

Listening Prayer Strategies

INTRODUCTION

Here are a few suggested strategies to guide you during your times of extended prayer. These ideas are not intended to provide a rigid formula for prayer, but they should help you to position yourself to hear God more clearly. I encourage you to review the videos on various spiritual disciplines presented by the Three Bible Teachers in the series: “Healthy Habits of the Christian Life.” You may access these teaching sessions at ThreeBibleTeachers.com.

DEFINITION OF PRAYER

Prayer is personal communication with God in worship. Its primary purpose is to help us enjoy vital fellowship with the Father, grow in Christ, and become Holy Spirit-empowered saints of God. Prayer enables believers to contact God and receive his instructions.

PRAYER STRATEGIES

1. Find a place where you can spend quality time with God. Preferably, this place will be one with limited or no distractions or interruptions.
2. Once you have found your special place of prayer:
 - a. Empty yourself. Bring your negative emotions to the Lord and express yourself to him with honesty and transparency.
 - b. Relax yourself. Receive God’s peace, tranquility, joy, strength, etc.
 - c. Quiet your emotions and calm your mind. Prepare yourself for listening.
3. Acknowledge God and welcome his presence.
4. Respond to God with worship, adoration, praise, and thanksgiving.
5. Surrender to God.
6. Allow God to bring to mind any issues in your life that displease him.
7. Repent and fully accept God’s forgiveness, love, and transformation.
8. Meditate on God’s Word (See Psalm 1:1-3; Joshua 1:8).
9. Pray the Word.
10. Bring your specific requests to the Lord (wisdom, healing, provision, etc.).
11. Pray in the Holy Spirit.
12. Listen for the still small voice (1 Kings 19:11-12).
13. Talk with the Lord throughout the day about the matters that are on your heart.
14. Continually maintain an attitude of expectation.