


**NEWLIFE**



**DWELLING IN  
THE HOUSE  
OF PRAYER**



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**MY HOUSE WILL BE CALLED  
A HOUSE OF PRAYER  
FOR ALL NATIONS.**

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ISAIAH 56 VERSE 7

## **CONTENTS**

- 4. BEING A HOUSE OF PRAYER**
- 6. PRAY FOR TEN**
- 7. A DAILY RHYTHM OF PRAYER**
- 15. NEW LIFE CHURCH PRAYER ROOM**
- 16. THE LORD'S PRAYER**
- 18. FASTING IS FEASTING**
- 20. SPEAKING IN TONGUES**
- 22. PRAYER WALKING**

# BEING A HOUSE OF PRAYER

Throughout the history of New Life Church (NLC), we have always aimed to underpin everything we do with prayer. We believe much of the blessing we have seen over the years is a result of partnering with God through prayer.

In this coming season our desire is for every person who considers NLC to be their home church to embrace this commitment to prayer, and together for us to be a house of prayer for our city, our nation and beyond, in accordance with God's will: "For my house will be called a house of prayer for all nations" (Isaiah 56:7).

Our desire is for each of us to grow in our prayer lives because prayer is at the core of friendship with God. Prayer is a two-way conversation with our heavenly father. Being a house of prayer is not predominantly about a physical location, but about being a family who pray when we are gathered together and also as individuals – in our homes and spheres of influence, e.g. our workplaces, our neighbourhoods.

What then is this house of prayer that we read about in Isaiah 56:7? The word house is *byith* which means not only a physical place of dwelling but a spiritual place of dwelling. It could be a tent, a palace, a tabernacle or a house. It could also be the spirit, the heart, or the mind where our desires dwell. With that thought in mind we could translate the house of prayer as a place where the heart of God dwells. It is a place that one enters and expresses the heart of God verbally. That is one way to translate the words *byith tepilah* (house of prayer).

The more we press forward in serving the kingdom of God and seeing lives transformed, the deeper our foundations in prayer need to be. As we each do this, we believe that by God's grace, we will continue to develop as a house of prayer and see a greater anointing released amongst us, giving momentum to all we set our hand to.

In this booklet you'll find further information on what being a house of prayer involves. There are suggestions for praying 10 minutes each day throughout the week for a range of topics relating to our lives, our city and the life of our church. There is a lot of value in praying systematically through topics together as a family. When we break our hearts with the things that break God's heart, we are partnering with the all-powerful intercessions of Jesus on our behalf (Romans 8:34), and we access the authority of heaven in our prayers.

There are also guidelines for praying the Lord's prayer with the power and life that Jesus intended it to have, as well as information on fasting, speaking in tongues and prayer walking. More than anything this booklet is designed to free you from repetitive patterns of prayer and provide you with ways to equip you to harness the passion of God for what's going on in your life and church.

If you don't have a prayer journal, we would encourage you to start one for this new season so that you can keep a record of your prayers, along with what God says and does as you talk with him.

## TWO TYPES OF PRAYER

Paul gives us a model for both protective and missional prayer in Ephesians 6:10–20. It's vital we put on the full armour of God. By taking up the shield of faith we can extinguish all the flaming arrows of the evil one" (Ephesians 6:16). As a community of faith, we are all called to lift up our individual shields of faith, bringing protection over not just our lives, but over the whole church and its mission.

We pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people (Ephesians 6:18). The Holy Spirit helps us to pray powerfully when we commit to covering God's people in prayerful protection. Moreover, praying in God's way we invite God's blessing, and accomplish more together for the kingdom of God.

We pray missionally as we take the good news of Jesus Christ into enemy territory. Ephesians 6:19–20 highlights the need to soak all our missional efforts with prayer. Not only will we be empowered and emboldened as we go, but others will become more spiritually receptive to the good news of the gospel.

Praying the armour of God each day of the week for a few minutes is an effective way for us to pray in line with his Word and his will. God hears us and answers when we do this (see 1 John 5:14–15).

Thank you for being part of our journey as we pray for God to move powerfully in us and through us as a church.



**PRAY THE BIBLE:**

**2 CHRONICLES 7:14; PHILIPPIANS 4:6;  
MATTHEW 21:22**

# PRAY FOR TEN

One of the prayer initiatives we are keen to introduce is Pray for ten. It is a simple idea. Write down the names of ten people who don't yet know Jesus as their Lord and Saviour. Then pray through your list each day asking that they will encounter the Father's love and respond to the truth of the gospel.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## HERE ARE SOME PRAYER SUGGESTIONS TO HELP YOU. PRAY FOR EACH BY NAME, THAT GOD WOULD:

1. Open their eyes to see their need of him, removing any blockages to their understanding of the gospel.
2. Bring people into their path to share and demonstrate his love for them. Ask for opportunities to be one of those people, who is always "prepared to give an answer to everyone who asks you to give the reason for the hope that you have" (see 1 Peter 3:15).
3. Pray for the Holy Spirit to be working in their hearts, convicting them of sin and bringing them to a place of openness and repentance (see John 16:8).



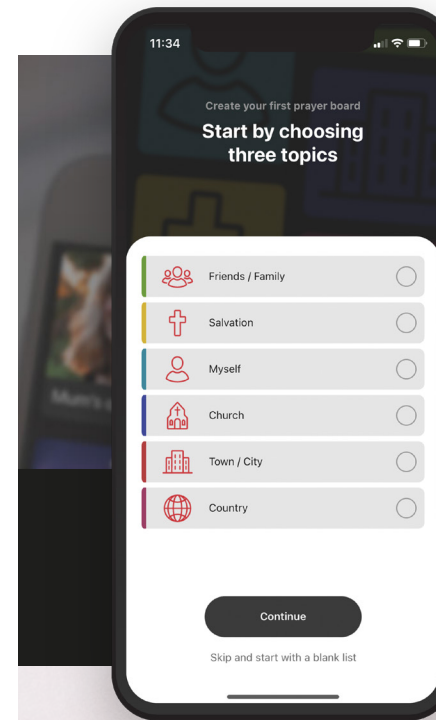
### PRAY THE BIBLE:

**MATTHEW 5:16; ACTS 11:21; MATTHEW 28:19;  
1 TIMOTHY 2:1-2; 2 CORINTHIANS 4:4;  
2 CORINTHIANS 10:5; EPHESIANS 1:17;  
1 TIMOTHY 2:4-6A; ACTS 26:17-18**

# A DAILY RHYTHM OF PRAYER

Jesus and his disciples would have been familiar with the Jewish rhythm of daily prayer: morning, midday and evening. We invite you to develop a daily rhythm of prayer that works for your lifestyle. If this is new to you perhaps commit to praying for two minutes in the morning. Once this becomes a habit you could add two minutes in the evening. Then perhaps gradually increase the time or add a midday prayer time.

If you have a smart phone there is a helpful app called The Inner Room that you can use to set reminders to pray. You can also use it to list things to pray about and to record answers to prayer. Download it from the app stores on Google or Apple.



Jesus said

*"When you pray, go into your inner room... and pray to your Father"*

MATTHEW 6:6

Turn your phone into an Inner Room  
Learn to pray by praying

[INNERROOM.APP/](https://INNERROOM.APP/)



**ON THE FOLLOWING PAGES ARE SOME SUGGESTIONS FOR DAILY TOPICS. FEEL FREE TO USE THESE OR TO WRITE YOUR OWN.**

# MONDAYS | HEALTH AND PROTECTION

- Speak divine health and strength over those you are praying for, declaring every part of their body will function as it was designed to function and that they will live a long and healthy life.
- Where there are health challenges, command all sickness to leave and pray for full health and strength to return to their body. You can claim this with confidence because of Jesus' work on the cross: "By his wounds we are healed" (see Isaiah 53:5).
- Pray that our work lives and our rest times would be balanced and blessed; that we would be full of energy and vitality to serve the Lord.



### PRAY THE BIBLE:

**3 JOHN 2; EXODUS 23:25-26; PSALM 107:19-20;  
ISAIAH 40:31; PSALM 91:9-11**

### MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# TUESDAYS | GOD'S PROVISION

- Pray that we would put our full trust in God as our provider; not fearing what the future may hold, but knowing that he will supply all our needs "according to his glorious riches in Christ Jesus" (see Philippians 4:19)
- Speak protection and divine favour over jobs and businesses; declare that they will thrive and succeed. Pray for creative ideas, wise strategies and the ability to make wealth for the kingdom.
- Declare that we will be a generous people, ready and willing to sow into the lives of others. Pray for abundance — more than enough to achieve all that God has for us to do individually and together.



### PRAY THE BIBLE:

**PSALM 84:11; EPHESIANS 3:20; MALACHI 3:10;  
PROVERBS 3:9-10; COLOSSIANS 3:23;  
2 CORINTHIANS 9:10-12**

### MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# WEDNESDAYS | FAMILY AND FRIENDS

- Declare that we will be free from all strife, gossip, bitterness, unforgiveness, distraction, and division; instead walking in grace, forgiveness, unity and living under a commanded blessing: "How good and pleasant it is when God's people live together in unity ... For there the Lord bestows his blessing, even life for evermore" (see Psalm 133).
- Pray for godly friendships to flourish and that we would spur one another on to grow in our faith.
- Pray that every member of your family will be wonderfully blessed and will radically love and serve Jesus. Declare that marriages in New Life Church will thrive, be long-lasting and an example to the world of Godly relationships. Pray also for strong relationships between parents and children.



## PRAYER THE BIBLE

**EPHESIANS 4:1-3; ROMANS 12:10; PHILIPPIANS 2:1-4;  
JOHN 13:35; PROVERBS 12:26, 17:17; HEBREWS 13:4;  
EPHESIANS 6:1-4**

## MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# THURSDAYS | GROWING AS SONS AND DAUGHTER OF GOD

- Pray that everyone will become more and more like Jesus, "bearing fruit in every good work and increasing in the knowledge of God" (See Colossians 1: 9-10; ESV). May we receive the empowering of the Spirit, and be strong in the love of Christ and filled with the fullness of God.
- Pray that we would move from discipline to delight in prayer and reading the Word, and that we would live a life of worship and thanksgiving, demonstrating that we are God's joyful "house of prayer for all nations" (see Isaiah 56:7).
- Pray that each person will commit to keeping short accounts with God, confessing their sins and choosing to live a life of obedience and intimacy with God, offering themselves as "living sacrifices". (see Romans 12:1-2).



## PRAY THE BIBLE

**EPHESIANS 3:16-19; 1 JOHN 1:9; HEBREWS 13:15;  
PSALM 92:13; HEBREWS 10:24-25; EPHESIANS 6:19-20**

## MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## FRIDAYS | DESTINY AND PURPOSE

- Pray that each of us will grasp that we have been created with a purpose, that we are part of God's plan for humanity and have a unique calling and destiny to fulfil – : – "good works, which God prepared in advance for us to do" (see Ephesians 2:10)
- Pray that individually and as a church, we would give our all for the kingdom of God, experiencing the joy of playing our part and using the gifts we have been given to serve the purposes of God. Declare that God's kingdom will come and his will be done in our lives and over those we are praying for.
- Pray that, as a church, New Life fulfils the mission God has given us, to see people transformed by becoming disciples that disciple others in our neighbourhoods and in the nations by the power of God's love.



### PRAY THE BIBLE

**ROMANS 12:11; EPHESIANS 6:7-8; MATTHEW 5:14-16;  
ISAIAH 60:1-3; PSALM 22:27-28; PSALM 2:8**

### MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## SATURDAYS | MISSION TO THE WORLD

- Pray that whatever sphere we are in, we would be kingdom ambassadors demonstrating the love and goodness of God to all those around us, being salt and light wherever we have the opportunity.
- Pray for favour and good relationships with those in authority; for godly leaders in our government, for protection over our Royal Family, and for kingdom values to come back into the centre of our national life once again.
- Pray for the nations that are at war or on the brink of war; those where poverty threatens lives; those where suffering is as a result of natural disasters, and for those that do not enjoy political and religious freedom (You may want to check a news website for specific and up-to-date information). Pray that God's peace and provision comes to those nations because of the work of Christians in the area.



### PRAY THE BIBLE

**ISAIAH 2:4; PSALM 46:10; MARK 16:15;  
1 TIMOTHY 2:1-2.**

### MY PRAYER POINTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## SUNDAYS | THANKSGIVING

- Thank you Father for being with me this week.  
Thank you for all the good things that you pour into my life.
- Thank you Jesus for paying the price for my wrongdoing and covering me with your righteousness.
- Thank you Holy Spirit for being the best friend I could have.  
Thank you for the gifts you give to me, freely available through relationship with you.



### PRAY THE BIBLE

ISAIAH 12:4-5; PSALM 103: 1-4;  
1 THESSALONIANS 5: 16-18; 2 CORINTHIANS 9:15

## NEW LIFE CHURCH PRAYER ROOM

We have dedicated a room at The Ridgeway Centre for prayer. You can use it for personal prayer or you can gather with a small group of people to pray.

It has been created to be a place of quiet and peace. There are various prayer activities that you are welcome to use or you can simply pray and worship as you feel led.

For security reasons we are unable to make it available 24 hours a day but we do make it available as much as possible.

You can book an hour for prayer using the prayer room booking system available at:



BOOK YOUR SLOT HERE

[SIGNUP.24-7PRAYER.COM/SIGNUP/C12D15](https://SIGNUP.24-7PRAYER.COM/SIGNUP/C12D15)



# THE LORD'S PRAYER

Jesus provided a model for prayer that is often recited in church services (Matthew 6: 9-13). However, it can be so much more when we use it as a way to pray systematically and thoughtfully. Here's one way to do that.

## 1. "OUR FATHER IN HEAVEN"

- Picture the cross and thank God that through Jesus you can call God "Father".
- By the Holy Spirit draw near to God's heavenly throne.
- Note that Jesus used 'our Father' as a reminder that we are not alone. We pray corporately as family.

## 2. "HALLOWED BE YOUR NAME"

Praise the name of the Lord and thank Him for the blessings you have in Christ.

HIS NAME	IN CHRIST
The Lord our righteousness	I am forgiven and made righteous
The Lord who sanctifies	I am set apart for purity and ministry
The Lord my peace	I have peace and wellbeing
The Lord who is there	I have God's presence and power
The Lord our healer	I have restoration and wholeness
The Lord our provider	I have favour and provision
The Lord our banner	I have protection and victory
The Lord my shepherd	I have guidance and security

## 3. YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Pray for God's kingdom to come and his will to be done in these areas:

- Yourself
- Your family
- Your church
- Your community and the nation(s).

## 4. GIVE US TODAY OUR DAILY BREAD

- Offer your requests to God.
- Ask him to bless every area of your life and the lives of others.

## 5. FORGIVE US OUR SINS AS WE FORGIVE THOSE WHO SIN AGAINST US

- Ask God to forgive you.
- Forgive and release others.
- Set your will to forgive those who sin against you.

## 6. LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL

- Ask the Lord to keep you from sinful and compromising situations.
- Ask him to protect you in all areas of your life.
- Put on the full armour of God (see Ephesians 6:10-18).



It is traditional to end praying the Lord's prayer with these words:  
**FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY FOREVER AND EVER. AMEN.**

If you choose to do this, spend a moment or two worshipping and rejoicing in the one who is eternal and has given you eternal life.

# FASTING IS FEASTING

## WHAT IS FASTING?

Fasting is a spiritual discipline taught in the Bible. Jesus expected his followers to fast, and he promised that our Father God would reward us as we fast for the right reasons (see Matthew 6:16–18). Pray and fasting together is powerful; fasting could be described as turbo-powering your prayers!

To fast means to voluntarily reduce or eliminate your intake of food for a specific time and purpose. Sometimes it may be appropriate to fast from everything but water, or you may decide to go on a juice fast, or simply fast from specific foodstuffs or drink, for example, sugar, red meat, chocolate, coffee, alcohol etc. Fast from food only if your health allows it at this time but not if you have a medical condition such as diabetes.

We can also fast from other things, particularly during extended seasons of prayer. For example, you may want to give up social media or your favourite TV programme (or from watching TV altogether!) – anything that might be distracting you from putting God first in your life. However, do fast from food if you can.

## WHY FAST?

The overall purpose of fasting is not to simply fast from food, but to FEAST ON GOD! There are a number of ways that fasting can benefit us in our relationship with the Lord.

### IT CAN GIVE US EXTRA TIME TO SEEK GOD AND TO HEAR HIS VOICE MORE CLEARLY.

Notice this great event in the history of the church in Antioch:

"While they were worshipping the Lord and fasting, the Holy Spirit said 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off" (Acts 13:2–3).

This is an encouragement for us to combine fasting with extra time in worship and prayer. As we do, we can expect that God will meet with us and speak to us more clearly.

### IT IS A WAY OF US DEMONSTRATING OUR SPIRITUAL DESPERATION

Fasting reveals the depth of our desire for God and his presence, enabling us to fully turn to him and seek him for breakthrough in our lives or the situations we are praying for (see Joel 2:12)

### IT PREPARES US TO RECEIVE A NEW ANOINTING FOR LIFE AND MINISTRY

We have the supreme example of Jesus, who already filled with the Spirit, still spent 40 days fasting in the wilderness, overcoming the devil and his temptations. The result? He returned "in the power of the Spirit" ready to enter into his earthly ministry.

### IT HELPS US BRING OUR SOUL AND BODY INTO SUBMISSION TO THE HOLY SPIRIT

In Psalm 35:13, David says, "I humbled my soul with fasting". In 1 Corinthians 9:27, Paul says "I discipline my body", no doubt helped by the fact that he was "often in fasting" (2 Corinthians 11:27; ESV).

### IT POSITIONS US FOR SPIRITUAL VICTORY AND BREAKTHROUGH

When faced with a vast enemy army, King Jehoshaphat "proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord" (2 Chronicles 20:3c–3c). The Lord heard them, spoke to them and dramatically delivered them!

### IT'S A WAY OF US ASKING GOD FOR HIS SPECIAL PROTECTION

Ezra was needing protection and safety as he and the exiles returned to Jerusalem. So, he "proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey". As they fasted and prayed, God answered their prayer (Ezra 8:21,23)

## HOW TO FAST?

**First**, make sure that you decide in advance how long you are going to fast for and what you are going to fast from. Then ask for God's help and strength. It's better to be realistic in your goal and then stick to it, than be over-ambitious. Determine, where possible, that you will use the extra time and focus to read the Bible, worship and pray.

**Second**, check that you are fasting for the right reasons; first and foremost to spend time with the Lord, and then to seek his blessing and breakthrough.

**Third**, combine your fasting with actions and life change. In Isaiah 58 the Lord rebukes His people for just attending to the physical aspects of fasting, and then highlights that the TRUE FAST looks like this: "... Is not this the kind of fasting I have chosen; to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" (Isaiah 58:6, NIV). It's worth reading the whole of Isaiah 58, asking the Lord to speak to you about how he is asking you to change, and who he is asking you to bless.

**Fourth**, make sure you finish well, especially if you are fasting for any length of time. Finish by celebrating with a light, healthy meal, not a large unhealthy spread. Ask the Lord to help you continue to grow spiritually beyond the fast.

## THE IMPORTANCE OF FASTING

It's so important for us to recognise that fasting doesn't change God or his willingness to hear us. However, it does change us, removing barriers that then enable the Spirit to work more powerfully in and through us. The author and theologian Andrew Murray puts it like this; "Fasting helps to express, to deepen, to confirm the resolution that we are ready to sacrifice anything ... to attain what we seek for the kingdom of God".

### LET'S USE THE DISCIPLINE OF FASTING TO RESTORE OUR FOCUS AND TO REVIVE THE POWER OF PRAYER IN OUR LIVES.

# SPEAKING IN TONGUES

## WHAT IS SPEAKING IN TONGUES?

It's a way of communicating with God through a language or languages given by the Holy Spirit which are unknown to the person concerned. These may be human languages, as on the Day of Pentecost (see Acts 2). Alternatively, languages that are less easy to detect may well be angelic (see 1 Corinthians 13:1).

## WHY SPEAK IN TONGUES?

The simple answer is because it is both thoroughly biblical and very helpful.

First, it's clearly biblical. It seems from the New Testament that speaking in tongues was a normal part of the experience of the early church (Mark 16:17c). This was clearly the experience of the disciples in the Book of Acts. Significantly, speaking in tongues accompanied the infilling of the first Jewish believers in Jerusalem (see Acts 2:4), as well as the first Gentile converts in Caesarea (see Acts 10:44-46) and later in the highly influential church in Ephesus, hundreds of miles away in Asia Minor (see Acts 19:6).

In addition, tongues was clearly such a frequently used gift in the church at Corinth that Paul felt he needed to spend significant time in correcting their misuse of tongues: that is they were speaking in tongues in public gatherings without the gift of interpretation. At the same time, he also affirmed the proper use of tongues before making this remarkable statement about his own personal prayer life: "I thank my God that I speak in tongues more than you all" (1 Corinthians 14:18). Given that Paul was the greatest apostle in history and was inspired by the Spirit to write huge portions of the New Testament, we can only conclude that praying in tongues was clearly something he found helpful in both his personal life and ministry. There's lots that can be said, but here are three primary ways that speaking in tongues is very helpful:

### 1. IT'S A GREAT WAY TO PRAISE GOD

Do you ever find yourself frustrated with your lack of vocabulary? You may want to express your love for someone, but after you have said "I love you" for the umpteenth time, you would like to have more varied words at your disposal. Because the gift of tongues comes from the Holy Spirit and we speak them from our spirit, not our mind, we are not limited by our natural vocabulary, we can express more freely our praise to God and our love for Him. When the Holy Spirit first came on the disciples on the Day of Pentecost we read how they all "began to speak in other tongues as the Spirit enabled them." (Acts 2:4c). It is clear from the response of Jews from other nations who heard them speaking in their native languages that this was the language of praise: "we hear them declaring the wonders of God in our tongues!" (Acts 2:11b; see also Acts 10:46). Similarly, the apostle Paul clearly praised God this way, telling the Corinthians: "I will sing with my spirit [i.e. with tongues], but I will also sing with my understanding" (1 Corinthians 14:15c)

### 2. IT'S A GREAT WAY TO PRAY

The early Christians not only praised God in tongues, they also prayed this way.

For example, Paul clearly states: "I will pray with my spirit [i.e. with tongues], but I will also pray with my understanding" (1 Corinthians 14:15c). He earlier makes clear that using tongues in this way as a prayer language is clearly not for edifying the listeners, but rather is a way of the speaker communicating with God: "anyone who speaks in a tongue does not speak to people but to God."

### 3. IT'S A GREAT WAY TO EDIFY OURSELVES

There's a third wonderful benefit of speaking in tongues. As we praise and pray in tongues, something happens in us, too: we get spiritually strengthened. As Paul puts it: "He who speaks in tongues edifies himself" (1 Corinthians 14:4a). The word 'edify' means to build up. We can see from the Bible, and from the experience of many others, that speaking in tongues is a hugely helpful means of a Christian staying spiritually edified. A word of caution: Paul, writing in 1 Corinthians 14 highlights that in the presence of others, especially with unbelievers, we need to prioritise intelligible gifts like prophecy. If and when a tongue is spoken in public then it would need to be interpreted. However, this is not the case in an all-believers gathering when everyone is praying out loud together, or praying in tongues as a form of interceding for others.

## HOW CAN I SPEAK IN TONGUES?

First, be filled with the Spirit. Tongues comes from the Holy Spirit and is an overflow of being filled with the Spirit. If you have not been filled with the Spirit, then eagerly desire him and ask for him to come and fill you. The promise of Jesus is: "how much more will your Father in heaven give the Holy Spirit to those who ask him." (Luke 11:13). You may want to ask a Spirit-filled believer to pray with you to be filled. On Sunday mornings the prayer team is available to pray with you.

Second, speak out what God gives you. In Acts 2:4 it makes clear concerning the disciples that it was they who began to speak with tongues "as the Spirit enabled them". In other words we, like them, have to open our mouths, co-operate with the Spirit and give voice to what the Spirit is giving to us. Just as with your natural language you can choose to start or stop speaking, so it is with speaking in tongues.

Third, persevere and grow. Sometimes it takes time for people to become sufficiently confident and fluent in speaking in tongues. It's important that we persevere in this, so that we can pray boldly and powerfully.

## CONCLUSION

Of course, all of this doesn't mean that you have to speak in tongues. Speaking in tongues doesn't make a person a Christian and speaking in tongues is not the only or even necessarily the most important spiritual gift. It depends on the context. So, for example, if someone needs encouraging, then the gift of prophecy can provide a word of encouragement, and if someone is sick, the gift of healing is needed, etc. But when it comes to personal praise, prayer and edification, speaking in tongues is a wonderful gift that you can receive if you would like to. Receiving the gift shouldn't lead to an attitude of superiority but rather one of humility. As someone recently said: "to be filled with the Spirit doesn't make me better than you, it makes me better than me!"

# PRAYER WALKING

Prayer walking is as simple as it sounds – praying as you walk. One simple definition is 'praying on-site with insight'. When we prayer walk we are stepping into our God-given authority to bless people and places in Jesus' name. This simple activity is a great way to bring transformation to our local communities by asking God to break in with His love and power.

## GETTING STARTED

**KNOW YOUR LOCAL AREA** - Know the places and people that make up your local community. Ask God to show you how you can pray with greater insight for the people, places and events in the community. What positive qualities and opportunities does the community have to offer? Are there any signs that God is already at work? How could you serve your community? God may show you ways to display his love by practical acts of kindness.

**KNOW LOCAL PEOPLE** - If appropriate, find out what the needs are in your local community by speaking to those in your area. What challenges are people likely to face as they go about their daily lives? As you prayer walk, the focus is on those living in your community, so be intentional about praying for God's blessings on what you see and feel. Even in difficult areas, pray positively. Focus on God's plans and purposes for the place and people who live there. 'Your kingdom come, your will be done...' is an excellent place to start.

**KNOW LOCAL NEEDS** - Are there problems with unemployment, crime or poverty in your area? What needs and concerns are in evidence? What do you see that detracts from people's quality of life?

You could put all this information onto a physical map of your community, or write it down in one place. This will help inform your prayers, and you can add to it as you prayer walk.

## HOW TO PRAY

**PRAY FOR DISCERNMENT;** ask the Lord to show you what he sees and to know his heart for your community.

**PRAY FOR BLESSING;** ask for God's intervention in the life of each person and home you pass. You may want to pause at key buildings, such as a school, community centre, hospital or local business. Ask for his will to be done in this community "as it is in heaven" (Matthew 6:10)

**PRAY WITH EMPATHY;** see and feel what the residents live with every day; intercede for the things that express brokenness and grieve God's Spirit. Give thanks for the blessings and all the good things you see in your community.

**PRAY THE BIBLE;** prayers based on God's Word can be very powerful.

**PRAY IN GOD'S POWER;** allow times of silence for the Holy Spirit to speak to you, then speak out with confidence in the power of Jesus' name.

## SOME PRACTICAL TIPS

**IF YOU ARE PRAYER WALKING IN A GROUP, START AND END TOGETHER** - Agree a place and time to start prayer walking. Begin by explaining why you've gathered together to pray, and if relevant, share specific prayer points. Breaking into pairs or small groups can help you to pray for different parts of your area, and is safer than prayer walking alone. If splitting into smaller groups, then agree a place and time to end together. You can then share what you've prayed and heard from God. Write it down so that you can keep track of how to pray for your area in the future.

**CHOOSE WHETHER OR NOT TO PLAN YOUR ROUTE** - You can plan ahead to ensure that you pray for specific areas, or simply ask the Holy Spirit to guide your time – just make sure you don't get lost.

**USE YOUR NATURAL AND SUPERNATURAL SENSES** - As you prayer walk, be aware of your surroundings; what you see, smell, hear and touch. But also be aware of what God is saying to you as you move around your community; if any Bible verses pop into your head or if you have any pictures, visions or words of knowledge, then turn these natural and supernatural senses into prayer.

**CHOOSE WHETHER TO PRAY SILENTLY OR OUT LOUD** - The point of prayer walking isn't about being seen praying; it's about seeing and praying. Pray quietly, but don't be afraid to speak out prayers if you feel compelled to. However, don't draw attention to yourself – you can be on the scene without making one.

**KEEP GOING** - Prayer walking is also a way of claiming a specific area for God. When Joshua and the army were claiming Jericho, God instructed them to walk once around the city for six days, and seven times on the seventh day (see Joshua 6). Why not commit to making prayer walking a regular habit.

As you keep praying, continue to ask for God's blessing; praying for God's kingdom to come and his will to be done in your community. If you feel that God is highlighting specific things or challenges, think about how to take action; how could you be part of God's solution practically, as well as prayerfully?

Thank you for joining in as we seek to be a house of prayer. We know there is much power when we agree together in prayer! Please let us know of any breakthroughs you receive in prayer, any answers or any prophetic words that you think the leadership team should consider.



**USE THE FORM HERE:**

[newlifechurchmiltonkeynes.org/hub/next](http://newlifechurchmiltonkeynes.org/hub/next)

**AND PRAY IN THE SPIRIT ON ALL OCCASIONS WITH ALL KINDS OF PRAYERS AND REQUESTS. WITH THIS IN MIND, BE ALERT AND ALWAYS KEEP ON PRAYING FOR ALL THE LORD'S PEOPLE.**

Ephesians 6 verse 18

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