; Col 3:14

15. Pray for those who persecute you!

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies and pray for those who persecute you” (Matt 5:43-44)

Read Rom 8:16-18; 12:14; 1 Pet 4:12-16

16. Pray for the nations and His salvation among them!

“Even those I will bring to My holy mountain And make them joyful in My house of prayer. Their burnt offerings and their sacrifices will be acceptable on My altar; For **My house will be called a house of prayer for all the peoples**” (Isa 56:7; Also see Matt 21:13; Mark 11:17; Luke 19:46)

“I will surely tell of the decree of the Lord: He said to Me, ‘You are My Son, Today I have begotten You. **‘Ask of Me, and I will surely give the nations** as Your inheritance, And the very ends of the earth as Your possession. ‘You shall break them with a rod of iron, You shall shatter them like earthenware” (Ps 2:7-9)

“Brethren, my heart’s desire and my **prayer to God for them is for their salvation**” (Rom 10:1)

17. Pray for laborers!

“Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest” (Matt 9: 37-38)

“Then He said to them, “The harvest truly is great, but the laborers are few; therefore pray the Lord of the harvest to send out laborers into His harvest” (Luke 10:2)

18. Pray honestly!

"I hate them with the utmost hatred; They have become my enemies. Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way" (Ps 139:22-24) See Ps 109!

19. Pray with His promises and His Words!

"For how then can it be known that I have found favor in Your sight, I and Your people? Is it not by Your going with us, so that we, I and Your people, may be distinguished from all the other people who are upon the face of the earth?" (Exod 33:16)

"The words of Nehemiah the son of Hacaliah. Now it happened in the month Chislev, in the twentieth year, while I was in Susa the capitol, that Hanani, one of my brothers, and some men from Judah came; and I asked them concerning the Jews who had escaped and had survived the captivity, and about Jerusalem. They said to me, "The remnant there in the province who survived the captivity are in great distress and reproach, and the wall of Jerusalem is broken down and its gates are burned with fire." When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven. **I said, "I beseech You, O Lord God of heaven, the great and awesome God, who preserves the covenant and lovingkindness for those who love Him and keep His commandments, let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned. We have acted very corruptly against You and have not kept the commandments, nor the statutes, nor the ordinances which You commanded Your servant Moses. Remember the word which You commanded Your servant Moses, saying, 'If you are unfaithful I will scatter you among the peoples; but if you return to Me and keep My commandments and do them, though those of you who have been scattered were in the most remote part of the heavens, I will gather them from there and will bring them to the place where I have chosen to cause My name to dwell.'** They are Your servants and Your people whom You redeemed by Your great power and by Your strong hand. O Lord, I beseech You, may Your ear be attentive to the prayer of Your servant and the prayer of Your servants who delight to revere Your name, and make Your servant successful today and grant him compassion before this man." Now I was the cupbearer to the king" (Neh 1:1-12)

"I sought Your favor with all my heart; Be gracious to me according to Your word" (Ps 119:58)

20. Pray humbly in obedience with your life!

“Beloved, if our heart does not condemn us, we have confidence before God; and whatever we ask we receive from Him, because we keep His commandments and do the things that are pleasing in His sight” (1 John 3:21-22)

“and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land” (2 Chr 7:14)

“So Ahab went up to eat and drink. But Elijah went up to the top of Carmel; and **he crouched down on the earth and put his face between his knees**” (1 Kgs 18:42)

Read Matt 6:5-8

21. Pray with expectation!

“Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know” (Jer 33:3)

22. Pray with others!

“Again I say to you, that **if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. For where two or three have gathered together in My name, I am there in their midst**” (Matt 18:19-20)

“Some eight days after these sayings, **He took along Peter and John and James, and went up on the mountain to pray**” (Luke 9:28)

“**These all with one mind were continually devoting themselves to prayer, along with the women, and Mary the mother of Jesus, and with His brothers**” (Acts 1:14) Also see Acts 2:42

The ACTS Prayer!

The *22 Prayer Guidelines* and the ACTS acrostic include the major elements of prayer as given in the Lord’s Prayer (Matt 6: 9-13; Luke 11:1-4). The Prayer Guidelines give more detail while the ACTS acrostic contains the major elements in a succinct manner.

- Adoration
- Confession
- Thanksgiving
- Supplication