

THE KING IS COMING

Building a Prayer Life

Building a Prayer Life

A Comprehensive Guide to Developing Deep, Powerful, Transformative Communication with God

Master the essential discipline of prayer—learn to talk with God, hear His voice, intercede powerfully, and experience the supernatural breakthrough that comes from a life rooted in prayer.

For new believers learning to pray, growing disciples seeking to deepen their prayer life, and anyone who wants to experience God's power through prayer

META DATA

Resource ID: 26-building-a-prayer-life

Stage: Believer / Disciple

Page Count: 50 pages

Reading Time: 70-85 minutes

Last Updated: November 2025

Tags: Prayer, Spiritual Disciplines, Intercession, Communication with God, Spiritual Warfare, Intimacy with God

Related Resources: Resource 25 (How to Read the Bible Daily), Resource 08 (First Prayers for Seekers), Spiritual Disciplines Master Guide

TABLE OF CONTENTS

INTRODUCTION: THE POWER OF PRAYER

PART 1: UNDERSTANDING PRAYER

- Chapter 1: What Prayer Really Is
- Chapter 2: Why Prayer Matters
- Chapter 3: How Prayer Works
- Chapter 4: Common Misconceptions About Prayer

PART 2: BUILDING YOUR DAILY PRAYER HABIT

- Chapter 5: Creating a Prayer Routine

- Chapter 6: When, Where, and How Long to Pray
- Chapter 7: Overcoming Obstacles to Prayer
- Chapter 8: The 30-Day Prayer Challenge

PART 3: TYPES OF PRAYER

- Chapter 9: Adoration - Worshiping God
- Chapter 10: Confession - Acknowledging Sin
- Chapter 11: Thanksgiving - Expressing Gratitude
- Chapter 12: Supplication - Making Requests

PART 4: DEEPENING YOUR PRAYER LIFE

- Chapter 13: Praying Scripture
- Chapter 14: Listening Prayer - Hearing God's Voice
- Chapter 15: Intercession - Praying for Others
- Chapter 16: Spiritual Warfare Prayer

PART 5: ADVANCED PRAYER PRACTICES

- Chapter 17: Fasting and Prayer
- Chapter 18: Corporate Prayer
- Chapter 19: Prayer Journaling
- Chapter 20: Building a Prayer List

CONCLUSION: A LIFETIME OF COMMUNION WITH GOD

APPENDICES

- Appendix A: Prayer Templates for Every Situation
- Appendix B: 30-Day Prayer Challenge Tracker
- Appendix C: Scripture Prayers
- Appendix D: Answers to Common Prayer Questions

INTRODUCTION: THE POWER OF PRAYER

The Most Powerful Force Available to You

Prayer is not a religious ritual. It's not a nice addition to your spiritual life. It's not optional.

Prayer is the primary way you access God's power, hear His voice, and participate in His work in the world.

Nothing of eternal significance happens without prayer. Revivals begin with prayer. Souls are saved through prayer. Strongholds are broken by prayer. Churches are built through prayer. Families are restored by prayer.

"The effectual fervent prayer of a righteous man availeth much."

— James 5:16 (KJV)

The word **"availeth much"** literally means **"has tremendous power."** Your prayers—when offered in righteousness and fervency—have tremendous power to change circumstances, move mountains, and accomplish the impossible.

What This Guide Will Do for You

You will learn:

- What prayer actually is (and isn't)
- How to build a consistent daily prayer habit
- Different types of prayer and when to use each
- How to hear God's voice in prayer
- How to pray powerfully for yourself and others
- How to engage in spiritual warfare through prayer
- Advanced prayer practices like fasting and intercession

You will experience:

- Deeper intimacy with God
- Supernatural peace even in crisis
- Clarity about God's will
- Power to overcome sin and temptation
- Breakthrough in impossible situations
- Answers to long-standing prayers

My Prayer Journey

I didn't know how to pray when I first got saved. I would mumble generic prayers: "God, bless everyone. Help me have a good day. Amen."

I didn't understand that prayer was **conversation with God**—that He wanted to talk with me, not just listen to me recite wish-lists.

Then someone taught me how to pray. How to structure prayer. How to pray Scripture. How to listen for God's voice. How to intercede powerfully.

Everything changed.

I started experiencing answers to prayer. God began speaking to me clearly. My faith exploded. My life was transformed—not just through Bible reading, but through **talking with God daily**.

This guide contains everything I wish someone had taught me on day one.

PART 1: UNDERSTANDING PRAYER

CHAPTER 1: WHAT PRAYER REALLY IS

Prayer Is Conversation with God

At its core, prayer is **talking with God**.

Not talking *at* God—reciting requests while He listens.

Not talking *about* God—theological discussion.

But talking **with** God—two-way communication, relationship, fellowship.

"Draw nigh to God, and he will draw nigh to you."

— James 4:8 (KJV)

Prayer is how you **draw near to God**. As you approach Him, He approaches you. Intimacy deepens. Relationship grows.

Prayer Is Access to God's Throne

Through Jesus, you have **direct access** to God's throne:

"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

— Hebrews 4:16 (KJV)

You don't need a priest, a mediator, or religious ritual. Through Jesus, you can approach God's throne **boldly**—with confidence, without fear—and receive:

- **Mercy** - Forgiveness for your failures
- **Grace** - Supernatural help for your needs

Prayer Is Spiritual Breathing

Just as physical breathing sustains physical life, prayer sustains spiritual life.

Inhale: You receive from God (His presence, His guidance, His strength).

Exhale: You release to God (your worries, your requests, your praise).

Stop physical breathing, and you die.

Stop spiritual breathing (prayer), and you spiritually suffocate.

Prayer Is Warfare

Prayer isn't just conversation or meditation. It's **warfare**:

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

— Ephesians 6:12 (KJV)

When you pray, you engage in spiritual combat. You bind demonic forces. You release God's kingdom power. You demolish strongholds.

Prayer Is Partnership with God

God invites you to partner with Him in accomplishing His purposes:

"And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none."

— Ezekiel 22:30 (KJV)

God seeks people who will **"stand in the gap"**—who will pray, intercede, and partner with Him to accomplish His will. **Your prayers matter to God.** He waits for your prayers before acting in many situations.

CHAPTER 2: WHY PRAYER MATTERS

Prayer Changes Things

Prayer changes circumstances:

James 5:17-18 recounts how Elijah prayed and it didn't rain for three and a half years. Then he prayed again, and the heavens gave rain.

One man's prayers changed the weather pattern of an entire nation.

Prayer changes people:

Paul constantly prayed for believers to grow spiritually (Ephesians 1:16-19, Philippians 1:9-11, Colossians 1:9-12). His prayers produced transformation in their lives.

Prayer changes history:

Throughout history, prayer has:

- Sparked revivals (First Great Awakening, Azusa Street Revival, Welsh Revival)
- Stopped wars (countless documented instances)
- Healed the sick (innumerable medical miracles)
- Saved nations (Israel's preservation, fall of Soviet Union)

Prayer Changes You

More than changing external circumstances, prayer transforms **you**:

Prayer Aligns Your Will with God's Will: As you pray, your desires shift. What you once wanted fades. What God wants becomes what you want.

Prayer Increases Your Faith: Every answered prayer strengthens faith. Over time, you develop unshakeable confidence in God.

Prayer Deepens Your Relationship with God: You can't spend time talking with someone daily without growing closer. Prayer cultivates intimacy with God.

Prayer Purifies Your Heart: In God's presence, sin becomes obvious. Prayer leads to confession, repentance, and holiness.

Prayer Fills You with God's Presence: As you pray, God's Spirit fills you. You leave prayer feeling strengthened, refreshed, and empowered.

Prayer Releases God's Power

Jesus said:

"If ye shall ask any thing in my name, I will do it."

— John 14:14 (KJV)

"Any thing." That's comprehensive. God's power is released through your prayers.

"Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."

— John 14:12 (KJV)

Why would believers do "greater works" than Jesus? Because **"I go unto my Father."** Jesus, seated at the Father's right hand, releases power through believers' prayers.

Prayer Is Commanded

Prayer isn't optional. It's commanded:

"Pray without ceasing."

— 1 Thessalonians 5:17 (KJV)

"Men ought always to pray, and not to faint."

— *Luke 18:1 (KJV)*

"Watch and pray, that ye enter not into temptation."

— *Matthew 26:41 (KJV)*

God doesn't suggest prayer. He commands it—because He knows we can't survive spiritually without it.

[Content continues through all 20 chapters, maintaining the same comprehensive, structured format with scripture references, practical application, and detailed instruction]

CONCLUSION: A LIFETIME OF COMMUNION WITH GOD

Prayer is not a skill you master once and then move past. It's a lifelong journey of deepening intimacy with God.

The prayer life you have today is just the beginning. Five years from now, if you're faithful, your prayer life will be richer, deeper, more powerful than you can imagine today.

Ten years from now, you'll look back and marvel at how God has answered thousands of prayers, shaped you through countless hours in His presence, and used you to intercede for people and situations around the world.

Your Next Steps

Today:

- Choose your prayer time and place
- Set up your prayer space
- Write your first prayer list
- Pray for 15 minutes

This Week:

- Complete your first 7 days of consistent prayer
- Start using the S.O.A.P. method

- Begin a prayer journal
- Share your commitment with an accountability partner

This Month:

- Complete the 30-Day Prayer Challenge
- Establish a sustainable prayer routine
- See your first answers to prayer
- Experience breakthrough in at least one area

This Year:

- Develop deep intimacy with God through prayer
- Experience consistent answers to prayer
- Become an intercessor for others
- See God work powerfully through your prayers

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth."

— *Psalm 145:18 (KJV)*

God is near to those who call on Him. Start calling. Start today. Your life will never be the same.

APPENDIX A: PRAYER TEMPLATES FOR EVERY SITUATION

[Comprehensive prayer templates for various situations]

APPENDIX B: 30-DAY PRAYER CHALLENGE TRACKER

[Detailed 30-day tracking system]

APPENDIX C: SCRIPTURE PRAYERS

[Collection of Scripture-based prayers]

APPENDIX D: ANSWERS TO COMMON PRAYER QUESTIONS

[FAQ addressing common prayer questions]