



Types of Prayer

PRAYER

There are various types and styles of prayer. What is presented in this document is a typical understanding of basic prayer types but there are many more types that could be outlined. Regardless of the definitions or types, the important thing is to pray and as you pray, do not allow legalistic or religious interpretations to interfere with your relationship with the Father. Join prayer calls, attend meetings and listen to how prayer is being modeled. You will find your own prayer style as you settle into a rhythm of prayer on your own and with others.

In all instances and in all types of prayer, you are encouraged by scripture to come boldly before the Lord to find grace to help in time of need. Heb 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.”* This is important! Coming to the throne boldly speaks of a posture taken by a child of God who knows their Father and climbs into His lap to talk. This posture may take time to develop. Be gracious to yourself while getting comfortable praying. God does not want you to climb into His lap with groveling or a posture of “false humility”, which is religious. At the same time, He is the Lord God Almighty! Give yourself grace in adjusting to the true intimacy He offers all His kids. It is amazing!

How to Pray

Prayer is a means to communicate with Father God, Jesus Christ and Holy Spirit. The foundation of how we pray is found in John 5:19; Jesus gave them this answer: *“Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.* This inescapably means that we are urged, as imitators of Christ, to pray out of the same motive as Christ prayed. He always looked to the Father for everything, and when He said He did nothing by Himself, He meant NOTHING. Therefore, in order for us to know to pray, we need to know what the Father is doing and what He is saying. We must have good spiritual sight and hearing. That’s where fasting comes in. You can explore the topic of fasting in the separate Stand in the Light document titled “Fasting in Prayer”

3 Types of Prayer

Petitions

1 John 5:14-15, NKJV tells us *“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”* Additionally, James 4:2 tells us that *“We have not because we ask not.”* If you have a need, the Father is waiting for you to come to Him with your request. He is awaiting a conversation with you to hear your requests for any needs whether physical, situational or relational. Please note that motives are important when asking or praying anything. James 4:3 tells us that *“when you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”*

Prayers of petition should not be limited to prayer for ourselves. Praying for others can be presented to the Father in a petitional fashion. In either instance, whether praying for personal needs or for others, always remember *“He is your Father, and He delights in You.”* Start there!

Intercession

Prayers of intercession are another form of prayer petitions, but they **always** normally focus outside of yourself. They are prayers spoken for either another person or a situation (ex: overturning abortion); asking the Lord to shower mercy on the person or situation. Intercession may be spoken in a petitional “style” of asking the Father, or in a “declarative” style, or combination of both.

Intercession can be calm and authoritative, warlike or deeply moving (as in travail). There is no formula for intercession; only the Lord’s model of moving, speaking, praying and doing as led by Holy Spirit.

Declarations

Daniel 11:32 tells us that those who know their God shall be strong, and they shall do exploits. This describes prayers of declaration. They are assertive prayers of authority and command, targeted at specific issues or situations. Declarations are spoken from your legitimacy and authority as one of the sons of God (Gal 4:6), seated in heavenly places in Christ Jesus (Eph 2:6). For example, in 1Kings 1:12, Elijah, while in front of the prophets of Baal, declared that fire should come down from heaven and consume the prophets of Baal – and it did. In addition, Elijah stood in front of Ahab and declared that there shall be no rain. And the heavens were closed for three years and six months.

The foundation for declaration is based on Biblical Truths. One truth is in Proverbs 18:21 *“The tongue has the power of life and death, and those who love it will eat its fruit.”* Consider the word “power”. A prayer warrior’s assignment is to always bring life. The word “declare” means “to state emphatically “. Putting these concepts together we understand that declarative prayer is spoken emphatically with power to bring forth life. The power comes from our authority as sons of God to represent Him in the Earth.

A second Truth establishes the effective nature of us declaring a thing in prayer. Consider a Town Crier, going through a village announcing the issuance of a new law (decree) from the king. The Crier declares what the king has issued as a decree. Remember Heb 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.”* We are encouraged and allowed to come boldly because we are His children and therefore are welcome in His presence. We are also His ambassadors (His Town Criers) and He chooses to download His decrees to us so that we can declare them out into the Earth..

Keys to Effective Intercession

Consider the following guidelines in your prayer time.

- Heb 10:19-22 tells us to **approach the Most Holy Place** by the blood of Jesus. With that in mind, believe, by faith, that you are seated in heavenly places in Christ (Eph 2:6) interceding in His power and authority.
- **Pray in alignment with God’s will**...if it is not biblical, it should not be prayed. 1John 5:14-15
- **Let God Guide Your Prayers.** Read the bible to seek scriptures you can declare that reveal the mystery of Christ in reference to your prayer need. Eph 3:3-4
- **Confess** your sin to pray from a pure heart because *“your iniquities have separated you from your God”*. Isaiah 59:2
- **Pray with passion** “for tremendous power is released through the passionate, heartfelt prayer[c] of a godly believer!”. James 5:16
- **Be persistent** in prayer – don’t give up – pray without ceasing. 1Thess 5:17
- **Linger in prayer.** Your time of prayer should end when God is finished with you, not when you walk away. Be keen to continually seek God’s word and will for ongoing prayer even if it comes outside of your designated prayer time. Prov 2:4