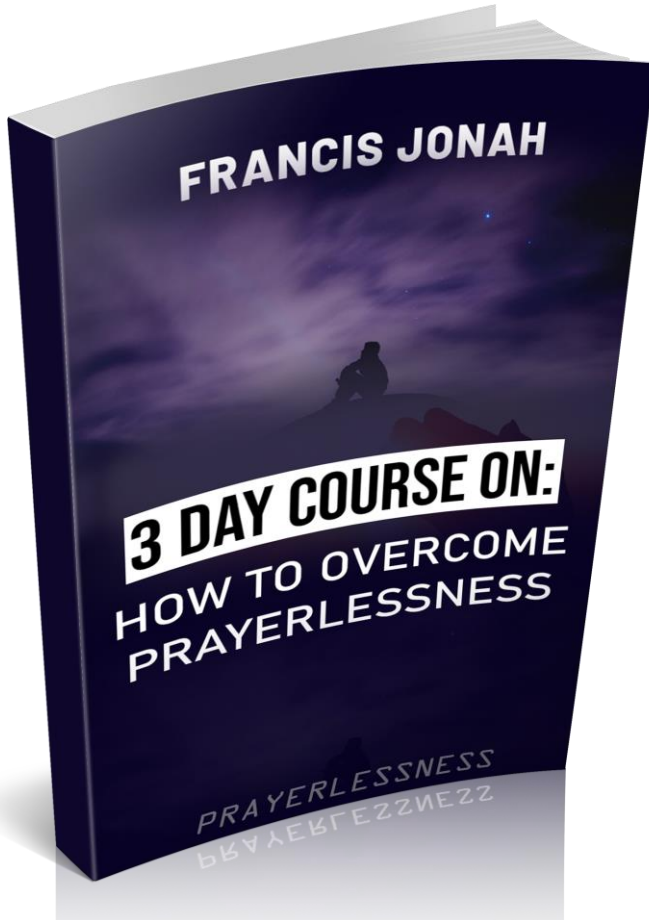


3 Day Course On: **HOW TO OVERCOME PRAYERLESSNESS**



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Introduction

Prayerlessness is a situation we have all been before.

We want to pray. Actually, we know we have to pray but we are unable to pray.

This course is straight forward and will help you break free from the spirit and habit of prayerlessness.

Follow it absolutely and you will see results in 3 days.

It has a 4-day extension to check whether the results you had in the three days are established.

Let us move in to the preparations you need to get the results expected.

Why you can't pray or are inconsistent in prayer

There are many reasons people do not pray or have a consistent prayer life.

These few are the ones I have discovered are the major reasons.

Once they are dealt with, prayer becomes consistent and you can have a buoyant prayer life.

1. Environment

Most people want to pray in their beds. This does not augur well for anyone who wants to have a serious prayer life.

Other people do not have a conducive environment to pray.

To deal with this, intentionally find a place of prayer where you can pray every day without distraction.

It can be a room in your house or a place in your room you can specially prepare or designate for prayer or even a place outside your house.

2. Habit

A prayer life is a habit. If you do not develop it like that, it will never be consistent.

The way you make your prayer life a habit is to set a particular time every day for prayer without changing it.

Some prefer to pray at dawn, others prefer to pray in the afternoon, others prefer to pray in the evening.

Still others pray all these periods.

Whatever your style is, you must have one major prayer time that you can develop the custom of praying at every day.

The time is dependent on you.

My prayer time always starts at 4am. It is a habit now.

You can develop that habit too, but first schedule that time so that your mind can always associate it with prayer.

3. Not knowing what to pray about

Another reason people do not have a consistent prayer life is because they do not know what to pray about.

After presenting their three needs to God in two minutes, they are off.

This creates the impression to them that they do not really have a proper prayer life.

That problem has also been solved as you have a proper structure to follow in the course to pray.

The examples given in the course are just examples, you must replace them with your own people, things and needs.

It is the reason they are repeated in all the days, they are just examples to guide you.

However, the scriptures and things to meditate on and the special prayers are specific to each day.

4. Business

Some people are too busy that even when they are praying, they want to go and do another thing.

Learn to bide your time with God.

Even if you do not pray, stay in the prayer place till you are comfortable relaxing in God's presence and do not want to leave till your appointment time in prayer is due.

5. No Vision

One of the reasons people do not pray is that there is nothing ahead of them that it will take God to grant.

As a matter of principle, after God grants me the things that keep me praying, I quickly find another big thing to keep me praying and depending on God.

It is a principle that will help you greatly.

Lay us move into the course proper and overcome prayerlessness once and for all.

Preparations

There are certain preparations you need to put in place before you embark on your journey of overcoming prayerlessness.

Every preparation must be taken seriously for optimum results.

1. Time period of prayer

Set a time you are going to pray every day for the next three days.

It should be a minimum of 1 hour.

E.g. 5am to 6am

2. Alarm

You need an alarm clock which you will set to the time you want to pray. It should be set to ring just 5 minutes before your prayer time.

3. Place of prayer

You can get a room where you pray or a place in your room which you will make your prayer place. Do not pray on your bed. It is out of the question.

4. Bible, Note Book or Prayer Journal

You need a Bible, Notebook or a prayer journal with pen to write in a few guidelines as well as for meditation.

5. Source of music

Sometimes an atmosphere for prayer must be created. If you can have a selection of worship songs to play, that will be just fine. If you do not have such a collection, that is also fine. You can do without it.

With these materials, you are set to break free from prayerlessness.

Let us move on to day 1. You will wake up at the set time to pray on this day.

DAY ONE.

Today you are going to go start praying as well as deal with the spirit of prayerlessness.

1. Immediately the alarm sounds, get up from your bed, wash your face and head for your prayer space, prayer room or what have you.

Do not remain on your bed.

2. At your prayer point, you must have your Bible, Notebook or Journal and pen

3. Start by reading the following scriptures:

Psalm 23:1-6

Ephesians 1

Ephesians 2

4. After reading, meditate on the scripture below for 10 minutes:

The LORD is my shepherd; I shall not want.

Psalm 23:1

Meditation means be quiet and think about the scripture in your mind.

As you meditate, write down the revelations you are getting in your notebook or journal.

5. it is now time to pray after your meditation

Create a list under the following headings in your notebook or journal that you will be praying about.

a. Thanksgiving

b. Praise

c. Intercession

d. Petition

e. Thanksgiving.

Under the lists write better details

a. Thanksgiving

Thanksgiving is simply Thanking God. Write down the things you must Thank God about:

Example:

1. Thank God for health
2. Thank God that your sins are forgiven
3. Thank God for your family
4. Thank God for His kindness.
5. Thank God for provision
6. Thank God for protection

Populate this list with about 5 more things you can thank God for.

b. Praise

Praise is simply singing and worshipping and giving attributes to God:

Sing praises and worship to God for 5 minutes and then begin to magnify Him and say things about Him:

Father, You are alpha and omega, the beginning and the end

Father I magnify you because you are King of kings and Lord of Lords

There never was and there will never be a God like you

You created heaven and earth and all that dwell therein.

Continue in this manner to praise God and sing unto Him.

c. Intercession

Intercession means praying for others

Write down a list of 10 people or things you will be interceding for:

Example:

1. Family: pray for each member of your family individually
2. Bernard: for improvement of health
3. Emelia: For marriage
4. Pearl: For debt cancellation
5. Emile: For his salvation

Add 5 more people to the list.

d. Petition

Bring your petitions before God. Petition simply means you needs:

1. 3-bedroom house in Minnesota
2. Divine protection
3. Business to grow by 20%

Pray for your petitions like this:

Father, In Jesus name, I pray for a 3-bedroom house in Minnesota, You said You will supply all my needs according to your riches in glory.

I thank you that this also is supplied.

e. Thanksgiving

Thank God for answered prayer and praise him in songs for His mercies.

- **Special Prayer for First Day**

Say this prayer:

In Jesus name, I cast every burden unto Christ because he cares for me.

I break the spirit of prayerlessness that has tormented my life in Jesus name.

I put on the garment of praise and prayer.

I will pray daily and consistently.

It is well with my day.

DAY TWO.

Today, the battle to keep you from praying might be more intense. Be on the lookout and be very vigilant to wake up and go to your prayer place.

There may be symptoms of sickness or tiredness, it is the devil and your old habit of prayerlessness speaking. Do not cave in.

1. Immediately the alarm sounds, get up from your bed, wash your face and head for your prayer space, prayer room or what have you.

Do not remain on your bed.

2. At your prayer point, you must have your Bible, Notebook or Journal and pen

3. Start by reading the following scriptures:

Genesis 1

Genesis 2

Genesis 3

4. After reading, meditate on the scripture below for 10 minutes:

Mathew 7:7: Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:8: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Matthew 7:7-8

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Father I magnify you because you are King of kings and Lord of Lords

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You created heaven and earth and all that dwell therein.

Continue in this manner to praise God and sing unto Him.

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I thank you that this also is supplied.

e. Thanksgiving

Thank God for answered prayer and praise Him in songs for His mercies.

- **Special Prayer for Second Day**

Say this prayer:

In Jesus name, I receive tenacity in prayer to break barriers.

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I receive the strength of the Holy Spirit to do exploits in prayer.

I stir up the fire of God within me.

In Jesus name.

DAY THREE.

This is supposed to be the last day of a 3 day consistent prayer life.

After this we go unto the 7 day consistent prayer life and so on.

1. Immediately the alarm sounds, get up from your bed, wash your face and head for your prayer space, prayer room or what have you.

Do not remain on your bed.

2. At your prayer point, you must have your Bible, Notebook or Journal and pen

3. Start by reading the following scriptures:

John 1

John 2

John 3

4. After reading, meditate on the scripture below for 10 minutes:

Psalm 68:19 Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah.

Psalm 68:19

Meditation means be quiet and think about the scripture in your mind.

As you meditate, write down the revelations you are getting in your notebook or journal.

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I thank you that this also is supplied.

e. Thanksgiving

Thank God for answered prayer and praise Him in songs for His mercies.

- **Special Prayer for Third Day**

Say this prayer:

Father in Jesus name, from today prayer has become part of my life.

I have a consistent prayer life to the glory of your name.

Amen.

You have done three days of consistent praying, let us extend it using the final words on the next page.

- **Final words**

If you have prayed for 3 consecutive days, know that you have broken the spirit of prayerlessness.

Continue this same process till you reach the 7-day milestone.

Reward yourself with something important.

Then continue the process to the 21-day milestone.

After this, you can continue the habit for a lifetime.

You have become a consistent prayer.

For any enquiries or questions, email me @

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