

Prayer has always been fundamental in the history and culture of Comunidad Cristiana. Without God's help, our work and effort is in vain.

Prayer moves everything and changes everything. Prayer transforms nations, and it transforms us when we are part of God's plan through prayer.

We pray, not to twist God's arm, but to know His will in us and on earth. God wants to move our mountains, but first, we must move in prayer and faith. It is the way in which God involves us in his purposes. God makes us part when we agree with Him; he calls us friends and collaborators.

It is my conviction that this beginning of the year you will begin hearing the voice of God clearly, and you will enjoy all the blessings that God has for you through His Spirit. In this small manual you will find some models for your personal prayer that will be very useful in your time with God.

—Gamaliel Aguado

## **MODEL PRAYER #1 – “THE LORD'S PRAYER”. MATTHEW 6 (OUR FATHER)**

### **"Our father who art in Heaven"**

With these words begin your prayer, acknowledging God as your Father. He (God) is our heavenly Father. Address Him in your own words, tell Him what He is to you: a loving Father, an unconditional friend, a powerful Savior, your healer. Use the affectionate terms with which you are accustomed to speak with Him.

### **"Hallowed be thy name"**

This is an excellent time to acknowledge his greatness, praise him, and adore him for who God is and what he has done for you. Tell him how good he has been, tell him how he has met your needs; More than asking, this is a time to acknowledge him for all he does and for who he is. Tell him how powerful he is, how merciful, majestic, immense, eternal, full of glory and majesty. You don't need fancy words, use your own words or words borrowed from the book of Psalms.

### **"Thy kingdom come."**

This is a good moment to make an invitation: invite him to come closer to you, to your family, marriage, neighborhood, city, to your church; invite him to be the King of everything you do, of everything you have; tell him that you recognize him as the highest authority in your life, in the life of your city and your nation. He is the King, invite him to sit on the throne of your heart, on the throne of every circumstance, and on the throne of every heart of the people you meet. Majestic, immense, eternal, full of glory and majesty. Again: no need for fancy words, use your own words or words borrowed from the book of Psalms.

### **"Thy will be done, as in heaven, so also on earth."**

With these words now invite God to take control of every situation, every decision, every circumstance in your life. Tell him that it is your wish to do his will; ask him to give you wisdom to walk according to his will. Tell him that you want to do his will as the greatest delight of your life; that you recognize that sometimes you make decisions without considering Him, but that it is your sincere desire to do what pleases Jesus. Talk to God about those areas in your life or circumstances that concern you, and ask him to do his perfect will in each of them.

**"Give us this day our daily bread"**

Use this moment to talk to God about everything you need. He mentions every need, of all kinds. Tell him what your family needs; talk to God about your health, your economy, your home, your work, school, projects. Tell him the things you need. Talk to God frankly about what you don't have and what you're asking for right now. Be specific; Ask for that daily provision for your needs: salary increase, clients, work, new company. Ask Jesus to supply those needs.

**"And forgive us our debts (or offenses),  
just as we forgive our debtors (those who offend us)."**

Use these words to ask for forgiveness and to forgive. He declares that you let go of those who have offended you, as well as asking God to forgive and forget those things of which you are ashamed. Continue talking to God; do it quietly if you want, but tell him everything you need to confess and what you need to repent of. Ask him for an obedient, forgiving heart and that you are always willing to admit when you are wrong. Take a moment more and be thankful for his forgiveness.

**"And do not lead us into temptation but deliver us from evil"**

Ask now—in your own words—for God's protection. Tell him to keep you, to keep every bad person and bad intentions out of your life. Ask him to defend you from the enemy, to fill your heart with the peace and security that only He can give you. Tell God to fill you with his peace, to drive away all fear, all uncertainty, all doubt of the future, and all fear of adverse people and circumstances. Tell him to keep you, that He be your shield, your refuge, your castle, your strong tower, your firm rock. Use your own words.

**"For thine is the kingdom, and the power, and the glory, forever."**

End your prayer by thanking and adoring him. Tell him that you trust him; Thank him for Jesus, for his promises, for what he has done, what he is doing, and what he will do. Tell him that he deserves all the glory; that He is the one in control and that you can rest in his love, his mercy, and his goodwill for your life.

**"Amen".**

Say it several times, he declares that it will be done.  
Tell Jesus that you trust Him completely.

## **MODEL PRAYER #2 – “PSALM 23 PRAYER”**

**"The Lord is My Shepherd; I lack nothing".**

### **How to Pray:**

This first portion focuses on declaring who God is and the effects that He himself has when we recognize him.

You can take the following points and develop them as you pray or use them as phrases in the middle of your prayer:

- I recognize that God is the one who shepherds me and directs me.
- He is not a tyrant who forces me, he is a good shepherd who takes care of me.
- When I am close to God I will lack nothing.
- I believe that God provides for me even in the midst of any kind of need or scarcity, be it physical or emotional.
- God presents himself to me as a shepherd because he wants to show me how there is blessing in his shepherding.
- In his shepherding, I will lack nothing.

**“In fields of green pastures, he makes me rest; he leads me to streams of still water.”**

### **How to Pray:**

In this part we can see the effects of Jesus' leadership on our lives and the destination to which he leads us.

You can take the following points and develop them as you pray or use them as phrases in the middle of your prayer:

- Jesus takes me to good places, even better than those I can take myself to.
- God has a destiny and a rest for me; he not only wants to guide me to places to serve, he also wants to give me places to rest.
- In God's way there is always peace; even when it doesn't seem like it at the moment, in the end there will always be peace.
- Jesus is the true rest and the one who quenches the thirst of my soul.
- True peace of mind comes from hearing the voice of God.

**"He gives me new strength and guides me on the right path, to honor his name."**

**How to Pray:**

Here the psalmist speaks of the renewal of God and how God, by renewing him, gives glory to his name.

You can take the following points and develop them as you pray or use them as phrases in the middle of your prayer:

- I thank God because He is the source of my strength.
- This new year I will have new encouragement to get ahead by his Spirit and not by my ability.
- Jesus inspires me more than any other emotion or person.
- God directs me on the right path because his thoughts are much better than mine.
- As long as I am in God's hand and follow his ways, I can be sure that I will have the future that He wants for me.
- When Jesus blesses me it gives glory to his name.
- May I use every blessing to bring glory to Jesus.
- God's blessings give you glory.

**"Even if I have to go through the darkest valley, I am not afraid of suffering any harm, because You are with me; with your shepherd's rod you give me new breath."**

**How to Pray:**

David teaches us how in the darkest moments we can remain firm in our faith, because faith does not depend on a circumstance but on who directs our circumstances.

You can take the following points and develop them as you pray or use them as phrases in the middle of your prayer:

- Give me the grace to cross the valleys.
- That those who feel they are going through a difficult time can find hope in knowing that Jesus is also in the middle of the valley with them.
- I believe that God can transform everything for the better, even the darkest.
- God frees me from any enemy attack.
- I am not afraid because God is stronger than my problems.
- God encourages me with his direction.
- The encouragement given by the word of God overcomes any fear.

**“You prepare a banquet for me in the sight of my adversaries; You pour perfume on my head and shower me with blessings.”**

**How to Pray:**

God's extravagance is described in these passages and shows how, in doing so, God brings glory to his name.

You can take the following points and develop them as you pray or use them as phrases in the middle of your sentence:

- I believe that our God gives extravagant blessings.
- The enemy cannot stop God's promises to his church.
- God has anointed me with the Holy Spirit.
- God will give me the character to be able to receive every promise He has for me.
- Jesus is not limited in his love for me and I will be able to see how his hand is on me.
- The power of God does not give me what I want, but what I need.

**"I know that your goodness and your mercy will accompany me the days of my life, and that, in your house, oh Lord, I will live for long days..."**

**How to Pray:**

The psalm concludes with a declaration of faith in the permanent presence of God upon us.

You can take the following points and develop them as you pray or use them as phrases in the middle of your sentence:

- Thank you for your mercy towards my life, I don't deserve it, but through the cross of Jesus I have it.
- Curses will not accompany me, the presence of God accompanies me.
- In God's house there is always room for me and my family.
- Jesus did not die to give me an instant of goodness, he did it so that my whole life is filled with his goodness.
- Through his spirit I will see how God accompanies me in every situation.

## **MODEL PRAYER #3– “THE PRAYER OF JABEZ”**

**“And Jabez called upon the God of Israel, saying: Oh, that you would give me a blessing, and enlarge my territory, and if your hand were with me, and deliver me from evil, so that it does not harm me! And God granted him what he asked for. 1 Chronicles 4:10**

The Jabez prayer is a useful model of a prayer that we can pray every day.

### **BLESSING**

Jabez begins his prayer by asking God for his blessing. We need more of God's blessing in order to be better equipped to make a difference for his Kingdom. We need more provision, more spiritual gifts, more wisdom, and more understanding in order to bless others with what God has given us. James 4:2-3 tells us: “You do not have because you do not ask God. When you ask, you do not receive, because you ask for the wrong motives, to spend what you get for your own pleasures.” God wants to bless us, but often He is waiting for us to ask with good hearted intentions. We have a great God, and we can have the courage to ask for his blessing. As James points out, God sees our heart; So when we ask for a blessing, it is with the motivation not only to help ourselves, but also to help others. This pleases God.

*“Oh, if you would give me a blessing...”*

*1 Chronicles 4:10*

Ask God for his blessing. Recognize the need for his provision, and set your heart on wanting more of what you need so that you can be a blessing to others.

### **PRAYER**

“Father God, I ask you to bless me with more than I need to be able to bless others. I pray that you would equip me with a greater willingness to give generously to others and meet their basic needs on your behalf. I ask you to give me greater spiritual gifts so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to you, and make decisions that honor you. Also, help me keep your generous blessings in perspective, so that I never become interested, but instead stay focused on using what you have given me to serve other people.”

## **INFLUENCE**

Jabez then asks for more influence. As God's blessings in our lives increase, we ask for and experience more opportunities to influence the world around us for his glory. God has the power to bless us greatly, and he also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more leverage to honor Him.

***"If you enlarged my territory..."***  
***I Chronicles 4:10***

Pray for more influence. Knowing that God can open the way for you, trust Him to open the doors for you; and guide you on the best path for your life and for his glory. Ask Him for the courage to take the steps He tells you.

## **PRAYER**

"God, make me effective in my sphere of influence, and open new doors for me so that I can impact and reach more people for your glory. Give me a heart to make a difference in the lives of people I have never reached before, and the courage to walk in obedience to your call. Help me to be a good servant and be responsible with what you have entrusted to me. I pray that more territory will be impacted for your glory."

## **PRESENCE**

To have a lasting influence, we need God's presence in our lives. Through the power of him working in us, God can do more than we could ask or imagine (Ephesians 3:20). When we ask for blessing and influence, we must also ask for his presence as Jabez did; so that we do not operate by our own strength but by the presence and hand of our Almighty God.

***"And if your hand were with me..."***  
***I Chronicles 4:10***

In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your everyday life.

### **PRAYER**

"Lord, I know that without you I am nothing. I know that alone I cannot do what you have called me to do. I am desperate for your presence in my life; I depend on you completely. I acknowledge that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of your Spirit, I pray that you will help me succeed in the opportunities you have given me. Thanks for being with me. I would never want to face a day without you."

### **PROTECTION**

Finally, Jabez asks the Lord to protect him. If we are to be an influence in the world for Jesus, we must understand that the enemy will try to stop us. This leads us to pray not only for God to help us if the enemy attacks, but trusting that He will protect us from the enemy's attack in the first place. Jesus has already won the victory, so we need not fear destruction. God promises to be with us and protect us, and because He is with us, we have nothing to fear.

***"And you will deliver me from evil..."***

***I Chronicles 4:10***

Trust in God to protect you. Tell him the specific areas where you feel the need for his protection and ask him to cover the ones you can't see yet.

### **PRAYER**

"God, as I surrender to your purpose for my life, I pray that you will stop any and all attacks of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy establish itself in my life. I pray, too, that you would protect my family and community from harm. I know that the one who is in me is greater than the one who is in the world, so I have nothing to fear. Thank you for taking care of me, I love you and I trust you."

## **PRAYING FOR THOSE WHO NEED GOD**

**“God wants everyone to know him. He says in his Word that he would leave the 99 to go after the one he does not know. As followers of Christ, we are called to work with him by praying for those who don't know him to know him.”**

### **ASK GOD TO GET YOU CLOSER TO JESUS**

God draws people to himself. It's not something we can make happen by our own efforts, so we have to be faithful in praying for the Father to draw those he has placed on our hearts to Jesus.

***“No one can come to me, unless the Father who sent me draws him; and I will raise him up at the last day.” John 6:44***

Think of the people you know who are far from God. Let your heart be open to God and whoever He may bring to mind. It may be helpful to write their names down as you focus to pray for them.

### **PRAYER**

“Father, I pray for the people around me (list specific names). Attract them in a supernatural way and touch their hearts. Send them your Holy Spirit and give them the desire to give their lives to you. Help them identify their spiritual longing and a thirst that only You can quench. Open their ears so they can hear your voice.”

### **I BIND EVERY SPIRIT THAT IS BLINDING THEIR MINDS**

The truth can be in front of people, and yet they cannot see it because there is something that gets through them and hinders their vision towards God. Satan, who is the god of this world, has blinded the minds of those who disbelieve. They are unable to see the glorious light of the Good News. They do not understand this message about the glory of Christ, who is the exact image of God.

***“In whom the god of this age has blinded the understanding of the unbelievers, so that the light of the gospel of the glory of Christ, who is the image of God, may not shine on them.”***

***2 Corinthians 4:4***

We can pray for whatever they are going through, so that they can see the light of God. We can pray that they can see the truth without any obstacles or distractions to interfere.

### **PRAYER**

“Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they can see you clearly, recognize you, and give their hearts to you. Remove any obstacles that the enemy can use to distract them from your truth. Open their eyes, Lord, so they can see Jesus.”

### **PRAY THAT THEY HAVE A PERSONAL RELATIONSHIP WITH GOD**

Many people think that Christianity is just another religion; they only see God through the lens of an ecclesiastical organization or institution. Many may even feel frustrated, angry, or betrayed by people in the churches they have found, or by religious legalists and their hypocrisy. But God did not come to build an organization, He came to have a personal relationship with his children.

***“And you have not received a spirit that enslaves you to fear. However, they received the Spirit of God when he adopted them as his own children. Now we call him "Abba, Father." Romans 8:15***

God wants his beloved sons and daughters to come home. We can pray for people to have an encounter with the living God that will completely transform their lives.

### **PRAYER**

“Father, I pray that people understand how much you love them. Send your Spirit of adoption to the people around me, so that they have a personal and meaningful encounter with you. Move their hearts; yearn to go home, to hear your voice and see how you welcome them with open arms. Let them know you and see that you always run to meet them and keep them close.”

## **PERSONAL PRAYER GOALS**

God has put us on earth, at this specific time, for a reason. He says in *Acts 17:26* that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray for them.

**“First of all, I beg you to pray for all human beings. Ask God to help them; he intercedes on their behalf, and gives thanks for them. Pray in this way for kings and for all who are in authority, so that we can have a peaceful life and quiet, characterized by devotion to God and dignity. This is good and it pleases God our Savior, who wants everyone to be saved and come to know the truth.”**

**1 Timothy 2:1-4**

Pray for those in authority and those under his authority. Pray for those in your family and those with influence in your circle (anyone who is connected to you in any way).

Write the names of the specific people for whom you are praying.

### **MY RULERS**

PRESIDENT \_\_\_\_\_

NATIONAL LEADERS \_\_\_\_\_

LEADERS OF THE STATE \_\_\_\_\_

LEADERS OF THE CITY \_\_\_\_\_

### **MY FAMILY**

HUSBAND(A) \_\_\_\_\_

CHILDREN \_\_\_\_\_

\_\_\_\_\_

PARENTS \_\_\_\_\_

SIBLINGS/FAMILY MEMBERS \_\_\_\_\_