

Notes to Supplement Teaching Video, *Growing in Prayer and Faith*, by Stuart McAlpine

## *Effective Prayer*

### **1. Knowing Jesus as personal Lord and Savior**

*“Believe me when I say that I am in the Father, and the Father is in me ... I tell you the truth, anyone who has faith in me will do what I have been doing ... And I will do whatever you ask in my name.”* (John 14:11-13)

### **2. Knowing God’s acceptance**

*“... so that you may know that you have eternal life. This is the confidence we have in approaching God ... that if we ask”* (1 John 5:13).

### **3. Confessing sin**

David knew that if there was *“iniquity in my heart”* (Psalm 66:18)

### **4. Humility**

Asking that is a true confession of need requires humility. If people will *“humble themselves”* then God says that He *“will forgive their sins”* (2 Chronicles 7:14). *“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God have mercy on me a sinner’ ... this man went home justified”* (Luke 18:13-14).

### **5. Believing**

*“Whatever you ask for, believe that you have received it”* (Mark 11:24). *“If you believe you will receive whatever you ask for”* (Matthew 21:22). *“He who believes in Me, the works that I do shall he do also ... Whatever you ask in My name, that will I do”* (John 14:12-14). *“When he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord”* (James 1:6).

### **6. Faith**

*“According to your faith be it unto you ... If you have faith as small as a mustard seed ... if you have faith and do not doubt ... Have faith in God ... whatever you ask ... Increase our faith”* (Matthew 9:29; 17:20; 21:21; Mark 11:22; Luke 17:5). *“Let us draw near to God ... in full assurance of faith”* (Hebrews 10:22).

### **7. Abiding in Him**

*“I am the vine, you are the branches ... If you abide in me ... ask what you wish”* (John 15:5-7).

### **8. Forgiving**

*“And when you stand, if you hold anything against anyone, forgive him”* (Mark 11:25).

### **9. Knowing He hears**

*“And if we know that He hears us, whatever we ask, we know that we have what we asked of Him”* (1 John 5:15).

### **10. Knowing His Word**

*“Preserve my life according to your Word ... Direct my footsteps according to your Word ... May my cry come*



*before you O Lord; give me understanding according to your Word” (Psalm 119:25, 28, 41, 58, 133, 169). “If ... my words remain in you, ask whatever you wish” (John 15:7).*

## 11. Waiting and listening

*“Those who wait on the Lord will renew their strength” (Isaiah 40:31). This is perhaps the best-known verse about waiting but it is addressed to people who are tempted to give up praying and asking and waiting for an answer: “My cause is disregarded by God” (40:27). “See, the sovereign Lord comes in power ... Lift your eyes and look to the heavens” (40:10, 26). All the people can hear are the sounds of war and the cries of helplessness, but they are told to listen to something else: “A voice of one calling ... Have you not heard? The Lord is the everlasting God” (40:3-4, 9, 21, 28).*

## 12. Asking in Jesus’ Name

John 14: 13-14: *“And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it.”*

John 15:16: *“You did not choose me, but I chose you and appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in my name.”*

John 16:23, 24, 26: *“In that day you will no longer ask me anything. I tell you the truth, My Father will give you whatever you ask in my name... Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete ... In that day you will ask in my name. I am not saying that I will ask the Father on your behalf.”*

- **Advocacy:** Indeed, *“we have an advocate with the Father, Jesus Christ the Righteous”* (1 John 2:1-2).
- **Association:** When we ask in His name we are identifying ourselves with Jesus as the Son of the Father, and accepting our identity as sons and daughters of the Father.
- **Access:** We have access to the Father by the blood of Jesus. We have access in His name.
- **Approach:** Because Jesus is the great High Priest who has gone before us, we not only have access, but we have the invitation and authority to boldly approach the throne of grace itself.
- **Acceptance:** We know that the only ground of our acceptance is *“in the Beloved”* (Ephesians 1:6.)
- **Assurance:** As John put it so clearly, our assurance is our belief *“in the name of the Son of God”* (1 John 5:13-15) and in asking *“according to His will.”*
- **Appropriateness:** Obviously if Jesus’s name is on it we cannot be asking for something that is not in keeping with who He is.
- **Agreement:** We ask in agreement with Jesus, according to the Father’s will in heaven
- **Authority:** There is authority in Jesus’s name.
- **Audacity:** Asking in the name of Jesus gives us the same boldness that Jesus Himself has.
- **Approval** *“On Him God has placed His seal of approval.”* John 6:27
- **Anticipation:** Asking *“in His name”* is both the sign and the sigh for His return.

## 13. Not depending on our own understanding

*“lean on our own understanding” (Proverbs 3:5). “If any of you lacks wisdom, he should ask God, who gives generously” (James 1:5).*

## 14. Fasting

*“When you pray ... When you fast” (Matthew 6:5, 16).*

**To be heavenward:** *“He answers him from His holy heaven” (Psalm 20:6).*

To be holy: *“They stood and confessed their sins” (Nehemiah 9:1-3).* The sense of heavenly presence brings conviction of sin: As a result of a “chosen” asking-fast *“your righteousness will go before you” (Isaiah 58:8).*

- **To be humbled:** *“I humbled my soul by fasting” (Psalm 69:10). “I proclaimed a fast ... that we might humble ourselves before our God” (Ezra 8:21).*
- **To be heard:** *“So we fasted and petitioned our God about this, and He answered our prayer” (Ezra 8:23).*
- **To be helped:** *“You will call and I will answer” (Isaiah 58:9) and this is affirmed by the avalanche of active verbs that describe his response: “I am sending ... I will drive out ... I will repay ... I will pour out ... I will gather ... your light will break forth ... the Lord will guide ... He will satisfy ... you will be like ... you will be called ... you will find ... I will cause you to” (Joel 2-3, Isaiah 58).*
- **To be healed:** Asking with fasting is sometimes necessary for healing and deliverance. *“Your healing will quickly appear” (Isaiah 58:8). “This kind can only come out by prayer and fasting.” (Mark 9:29).*
- **To hear:** Daniel pleads with God: *“In prayer and petition, in fasting” (9:3).* He asks to be heard: *“Hear the petitions of your servant ... Give ear O God ... O Lord listen” (9:17-19). “As soon as you began to ask an answer was given, which I have come to tell you ...” (9:23).*

## 15. Desiring

*“May He give you the desire of your heart ... May the Lord grant all your requests” (Psalm 20:4-5). “Whatever things you desire, when you ask ...” (Mark 11:24). “My heart’s desire and prayer to God ...” (Romans 10:1)*

## 16. Seeking and submitting to His will

*“If we ask anything according to His will He hears us” (1John 5:13). “Your will be done” (Matthew 6:10). “He listens to the godly man who does His will” (John 9:31).*

## 17. Loving the believers

*“If our hearts do not condemn us we have confidence before God and receive from Him anything we ask because we do His commands ... and this is His command ...to love one another as He commanded” (1 John 3:21-23).*

## 18. Unity in agreement:

In John 17 Jesus asks His Father *“by the power of Your name –the name You gave Me – so that they may be one as we are one” (17:11).*



## **19. Boldness**

*“We may approach God with freedom and confidence”* (Ephesians 3:12). *“And this is the confidence that we have in Him, that if we ask”* (1 John 5:14-15). *“Having therefore boldness to enter the holiest by the blood of Jesus”* (Hebrews 10:19).

## **20. Expectation**

*“Ask and it shall be given you”* (Matthew 7:7). *“To Him who is able to do immeasurably more than all we ask or imagine”* (Ephesians 3:20).

## **21. Experience of the Holy Spirit:**

Paul says that God can do more than we pray for *“According to His power that is at work within us”* (Ephesians 3:20).

## **22. Pleasing Him with uncondemned hearts:**

*“I will do the very thing you have asked because I am pleased with you”* (Exodus 33:17); *“If our hearts do not condemn us, we have confidence before God and receive from Him anything we ask, because we obey His commands and do what pleases Him”* (1John 3:22).

## **23. Importunity – unceasing prayer**

*“Ask and keep on asking ... knock and the door will be opened ... to show them that they should always pray and not give up”* (Matthew 7:7; Luke 18:1). *“Give him no rest”* (Isaiah 61:2). *“Pray without ceasing ... Prayer was made without ceasing”* (1Thessalonians 5:17; Acts 12:5).

## **24. Personal holiness**

We cannot ask God for His name to be hallowed if there is no place for holiness in our lives.

## **25. Being specific**

*“What do you want me to do for you?”* (blind man in Jericho - Luke 18:41)