



St. Joseph's  
Episcopal Church

# How to Pray Effectively: A Biblical Way to Pray for Results

**Week 5 | Praying in Faith**

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# Prayer Before Bible Study

Blessed Lord, who has caused all holy Scriptures to be written for our learning: Grant that we may hear them, read, mark, learn and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which You have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

— Collect for Proper 28:  
Book of Common Prayer, p. 236)



# Week 1: Keys for Effective Prayer

- We pray because prayer is our communication with God and He delights in our prayers.
- Effective Prayer is to pray and receive results: that God will reveal Himself, God will answer, God will change you, or God will change your circumstances.
- Keys for Effective Prayer
  1. Pray in the Name of Jesus;
  2. Pray to God with praise and thanksgiving;
  3. Confess your sins and repent;
  4. Approach God with the right motives;
  5. Be in the right relationship with God and with others;
  6. Prayer must be directed by the Holy Spirit;
  7. Pray in accordance with the Word of God.

# Week 2: Components of Prayer

- There are 4 key components of prayers that you should follow. Each component can be its own prayer and put into different orders. The acronym ACTS (or CATS and CAST) helps us to remember these four areas.
  1. A | Adoration  
Adoration is giving praise and worship to God, who is worthy of our praise.
  2. C | Confession  
We must confess our sins to God as the first step in cleansing our soul.
  3. T | Thanksgiving  
We must thank God in all our circumstances, high and low, as he has blessed us with life and continues to bless us.
  4. S | Supplication  
We can never be too proud to beg God for ourselves and for all who surround us.

# Week 3: Praying in the Name of Jesus

Praying in the Name of Jesus is a powerful way of aligning ourselves with God's will.

1. Jesus has authority over demons, illness, and all circumstances;
2. We must be aware of the presence of Jesus, maintain a personal relationship with Jesus, and know the will of Jesus for us;
3. We can claim God's promises of salvation, healing, and victory over evil in Jesus' Name;
4. We must be wary of false prophets and cults using Jesus' Name as a talisman or magic formula.

# Week 4: Using Scripture in Prayer

The use of scripture is the number one resource for effective prayer.

1. Scripture reveals God's will as the bases of prayer, provides instructions for how to pray; show us how not to pray; give us God's promises that we can claim in prayer; show us the condition for effective prayer; give us examples of prayer; and give us examples of answered prayers.
2. We use scripture in prayer because: God's Word is our spiritual weapon against evil; God's Word cleanses us spiritually; God's Word prepares our hearts in righteousness for effective prayer.
3. The apostles used scriptures to compose prayers; the epistle to the Hebrews uses scripture in prayer and admonition; Jesus used scripture in His prayer.
4. In prayer, allow the Holy Spirit to remind you of verses relevant to your prayer needs; pray according to the promises and conditions laid out in the Word of God; be careful not to use scripture without understanding the meaning.



What is Faith?



Now faith is the assurance of things hoped for,  
the conviction of things not seen.

— Hebrews 11:1



# On What is Faith Based?

## 1. God

This grace was given to us in Christ Jesus before the ages began, but it has now been revealed through the appearing of our Savior Jesus Christ, who abolished death and brought life and immortality to light through the gospel. For this gospel I was appointed a herald and an apostle and a teacher, and for this reason I suffer as I do. But I am not ashamed, *for I know the one in whom I have put my trust, and I am sure that he is able to guard until that day the deposit I have entrusted to him.*

— 2 Timothy 1:10-12



# On What is Faith Based?

## 1. God

Jesus answered them, “Have faith in God. Truly I tell you, if you say to this mountain, ‘Be taken up and thrown into the sea,’ and if you do not doubt in your heart but believe that what you say will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

— Mark 11:22-24



# On What is Faith Based?

## 2. The teaching of Christ

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!” But not all have obeyed the good news, for Isaiah says, “Lord, who has believed our message?” So faith comes from what is heard, and what is heard comes through the word of Christ.

— Romans 10:14-17



# On What is Faith Based?

## 3. God's promises

For in him every one of God's promises is a "Yes." For this reason it is through him that we say the "Amen," to the glory of God. But it is God who establishes us with you in Christ and has anointed us, who has put his seal on us and given us his Spirit in our hearts as a down payment.

— 2 Corinthians 1:20-22





# The Importance of Faith in Prayer

## 1. Without faith, it is impossible to please God

And without faith it is impossible to please him, for whoever would approach God must believe that he exists and that he rewards those who seek him.

— Hebrews 11:6

## 2. We need the shield of faith in spiritual warfare

With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end, keep alert and always persevere in supplication for all the saints. — Ephesians 6:16-18

# The Importance of Faith in Prayer

## 3. We need the power of faith to move us

Jesus answered them, “Truly I tell you, if you have faith and do not doubt, not only will you do what has been done to the fig tree, but even if you say to this mountain, ‘Be lifted up and thrown into the sea,’ it will be done. Whatever you ask for in prayer with faith, you will receive.”

— Matthew 21:21-22





# Practical Guidelines

# 7 Guidelines for Praying in Faith

## 1. Ask without doubting

But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind.

— James 1:6

Truly I tell you, if you say to this mountain, ‘Be taken up and thrown into the sea,’ and if you do not doubt in your heart but believe that what you say will come to pass, it will be done for you. So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

— Mark 11:23-24





# 7 Guidelines for Praying in Faith

## 2. Establish confidence in God

And this is the boldness we have in 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 obtained the requests made of him.

— 1 John 5:14-15



# 7 Guidelines for Praying in Faith

## 3. Persevere in Prayer

Then Jesus told them a parable about their need to pray always and not to lose heart. He said, “In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, ‘Grant me justice against my accuser.’ For a while he refused, but later he said to himself, ‘Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.’ ” And the Lord said, “Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night?

— Luke 18:1-7



# 7 Guidelines for Praying in Faith

## 4. Develop an obedient heart

Beloved, if our hearts do not condemn us, we have boldness before God, and we receive from him whatever we ask, because we obey his commandments and do what pleases him.

— 1 John 3:21-22



# 7 Guidelines for Praying in Faith

## 5. Practice positive thinking

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine.

— Ephesians 3:20

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

— Philippians 4:8



# 7 Guidelines for Praying in Faith

## 6. Practice speaking positive words

But what does it say?

“The word is near you,

in your mouth and in your heart”

(that is, the word of faith that we proclaim), because if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart, leading to righteousness, and one confesses with the mouth, leading to salvation.

— Romans 10:8-10



# 7 Guidelines for Praying in Faith

## 6. Practice speaking positive words

Truly I tell you, if you say to this mountain, ‘Be taken up and thrown into the sea,’ and if you do not doubt in your heart but believe that what you say will come to pass, it will be done for you.

— Mark 11:23



# 7 Guidelines for Praying in Faith

## 7. Practice doing positive actions

When he returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door, and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him, and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, “Child, your sins are forgiven.”

— Mark 2:1-5



# 7 Guidelines for Praying in Faith

## 7. Practice doing positive actions

For just as the body without the spirit is dead, so faith without works is also dead.

— James 2:26





# Practical Guidelines in Praying with Scripture

1. When in prayer, allow the Holy Spirit to remind you of verses relevant to your prayer needs.
2. Pray according to the promises and conditions laid out in the Word of God.
3. Be careful not to repeat Bible prayers without first understanding their meaning. Be careful not to leaf through scripture and quote them out of context or intent.





# Summary

# Summary

1. Faith is based on God, Jesus' teachings, and God's promises.
2. Faith is important in prayer because: without faith it is impossible to please God; we need the shield of faith in spiritual warfare, we need the power of faith to move us.
3. Practical guidelines for praying in faith
  1. Ask without doubting;
  2. Establish confidence in God;
  3. Persevere in prayer;
  4. Develop an obedient heart;
  5. Practice positive thinking;
  6. Practice speaking positive words;
  7. Practice doing actions.



# Discussion Questions

As a group, list common obstacles in praying in faith? How do you overcome them?