

“Prayer That Availeth Much” Course

Welcome to my online course on learning to pray God's way. This course will help teach you how to pray to see miraculous results! Praying this way will also help to develop a closer fellowship with our Heavenly Father.

Each lesson is available for download in PDF (Adobe Reader) format. If you don't have this free software program, you can download it at www.adobe.com . Now, let's get started!

To begin this course you need the following supplies:

1. Something to record your notes and responses, either a journal and pen/pencil you like, your computer, or even these lessons printed out and a pen/pencil.
2. An open heart and mind.
3. A Bible.
4. A strong desire to please God and watch miracles happen.

You may decide to save print these lessons for your own use, or for use in a small group study. You are welcome to do so, however if used in a group or church setting, please give credit to me, Cynthia Bailey-Rug.

Thank you!

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Lesson 1—Cleaning House

Our first lesson involves making sure your heart is pure, and prepared to pray for yourself and others. Psalm 24:4-5 says, *“He that hath clean hands, and a pure heart; who hath not lifted up his soul unto falsehood, and hath not sworn deceitfully. He shall receive a blessing from Jehovah, and righteousness from the God of his salvation.”* (ASV)

We will begin by confessing sin in our lives. We all have sinned, so don't be discouraged when you realize there is sin in your life! We all have made mistakes—it's what we do when we see the sin that is even more important than actually committing the sin. See the following verses from *1 John 1:8-10*, *“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us.”* (ASV) The good news is when we repent for our sins, they are forgiven!

Not sure where to begin? Here are some examples of what I think of as “sneaky sins.” No, you won't find these specifically on the list of the 10 Commandments (Exodus 20:1—17), but they are sin nonetheless, and need to be addressed:

- Treating others poorly. How well do you treat other people? If you are rude, selfish, inconsiderate or generally not loving, it can affect your prayers. To work this out: Ask God to help you love people with the same love He loves them. Think of things from the perspective of others, not just your own point of view.

1 Peter 3:7, “Ye husbands, in like manner, dwell with (your wives) according to knowledge, giving honor unto the woman, as unto the weaker vessel, as being also joint-heirs of the grace of life; to the end that your prayers be not hindered.” (ASV)

- Wrong motives. Such as praying for someone to change for your benefit instead of theirs, or involvement in this study to impress others. To work this out: Ask God to

forgive your wrong motives, to soften your heart, and change your motives into ones He approves of.

Mark 7:6, "And he said unto them, Well did Isaiah prophesy of you hypocrites, as it is written, This people honoreth me with their lips, But their heart is far from me." (ASV)

- Harboring unforgiveness towards anyone, including yourself. Has someone hurt you, and you can't seem to let go of the anger and hurt? Or, have you hurt someone badly, and can't stop the anger you feel towards yourself for committing that act? While it may be true that you have a right to feel what you feel, is it really productive? Is it accomplishing anything? The answer is no. All that is being accomplished is you are hurting and miserable. Release the negative feelings—forgive! Whether the person deserves forgiveness or not isn't the point. Forgiveness is a gift you give to yourself. It releases you from the pent up negative emotions, which can be so detrimental to one's health. Unforgiveness can cause ulcers, high blood pressure, kidney problems, migraines and other physical ailments. Also, in many cases, forgiveness doesn't happen immediately. It's a process. I believe so long as you are trying to forgive, God honors that, and enables you to forgive. To work this out: Ask God for help forgiving. Try to see the situation through the eyes of the person who hurt you—why did they do what they did? Out of envy? Insecurity? Ignorance? Is that person a wounded person, simply lashing out at the nearest target, which just happens to be you? Or, have you hurt this person in the past and this is their way to hurt you in return? Understanding motives helps us to release anger and let forgiveness enter our hearts. Also, ask God, "I felt *fill in the blank* when that person did/said what they did...is that true? Am I that way? Speak Your truth to me, and fill me with Your love!" Simply listen to the truth God speaks to you at this time—it will speak forgiveness into your heart, and enable you to release the negative emotions to Him.

Mark 11:25, "And whensoever ye stand praying, forgive, if ye have aught against any one; that your Father also who is in heaven may forgive you your trespasses." (ASV)

- **Pride.** Thinking you are better than others because of your race, religion, financial status, etc. is wrong. No one is better than anyone else—God created every one of us, and He loves us all equally. You are no better than anyone else, nor is anyone else better than you. To work this out: Ask God to show you how to love yourself and others as He wants you to. And remember—anyone who has a humble heart, God will acknowledge:

2 Chronicles 7:14 "if my people, who are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." (ASV)

Psalm 10:17, "LORD, thou hast heard the desire of the humble: thou wilt prepare their heart, thou wilt cause thine ear to hear:" (KJV)

Matthew 23:12, "And whosoever shall exalt himself shall be humbled; and whosoever shall humble himself shall be exalted." (ASV)

- **Judgment.** Judging the actions, lifestyles and deeds of others is wrong. God is the only one righteous enough to judge! He disapproves of people judging each other. To work this out: Ask God for help seeing the motives behind actions rather than the actions. Remember—you aren't perfect either, so what makes you think your judgment is fair and right?

Matthew 7:1-5, "1 Judge not, that ye be not judged. 2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured unto you. 3 And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? 4 Or how wilt thou say to thy brother, Let me cast out the mote out of thine eye; and lo, the beam is in thine own eye? 5 Thou hypocrite, cast out first the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye." Also see Luke 6:37, "And judge not: and you shall not be judged: and condemn not, and ye shall not be condemned: release, and ye shall be released:" (ASV)

If none of the above apply to you, and you can't think of any sins, ask God to reveal any sin in your life. He may remind you of when you "accidentally" forgot to pay for the bag of dog food on the bottom of your grocery cart, or when you constantly cut off other drivers in traffic,

tell “little white lies,” or other seemingly insignificant things. Don’t just dismiss them! If He is bringing them to your mind, they must be important to God! There aren’t different levels of sin—sin is sin. Repent for stealing that dog food or thinking you are more important than those other drivers you cut off, or whatever the case is. Do anything the Father may tell you to do to resolve the sin—apologize to someone you have mistreated, pay for the stolen dog food, or whatever! Remember, we are cleaning out your heart to prepare you to be an effective pray—er! This is the first step, and possibly the most important.

Now, it’s time to get out your journal. Record your experiences for future reference. These notes will help keep you on the right path, and avoid slipping into old sinful patterns.