

EFFECTIVE PRAYER

It's Not About Prayer - It's About Presence

A Simple and Practical Introduction to Christian Prayer

A PRACTICAL JOURNEY

DEDICATE -> FORGIVE -> ENTER HIS PRESENCE -> LISTEN -> BELIEVE -> PUT ON THE FULL ARMOUR -> STAND FIRM -> SPEAK IN FAITH -> GIVE THANKS -> BEAR FRUIT

Spiro Sueref
Founder and CEO of Jesus4usall.com
Lay Catholic Evangelist
Archdiocese of Cardiff-Menevia



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SCRIPTURE TRANSLATION

Unless otherwise indicated, Scripture quotations in the final publication are to use the New American Standard Bible (NASB). The exact NASB edition and required publisher acknowledgement should be confirmed before publication.

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WELCOME & INTRODUCTION

This booklet is deliberately an introduction. Effective prayer is not primarily a technique, formula or collection of perfect words. It grows from a life increasingly given to God, a heart that seeks Him first, and a living relationship with the Father, through Jesus Christ, in the Holy Spirit.

PRAYER IS A DIALOGUE - NOT A MONOLOGUE

We speak to God, but we also pause, wait, listen, receive, discern and respond. We do not assume that every thought or impression is from God; we test what we receive in the light of Sacred Scripture and the faith of the Church.

PRAY -> PAUSE -> WAIT -> LISTEN -> DISCERN -> RESPOND

Key Scriptures: Matthew 6:6-9; Luke 11:1; Romans 8:15-16; Mark 11:22-25.
Catechism: CCC 2558-2565; 2653-2654; 2709-2719.

BEFORE WE BEGIN - LET US PRAY

Before reading further, take a few moments to turn consciously towards God. Do not begin merely by studying prayer. Begin by praying.

Heavenly Father, I thank You for Your goodness, Your mercy and Your faithfulness. I praise You because You are holy, loving and worthy of all honour. I worship You and place this time into Your hands.

Father, in the name of Jesus Christ, protect me, my family and all those for whom I pray. I plead the saving and redeeming Blood of Jesus over my life. Guard me from evil, temptation, deception and everything that would draw me away from You. Send Your holy angels to watch over and assist me according to Your will.

Come, Holy Spirit. Lead me. Teach me. Guide me. Enlighten me. Open my understanding to the Word of God. Help me to hear what You want me to hear, see what You want me to see, and respond with faith and obedience.

Lord Jesus, draw me deeper into Your Presence. Let everything I learn in these pages bring me closer to You and help me bear good fruit for Your Kingdom. Amen.

THANK -> PRAISE -> WORSHIP -> ASK FOR PROTECTION -> INVITE THE HOLY SPIRIT -> ENTER HIS PRESENCE

1. FORGIVENESS & ENTERING GOD'S PRESENCE

Prayer draws us consciously into communion with God and His Presence. One of the first things Jesus tells us to deal with when we pray is forgiveness. In Mark 11, His teaching on faith-filled prayer is followed immediately by the command to forgive when we stand praying.

FORGIVE -> RELEASE JUDGMENTS -> REPENT -> SURRENDER -> ENTER HIS PRESENCE

A Simple Prayer of Forgiveness

Father, in the name of Jesus, I choose to forgive everyone who has hurt me, offended me, rejected me or sinned against me. I release them into Your hands. Lord, forgive me for every wrong judgment I have made against others. I renounce and release those judgments, and I ask You to cancel their effects in my life and in the lives of others. Cleanse my heart of resentment, bitterness and unforgiveness. Help me to forgive as You have forgiven me. I surrender everyone and everything to You. Lord Jesus, lead me now into Your peace and Presence. Amen.

Scripture: Mark 11:22-25; Matthew 6:12, 14-15. **Catechism:** CCC 2838-2845.

2. JESUS TEACHES US TO PRAY

The disciples asked Jesus to teach them to pray. The Lord's Prayer is therefore not only something to recite; it is a pattern that forms our whole life of prayer.

THE OUR FATHER

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

Amen.

Its movement: Father and relationship; worship; God's Kingdom; surrender to His will; provision; forgiveness; vigilance in temptation; deliverance from evil.

Scripture: Matthew 6:9-13; Luke 11:1-4. **Catechism:** CCC 2759-2865.

3. THE KEY TO EFFECTIVE PRAYER - A HEART GIVEN TO GOD

Sacred Scripture is essential to prayer, but the deeper foundation is a life dedicated and surrendered to God. God is not merely a means to obtain what we want. Effective prayer grows as we seek Him, delight in Him, give Him our whole heart and allow His Kingdom to come first.

DEDICATE -> SEEK -> DELIGHT -> TRUST -> PRAY -> OBEY

2 Chronicles 7 - Solomon dedicates the Temple; God responds to prayer, humility, seeking His face and turning from wicked ways.

2 Chronicles 16:9 - the Lord looks throughout the earth to strongly support those whose heart is completely His.

Psalm 37:4 - delight yourself in the Lord.

Matthew 6:33 - seek first God's Kingdom and righteousness.

The question is not only, 'How can I get my prayer answered?' but also, 'Does my heart and life belong to God? Am I seeking Him first?'

Catechism: CCC 2562-2564; 2608-2614; 2734-2741.

4. READ IT - BELIEVE IT - PRAY IT - DECREE IT

God's Word teaches us who He is, what He has promised, what He asks of us and how to recognise truth. We do not decree whatever we desire; we speak what is consistent with God's revealed Word.

READ IT - What does Scripture actually say? Read it in context.

BELIEVE IT - Receive God's truth. Let His Word challenge fear, lies and merely human understanding.

PRAY IT - Turn God's Word into prayer.

DECREE IT - Speak and declare biblical truth in faith over the situation. Let your words agree with God's Word rather than fear or defeat.

WHAT IS GOD SHOWING ME? WHAT DOES THIS TEACH ME ABOUT HIM? WHAT SHOULD I BELIEVE, CHANGE, OBEY, PRAY OR SPEAK?

Scripture: John 15:7; James 1:22; Psalm 119:105; 2 Corinthians 10:5.

5. A BALANCED LIFE OF PRAYER

A healthy prayer life is richer than asking God for things. It includes dedicated times of praise and worship, thanksgiving, repentance, forgiveness, petition, intercession, surrender and faith-filled prayer.

ENTER WITH THANKSGIVING -> PRAISE GOD -> WORSHIP HIM -> REMAIN IN HIS PRESENCE -> PRAY

PRAISE - proclaim who God is and what He has done: His goodness, holiness, mercy, power and faithfulness.

WORSHIP - love, honour and adore God for who He is. Worship may be expressed in words or song, and also in reverent stillness before Him.

THANKSGIVING - thank God for His gifts, mercy and faithfulness.

REPENTANCE & FORGIVENESS - return to God and release others.

PETITION & INTERCESSION - bring needs before the Father and pray for others.

SURRENDER - place your plans, fears and desires into God's hands.

SPEAKING TO YOUR MOUNTAINS - have faith in God, speak, believe, pray and forgive.

Psalm 100:4 connects entering God's courts with thanksgiving and praise. Psalm 22:3 is often paraphrased as God 'inhabiting the praises' of His people; the NASB uses the image of God being enthroned upon the praises of Israel. John 4:23-24 calls us to worship the Father in spirit and truth.

Scripture: Psalm 22:3; Psalm 95:1-7; Psalm 100:4; Psalm 150; John 4:23-24; Mark 11:22-25; Philippians 4:6. **Catechism:** CCC 2626-2643.

6. BE VIGILANT - SET A WATCH OVER YOURSELF

Spiritual vigilance begins by watching what is happening within us. We should not simply accept every thought, feeling, craving, impulse, word or reaction and act upon it.

THOUGHTS -> FEELINGS -> DESIRES & CRAVINGS -> WORDS -> REACTIONS -> CHOICES -> ACTIONS

A useful teaching principle is: **'Symptoms are to sickness what temptation is to sin.'** A symptom can alert us that something may be happening in the body and needs attention. In a similar way, temptation alerts us that something is presenting itself to our mind, emotions, desires or appetites and seeking our agreement.

Temptation itself is not sin. Jesus was tempted, yet without sin. James 1:14-15 shows how desire can entice and, when embraced, develop into sin.

WATCH -> RECOGNISE -> DISCERN -> TAKE CAPTIVE -> REJECT WHAT IS WRONG -> CHOOSE WHAT IS OF GOD -> PRAY -> STAND FIRM

A symptom is a signal, not proof of a particular illness. Likewise, vigilance is not fear; it is sober Christian attentiveness. First thing in the morning and last thing at night can be important moments of vigilance, while Scripture calls us to remain alert at all times.

Scripture: Hebrews 4:15; James 1:14-15; 2 Corinthians 10:3-5; Proverbs 4:23; Matthew 26:41; 1 Peter 5:8-9. **Catechism:** CCC 2725-2745; 2846-2849.

7. PUT ON THE FULL ARMOUR OF GOD - STAND FIRM

Paul uses the equipment of a soldier in Ephesians 6:10-18. Saying a prayer that names the armour is not the whole meaning of putting it on. 'Put on' calls for action: we practise and apply what each piece represents. Paul twice speaks explicitly of the **full armour of God** (Ephesians 6:11, 13).

Belt of Truth - let truth govern desires and conduct; reject deception.

Breastplate of Righteousness - guard the heart by choosing what is right before God.

Feet prepared with the Gospel of Peace - watch where you walk; live and carry the Gospel of peace.

Shield of Faith - actively trust God against fear, doubt, accusation and temptation.

Helmet of Salvation - guard the mind; bring thoughts under Christ and God's Word.

Sword of the Spirit - know, believe, speak and apply the Word of God.

Prayer in the Spirit - remain prayerful, persevering and alert.

THREE TIMES - STAND!

Ephesians 6 repeatedly tells the Christian to stand or stand firm (vv. 11, 13-14). James 4:7 gives the order: submit to God and resist the devil. 1 Peter 5:8-9 likewise calls us to be alert and resist, firm in faith.

SUBMIT TO GOD -> PUT ON THE FULL ARMOUR OF GOD -> RESIST THE DEVIL -> STAND FIRM -> KEEP STANDING -> PRAY -> REMAIN ALERT

Scripture: Ephesians 6:10-18; James 4:7-8; 1 Peter 5:8-9; Proverbs 3:5-6; 2 Corinthians 10:3-5.

8. WHAT DOES SCRIPTURE SAY FAITH IS?

Before we say 'ask in faith,' we should let Scripture tell us what faith is. Hebrews 11:1 is foundational: faith concerns assurance regarding what is hoped for and conviction concerning what is not seen. The exact NASB wording should be inserted once the final NASB edition is selected.

Hebrews 11 then shows faith in action: creation is understood by faith; Abel acts in faith; Enoch walks with God; and verse 6 teaches that faith is essential in coming to God, believing that He is and that He rewards those who seek Him.

THE OBJECT OF FAITH IS GOD

Jesus begins the mountain passage with the essential command: **'Have faith in God.'** Biblical faith is not wishful thinking, positive thinking, or faith in our own ability to believe. It rests upon God - who He is, what He has said, and His faithfulness.

KNOW GOD -> BELIEVE GOD -> TRUST GOD -> SEEK GOD -> ACT UPON HIS WORD

Scripture: Hebrews 11:1-6; Mark 11:22-25; James 1:5-8; Matthew 6:33. **Catechism:** CCC 1814-1816; 2609-2610; 2734-2741.

9. LET THE HOLY SPIRIT LEAD YOU AND LIFT YOU

Prayer is a dialogue. We invite the Holy Spirit not only to come, but to lead us and lift us. We do not rush through our own words and agenda. We become attentive to God.

LET HIM LEAD YOU. Ask the Holy Spirit to lead, teach, guide and enlighten you. Romans 8:14 speaks of being led by the Spirit of God; John 16:13 speaks of the Spirit guiding into truth.

LET HIM LIFT YOU. Isaiah 40:31 gives the image of those who wait for the Lord gaining new strength and mounting up with wings like eagles. An eagle can open its wings and allow rising air currents to lift it. In prayer, we stop striving, wait upon the Lord, surrender and allow the Holy Spirit to strengthen and lift us.

INVITE -> SURRENDER -> BECOME STILL -> WAIT -> LISTEN -> LET HIM LEAD -> LET HIM LIFT -> DISCERN -> RESPOND

Come, Holy Spirit. Lead me. Teach me. Guide me. Enlighten me. Open my understanding to the Word of God. Help me to recognise Your leading and give me grace to follow You. Strengthen and lift my spirit. Lead me deeper into the Presence of God and help me respond in obedience. Amen.

Scripture: Isaiah 40:31; Romans 8:14, 26-27; John 14:26; John 16:13; 1 Thessalonians 5:19-21.
Catechism: CCC 2670-2672; 2709-2719.

10. PRACTICAL WORKSHOP - ENTERING & PREPARING

Do not rush. Prayer is dialogue. After important invitations or acts of surrender, pause, wait, listen, discern and respond.

1. SIGN OF THE CROSS
Begin in the name of the Father, and of the Son, and of the Holy Spirit.

2. PRAY THE OUR FATHER
Pray the Lord's Prayer slowly and in full.

3. THANKSGIVING, PRAISE & WORSHIP
Thank God for His goodness and blessings. Spend time praising Him for who He is and worshipping Him. Do not hurry immediately into requests.

4. PRAYER OF PROTECTION
Ask the Father, in Jesus' name, to protect you and those for whom you pray; plead the saving Blood of Jesus; ask for protection from evil, temptation and deception, and for the help of God's holy angels.

5. FORGIVE EVERYONE & RELEASE JUDGMENTS
Choose to forgive everyone. Renounce and release wrong judgments and ask the Father to cancel their effects.

6. COME TO THE CROSS
Repent. Ask Jesus to forgive your sins and failings. Surrender yourself again to His mercy.

PAUSE -> WAIT -> LISTEN -> DISCERN -> RESPOND

10. PRACTICAL WORKSHOP - RECEIVING & ANOINTING

7. PLEAD THE PRECIOUS BLOOD OF JESUS
Place yourself prayerfully under the saving and redeeming Blood of Christ.

8. INVITE JESUS INTO YOUR HEART AFRESH & CONSECRATE YOURSELF
Welcome Jesus into every area of your life and dedicate yourself completely to God.

9. INVITE THE HOLY SPIRIT
Ask the Holy Spirit to come, lead, teach, guide and enlighten you. Ask Jesus, in prayer, to place His hands upon your head for a special blessing and to breathe His breath upon you. John 20:22 provides the biblical image.

10. RECEIVE & BE FILLED
Take a slow, deep breath as a prayerful physical sign of receiving and yielding. Ask the Holy Spirit to fill every cell, every organ and every part of your being - heart, mind, body, soul and spirit. The Holy Spirit is not literally inhaled; the breath is a bodily sign accompanying prayer.

11. REMOVE THE OBSTACLES
Ask God to remove the scales from your eyes, the veil from your mind and the hardness from your heart.

12. RENEW, REFRESH & HEAL
Ask the Holy Spirit to renew your mind, refresh your soul, and touch and heal your heart, mind, body, soul and spirit.

10. PRACTICAL WORKSHOP - SURRENDER & FRESH ANOINTING

13. RECEIVE A FRESH ANOINTING OF CHRIST

Lord Jesus Christ, release a fresh anointing over me. Let Your anointing rest upon the crown of my head and flow over me and through me to the soles of my feet. Holy Spirit, fill me afresh. Anoint my mind and thoughts, my eyes and what I see, my ears and what I hear, my mouth and the words I speak, my heart and everything within it, my hands and everything I do, and my feet and everywhere I go. Anoint my heart, mind, body, soul and spirit. Strengthen me to live for Jesus, obey His Word, serve Him and bear good fruit for His Kingdom. Amen.

Psalm 133:2 gives the biblical imagery of anointing oil flowing from Aaron's head. Luke 4:18 / Isaiah 61:1 remind us that anointing is for God's purposes and service, not merely for an experience.

14. INVITE JESUS TO REIGN

Invite Jesus Christ to be the only God upon the throne of your heart. Surrender every competing attachment, desire and false idol.

15. ASK JESUS TO REMOVE WHAT IS NOT OF HIM

Ask Him to remove everything evil, unclean, ungodly and sinful; to break every sinful and ungodly yoke; and to bring you into His freedom and rest.

WAIT UPON THE HOLY SPIRIT -> LISTEN -> RECEIVE -> DISCERN -> RESPOND

Scripture: John 20:22; Acts 9:18; 2 Corinthians 3:14-18; Ezekiel 36:26; Romans 12:2; Psalm 133:2; Isaiah 61:1; Luke 4:18; Matthew 11:28-30.

10. PRACTICAL WORKSHOP - SPEAKING TO YOUR MOUNTAINS

The workshop now moves into the faith Jesus teaches in Mark 11:22-25. A mountain can represent an obstacle or condition being brought before God - sickness, depression, fear, anxiety, addiction, financial difficulty, unforgiveness or another named burden.

HAVE FAITH IN GOD -> SPEAK TO THE MOUNTAIN -> DO NOT DOUBT -> BELIEVE -> PRAY -> FORGIVE

16. RENOUNCE, REJECT & SPEAK TO THE MOUNTAIN

Renounce what is contrary to God. Reject lies, sinful agreements and ungodly influences. Then, in the name of Jesus Christ, speak in faith to the mountain and command it to be uprooted and cast into the sea, believing God and refusing to make fear or doubt your confession.

Lord Jesus, my faith is in You. In Your name, I renounce and reject what is contrary to Your will. In the name of Jesus Christ, I speak to this mountain of _____. Be uprooted and cast into the sea. I reject fear and doubt. I choose to believe God and stand upon His Word. I belong to Jesus Christ, and Jesus Christ alone is Lord of my life. Amen.

Important: This is personal Christian prayer and speaking to one's mountains, not the rite of exorcism. When the mountain is sickness, depression or another health condition, prayer is not a substitute for appropriate medical or mental-health care, and persistence of illness should not be treated as proof that a person lacked faith.

10. PRACTICAL WORKSHOP - THANKSGIVING, ABIDING & BEARING FRUIT

17. THANK GOD IN FAITH

After praying and speaking to the mountain, do not immediately return to anxiety. Jesus teaches us in Mark 11 to believe when we pray. Philippians 4:6 likewise joins prayer and petition with thanksgiving.

> Father, I thank You that You have heard my prayer. I thank You for Your goodness, faithfulness and love. I place these mountains into Your hands and trust You. Even when I cannot yet see the answer with my natural eyes, I choose faith over fear and trust over anxiety. I receive by faith what You desire to give according to Your will, and I thank You for Your grace and Your answer. Keep me trusting, praising and thanking You. In Jesus' name. Amen.

18. ABIDE IN CHRIST & BEAR GOOD FRUIT

> Father, I thank You for this time in Your Presence. Lord Jesus, help me to remain in You and let Your Word remain in me. May my life bear good and abundant fruit for Your Kingdom. Holy Spirit, continue to fill me, teach me, guide me and transform me. Produce within me love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Renew my mind through Your Word. Help me to recognise Your voice, obey Your will and put into practice what You teach me. Prune away whatever prevents me from bearing good fruit. Let the seed of Your Word take root, grow and produce a rich harvest for Your Kingdom and Your glory. Amen.

DON'T JUST FINISH YOUR PRAYER - GO AND BEAR FRUIT.

Scripture: Mark 11:22-25; Philippians 4:6; John 15:4-8; Galatians 5:22-23; Romans 12:2; Colossians 3:16; James 1:22; Mark 4:20.

11. YOUR SIMPLE DAILY PRAYER

Your daily prayer follows the same eighteen movements as the workshop. It can be shorter, but it should not become a different method.

1. Sign of the Cross.
2. Pray the Our Father in full.
3. Give thanks; spend time in praise and worship.
4. Ask for God's protection.
5. Forgive everyone; release wrong judgments.
6. Come to the Cross; repent and ask forgiveness.
7. Plead the Precious Blood of Jesus.
8. Invite Jesus into your heart afresh and consecrate yourself completely to God.
9. Invite the Holy Spirit: lead me, teach me, guide me, enlighten me.
10. Receive and ask the Holy Spirit to fill every part of you.
11. Ask God to remove the scales, veil and hardness of heart.
12. Ask the Holy Spirit to renew, refresh and heal your whole person.
13. Ask Jesus for a fresh anointing from the crown of your head to the soles of your feet.
14. Invite Jesus to reign alone on the throne of your heart.
15. Ask Jesus to remove what is evil, unclean, ungodly and sinful and to break sinful yokes.
16. Speak to Your Mountains: renounce, reject, speak in faith and stand upon God's Word.
17. Thank God in faith after you have prayed.
18. Ask to abide in Christ, grow in the Spirit and Word, and bear good fruit.

THROUGHOUT: PAUSE -> WAIT -> LISTEN -> DISCERN -> RESPOND

Remain awake and alert in the Spirit throughout the day. Prayer is not merely a morning exercise; it forms a life lived in God's Presence.

A FINAL PRAYER FOR YOU

From Spiro Sueref

Heavenly Father, I thank You for the person who has taken the time to journey through these pages. Thank You for drawing them closer to You and for every seed of Your Word that has been planted within their heart.

In the name of Jesus Christ, I pray that You bless them and protect them. Guard their heart, their mind, their body, their soul and their spirit. Keep them close to You and protect them from evil, deception, temptation and everything that would seek to draw them away from Your Presence.

Lord Jesus, draw them into an ever deeper relationship with You. Where there is hurt, bring healing. Where there is fear, bring Your peace. Where there is confusion, bring Your light. Where there is weakness, bring Your strength. Where there is discouragement, renew their hope.

Holy Spirit, come upon them afresh. Lead them. Teach them. Guide them. Enlighten them. Lift them when they are weary and strengthen them when they are weak. Open their eyes to understand the Word of God and give them a hunger for Scripture and Your Presence.

Lord Jesus, release a fresh anointing upon them. Anoint their mind and thoughts, their eyes and what they see, their ears and what they hear, their mouth and the words they speak, their heart and everything within it, their hands and everything they do, and their feet and everywhere You send them.

May Jesus Christ alone reign upon the throne of their heart. Give them faith to believe You, courage to obey You, wisdom to recognise what is from You, and strength to stand firm when trials and temptations come. Teach them to put on the **full Armour of God**, to submit themselves completely to You, to resist the devil, and having done everything, to stand firm in faith.

A FINAL PRAYER FOR YOU - CONTINUED

When mountains rise before them, remind them of the words of Jesus: **'Have faith in God.'** Teach them to pray without fear, to believe You, to trust You, to speak Your Word in faith, and then to place the matter into Your hands with thanksgiving.

And Father, above everything else, help them to abide in Jesus. May Your Word remain within them. May the Holy Spirit lead them and lift them. May their prayer become deeper, their faith stronger, their love greater and their lives increasingly surrendered to You.

Produce within them the fruit of Your Holy Spirit: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.** Let the seeds You have planted through this little book take root in good soil. Let them grow and multiply until their lives produce good and abundant fruit for Your Kingdom.

May they themselves become a blessing to others - bringing the love, peace, hope and Presence of Jesus wherever You send them.

Father, I entrust them now into Your hands. May the Lord bless them and keep them. May His face shine upon them. May His Presence remain with them. May His Word dwell richly within them. May His Holy Spirit lead them. And may their lives bring glory to Jesus Christ.

I ask all of this in the mighty and precious name of Jesus Christ our Lord. **Amen.**

With every blessing in Jesus Christ,
Spiro Sueref
Founder and CEO of Jesus4usall.com
Lay Catholic Evangelist
Archdiocese of Cardiff-Menevia

NOW GO AND BEAR GOOD FRUIT.

12. THIS IS ONLY THE BEGINNING



Spiro Sueref is a Lay Catholic Evangelist, author, speaker, teacher and prayer and healing minister, and Founder and CEO of Jesus4usall.com. He is a Catholic in good standing with the Roman Catholic Church in the Archdiocese of Cardiff-Menevia.

For more than 25 years he has served in Catholic prayer, evangelisation, teaching and healing ministry, helping people encounter Jesus Christ, grow in Scripture and prayer, and live their faith more confidently.

This booklet is an introduction, not a complete course on Christian prayer. Continue your formation through the free online, on-demand Christian Prayer course in the Jesus4usall.com Academy, together with Foundations of Catholic Faith and further workshops and studies.

CONTINUE YOUR FORMATION
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The wider formation pathway can continue into deeper study of prayer, faith, healing, inner healing, spiritual warfare and deliverance.

CONTINUE YOUR JOURNEY

Prayer is only the beginning of a life lived in the Presence of God.

GO DEEPER WITH JESUS4USALL.COM

Continue with the free online Christian Prayer course and other formation through the Jesus4usall.com Academy.

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READ THE WORD -> SEEK GOD FIRST -> PRAY -> LISTEN BELIEVE -> PUT ON THE FULL ARMOUR -> STAND FIRM -> SPEAK IN FAITH -> GIVE THANKS -> BEAR FRUIT



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