

Kids Pray!

Extract taken from "Kids Pray!" by Jane Mackie with permission



8 STEPS TO POWER PRAYER (OR INTERCESSION)

Step 1 Get rid of the junk!

"The prayer of a righteous man is powerful and effective" James 5:16

Ask the Holy Spirit to help you answer these questions:

Did I disobey my parents today?

(or yesterday or at any other time) Ephesians 6:1

Have I told any lies or stolen anything?

Have I hurt anyone?

Has anyone hurt me? Is there anyone I need to forgive?

(bad feelings stored in your heart also count as sin)

Anything else?



Tell God you are sorry for these things and ask Him to forgive you. For example, you could say:

"Dear Lord, I am sorry that I disobeyed my mother today when I wouldn't get out of bed. Please forgive me, and help me to be more obedient every day."

Or "Dear Heavenly Father, I am sorry I got angry today when my brother hit me. Please forgive me for my anger and I now forgive him for hurting me, in Jesus' name."

Repentance: is when God shows you something you have been doing wrong and you tell Him you are sorry, and you **know** in your heart that you must not do it again. It says in James 5:16 to confess our sins to each other, so be brave and say these prayers out loud if you can. This will also help to encourage others to do the same. The devil will hear too and he will not be able to trick you into thinking you haven't repented.

Why? Psalm 24:3-4 says only those with clean hands and a pure heart may stand in God's holy place. Psalm 66:18 says God will not listen if we have sin in our heart.

Step 2 Relationship Check

Time for a relationship check

Firstly with God

Ask yourself these questions:

Have I been putting God first in my life? Exodus 20:1-6

Think – is God more important to you than any other person or thing in your life? Is He more important than your friends? He wants to be your best friend. What do you think about most of the time? Playing? TV? Food? Sport? Computers? God wants to be No. 1 in your life.



Have I been trusting Him fully? Proverbs 3:5

Even when things don't go the way you want them to? Romans 8:28 Do you worry sometimes? God doesn't want you to. 1 Peter 5:7

Have I been spending time with Him? Matthew 6:6

Maybe think about how you spend your time. It's usually OK to play games and sport, and watch TV, etc. but don't forget that God wants you to spend time with Him too. Don't forget He is with you in whatever you are doing, but you might want to see if any of those things stop you from having some special time with Him.

Have I been reading the Bible enough? Matthew 4:4

What is enough? The word of God – the Bible – is our “spiritual” food. Just like our bodies, our spirits get hungry too if they are not fed. So **enough** means every day!

If you had to say “no” to any of these questions, ask God to forgive you. For example:

“Dear God, I am sorry that I haven't been putting you first in my life. I have not been spending enough time reading the Bible. Please forgive me and help me to spend more time with you.”

Or “Dear Jesus, I am sorry that I worry about things sometimes. Please help me to trust you more.”

Then with others (friends, family members, etc.) – you may have already dealt with this in **Step 1**.

But – If you are praying in a group, look around and see if there is anyone you need to forgive, or ask forgiveness from. If possible go to the person and put things right before you pray. **Sometimes** God wants you to put something right but you can't do it straight away ~ maybe because the person isn't there~ so ask for God's forgiveness in the meantime.

Why? Ephesians 4:3 says we must make every effort to keep the unity of the Spirit through the bond of peace. Matthew 18:19-20 says that our prayers **will** be answered when we agree in prayer, and God will be present with us. Psalm 133 says that unity pleases God and brings down the anointing, and we will be blessed.

Step 3 Praise and Worship

Is this **you** - but I don't **feel** like it! What will my friends think? I'm embarrassed!

If you are at home, you might feel like singing a song of praise to the Lord here, or you could praise and thank Him with words for things that He has done for you. E.g. for your family, your home, your health – everything you can think of!!

If you are praying in a group, this is a great time to get up and sing and praise the Lord! If you have already spent time doing that, you could also thank and praise Him with words for all that He has done.

(You could try doing it all at once, after a count of 3, e.g. “1,2,3... thank you Lord for my father, my mother, my family; thank you for giving me friends, somewhere to live, food to eat each day, clothes to wear, etc. etc.”)

Why? Psalm 8:2 says that the praises of children will silence the enemy. You can be sure that the enemy **does not want you** to praise God because he knows that praise is a powerful weapon. Be aware of this – especially when you do not **feel** like



praising, or are **embarrassed** in front of friends, etc. **Your praise and worship is important**, and above all, it **pleases God** very much! Psalm 150:4 Praise Him with tambourine and dancing

Step 4 Get rid of your own thoughts, ideas and plans (die to yourself)



Do you want to hear from God?

Make sure there is nothing on your mind that would stop you hearing **His plans** for your prayer time. Pray something like this:

"Dear Heavenly Father, I want to hear from you now. Please help me to stop thinking about

**what I want to pray for right now
the thing that's worrying me
what I'm doing tomorrow
what's for dinner"**

Why? Proverbs 3:5-6 says we must not rely on our own understanding but acknowledge God's ways. Hebrews 11:6 says we must earnestly seek God. Isaiah 55:8 says that God's ways and thoughts are not like ours. Romans 12:1-2 says we should offer our bodies to God as living sacrifices, and let our minds be made new to enable us to know His will.



Step 5 Receive the Holy Spirit

Invite the Holy Spirit to come and guide you – **as simple as that!**

For example "Lord God, I give this time to you. Holy spirit, I invite you to come."

{You could try closing your eyes and holding out your hands in front of you while you say this – as though you were waiting for a present from Him.}

Why? Romans 8:26-27 says that if we pray what the Holy spirit tells us to pray, our prayers will be according to God's will.

Step 6 Get Lost Devil

Resist the powers of darkness, tell the enemy in Jesus' name that he has **no way** into your prayer time. You might say "**In the name of Jesus, I tell the enemy to leave now**" or '**In Jesus' name I tell every evil spirit to go away right now.**'

{If you are in a group meeting, this is very powerful when everyone shouts the words at the same time!}

Why? James 4:7 says that if we submit ourselves to God {which you have just done in **Step 5**}, and resist the devil, he will flee from us.

Note: It is important here to speak out loud. Nowhere in the Bible does it say that the devil can read our thoughts (**God can:** Psalm 94:11, Psalm 139:23)



Step 7: Wait then listen

This is the exciting part.

Now you're ready to hear what God is saying.
What does He want you to pray for?
How does He want you to pray?
Spend as long as you can, listening. Try not to let noises distract you e.g. aeroplanes, traffic, birds, other people. (Sometimes God can even speak to you **using** these noises, so don't **worry** about them either)



Why? Ecclesiastes 5:2 tells us not to hurry into prayer. John 10:4 says that Jesus' "sheep" hear His voice (Jesus is described here as the Good Shepherd). Isaiah 30:21 also says we can hear God's voice.

Step 8 Go for it!

Hopefully by now you should have heard something from God.

Here are some ways God could have spoken to you:

He may have put someone's name into your mind.

Action: pray for that person

He may have helped you to remember a verse of Scripture.

Action: look it up. See if you can make it into a prayer, for a person or situation God may have shown you.

You may have seen a picture in your mind.

Action: Write it down if you can, even if you don't understand exactly what it means, in case it is for another time, or another person. If you understand the meaning of the picture right away, pray as you think God wants you to.

You may cry, or feel like crying. This can happen when God gives you a "**burden**" (something important that God wants you to pray about)

Action: Don't worry! Crying is powerful intercession. There are many instances in the Bible of people crying in prayer. (Micah 4:9, Jeremiah 6:26, Jeremiah 9:17-21)

When you have finished crying, or praying, you should feel **joyful** (Psalm 126:6). If you don't, ask someone to pray for you to lift the burden, and bring joy and peace.

