

**I Have Found  
Prayeraphrases to be  
Extraordinarily  
Helpful When Praying**  
*Bulletin Board Notes About  
Prayeraphrases via bing.com*

Sandy, I'd like to share something with everyone here that I have found to be extraordinarily helpful when praying. What

better way to have a relationship with God than praying His word back to Him. It's a book my pastor's wife gave to me on their return from an I.F.C.A. convention.

It's title is

"Prayeraphrases" by Anthony J. Ruspantini

Here is an excerpt for "prayer" #94 O Blessed Master, even when we

pray we are often plagued with many distracting thoughts. Ever enable us to pierce them through with the incomparable sword of Thine own Spirit. (Taken from II Cor. 10:5) Anyone desiring to purchase it can follow this link:

<http://www.prayeraphrases.org> There are many topics from abiding to

zeal. It's well worth having especially on those days when you just have trouble settling your heart to pray.

On the "giving" end. I like to incorporate the ACTS and 5 finger prayer method. Adoration, Confession, Thanksgiving, Supplication ... 5 finger

prayer: Thumbs represent those closest to you, pointers represent those who give direction i.e. pastors, missionaries, evangelists, teachers, tall finger represents our leaders i.e. president, V.P., Congress, House, Supreme Court, Governors, Mayors, and council people, ring finger represents the weak i.e.

sick, unsaved, I also include healthcare givers and those who protect us i.e. the military, police, and firemen, and finally the pinky represents ourselves. Get to know the people in your church and pray for them as well .. my method is to do it alphabetically ... one or two letters a day until you've prayed for

everyone and then start over because needs change.

On the receiving end. My goodness there's not enough time to tell you how other's prayers for me has changed my life, my attitudes, my walk with the Lord ... my whole existence. I praise God for all those who

have prayed for me and  
continue to pray for me.

I'll leave you with one  
little juice tidbit ... when  
you are praying for  
someone (those you  
consider your enemies)  
you can't stay angry or  
upset with them for very  
long. Before you know it  
you'll be confessing and  
forgiving and praising

God.

Source(s):

NKJV Bible

**Complete Original  
Bulletin Board Text  
Below**

Broken Alabaster Flask

Member since:

April 19, 2007

As believers who feed on the Word of God are we to receiving the Word through praying in spirit? I was really appreciating these two verses in Eph 6:17-18

" And RECEIVE the  
helmet of salvation and  
the Sword of the Spirit,  
which Spirit is the WORD  
OF GOD  
BY MEANS of ALL  
PRAYER and petition,  
praying at every time IN  
spirit and watching unto  
this in all perseverance  
and petition concerning  
all the saints"

In your own christian life,  
do you find your  
receiving of the Word of  
God more effective,  
nourishing and supplying  
when you do so when  
exercising your spirit to  
pray with the Word?

I love how this verse takes  
us out of ourselves and  
praying for what we want

and how it ushers us to see past our own things that concern us TO pray and petition concerning ALL the saints.

Truly, does our pray-reading of the word lead us to care for the saints in a watchful persevering way?

Please share your view

and experience of this.  
Either on the giving or  
receiving end:)

Ty for your posts in  
advance

In Christ

sandy

3 years ago Report Abuse  
by jimmy\_ts... Member  
since:

October 11, 2007

Total points:

9,411 (Level 5)

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Best Answer - Chosen by  
Asker

As we pray in the Spirit,  
we are standing against  
the enemies as well as  
building ourselves up on  
our most holy faith.

(Ephesians 6; Jude 20)

The word of God is the sword of the Spirit, and the way we wield the sword is by praying in the Spirit always. I like the translation you have given here - the phrase "by means of" is not in the NKJV Bible.

The "word of God" here is "rhema" in Greek,

meaning "spoken word", as compared to "logos" (written word). So as we pray in the Spirit, we are speaking the word of God against the enemies. Jesus demonstrated how He spoke the written word against the devil's temptations in the wilderness, and He won the fight. :)

As we pray in the Spirit,  
He also makes  
intercessions for us with  
groanings which cannot  
be uttered in the known  
language. (Romans 8:26)  
It is a great  
encouragement for us all,  
for there are times we do  
not know what we should  
pray for as we ought, but  
thankfully the Spirit helps  
us in our weaknesses.

When we pray in the Spirit, we allow Him to make intercessions not just for ourselves but also for our loved ones as well as all the other saints, because "He makes intercession for the saints according to the will of God". (Romans 8:27)

Finally, it is interesting that the apostle Paul said

that he prayed in the Spirit (or in tongues) more than the Corinthian church, yet in the church he would rather speak five words with his understanding (in a known language) than that he may teach others also. (1 Corinthians 14:19) The word "also" tells us that Paul himself was taught of the Lord by praying in

the Spirit. For "he who speaks in a tongue edifies himself" (1 Corinthians 14:4)

In his private moments, Paul must have prayed in the Spirit a lot, and received much wisdom and revelation from the Lord Jesus concerning the gospel of grace. Hence, he was able to teach others

also, and he did so by speaking to them with his understanding, not in tongues, in the church. No wonder his epistles, as well as the other apostles' epistles, often contain long sentences and verses which are interwoven into one another, containing rich treasures of wisdom and knowledge of Christ for our learning. :)

May we continue to pray in the Spirit for the intercession of saints, for preservation and deliverance from the enemies' attacks, and for edification of ourselves and others, that we may build up one another in the Lord, and "let the word of Christ dwell in us richly in all wisdom,

teaching and  
admonishing one another  
in psalms, hymns and  
spiritual songs, singing  
with grace in our hearts to  
the Lord." (Colossians  
3:16)

Peace be with you, sister  
Sandy. :)

3 years ago Report Abuse  
2 people rated this as  
good

Asker's Rating: Asker's

Comment: Amen

Ty brother Jimmy

Ty for all the labour in the  
word to present this  
answer.

Ty everyone for the sweet  
sharing

Your sis

sandy Not the right  
answer? Try Yahoo!

Search

Search Yahoo! for Search

There are currently no comments for this question.

\* You must be logged into Answers to add comments. Sign in or Register.

Other Answers (6)

by ♥KLYETT♥ Member since:

December 16, 2007

Total points:  
2,459 (Level 3)  
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Nice prospective! Yes, I do believe that when we pray in the spirit it moves the focus from "self" to others. It's a good feeling & exercises your compassion.

3 years ago Report Abuse  
4 people rated this as  
good by just a christian  
Member since:  
March 31, 2007  
Total points:  
15,002 (Level 6)  
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hello,  
the further we christians

become cultivated in the vine, and the more we are sanctified in the spirit, the easier it is to let the spirit speak to us, directing our way towards those around us, and especially towards those outside.

[[colossians4:5]]

the inner man grows wise, and tends to concern his self with what our lord's purpose is for

us,rather than are own  
personal needs or wants.  
as i,personally,try to walk  
as a light in this  
world,serving my saviors  
will.....i am thankful that  
he has "fully" equiped me  
with this armor of which  
this small yet effective bit  
of scripture speaks of.

this just happens to be my  
favorite bit of

scripture.and i could  
ramble on forever of how  
it speaks to me.....perhaps  
another time.

as the battle for our souls  
ceaslessly rages,i feel it is  
of the utmost importance  
to have "all" the saints  
fully equipped,and  
focused on the lords  
will.ever mindful that he  
already knows our  
petitions before we

do, and even when we  
don't know what our  
petition is. [[romans8:26]]

thank you for your  
inspiration as i leave for  
work!!!

may the lord continue to  
bless you as "your" light  
continues to shine ever  
brightly.

Source(s):

4:20pm

3 years ago Report Abuse  
2 people rated this as  
good by jackiebl...

Member since:

February 19, 2008

Total points:

1,367 (Level 3)

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We receive him the  
moment we're saved.

3 years ago Report Abuse  
2 people rated this as  
good by Dawn (froggie)  
Member since:  
May 20, 2008  
Total points:  
8,178 (Level 5)  
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The helmet God provides  
is salvation. No matter

how hot the battle, the Christian is not daunted, since he knows that ultimate victory is sure. Assurance of eventual deliverance preserves him from retreat or surrender. "If God is for us who can be against us."

The soldier takes the sword of the Spirit, which is the Word of God. The

classic illustration of this is our Lord's use of this sword in His encounter with satan. Three times He quoted the Word of God - not just random verses but the appropriate verses which the Holy Spirit gave Him for that occasion.

Prayer is not mentioned as part of the armor, but

we would not be overrating its importance if we say that it is the atmosphere in which the soldier must live and breathe. Prayer should be continual, not sporadic, a habit, not an isolated act. Then too the soldier should use all kinds of prayer - public and private, deliberate and spontaneous, supplication

and intercession,  
confession and  
humiliation, praise and  
thanksgiving. Prayer  
should be in the Spirit,  
that is, inspired and led  
by Him.

Paul was a great example  
to us as he writes from  
prison. He did not ask  
prayer for his early  
release, rather he asked

for utterance in opening  
his mouth boldly to  
delcare the mystery of the  
gospel.

3 years ago Report Abuse  
2 people rated this as  
good by Sureyoud...

Member since:

February 08, 2008

Total points:

2,180 (Level 3)

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This is so true. There is a major difference between praying, the shallow prayer and allowing the Spirit to lead you into true intercession. Although, I believe that God hears all prayers, but I know in my own walk, God has called me to something much deeper. Only in

intercession can we receive the mind of Christ and truly know the heart of our Father. Lord knows, I need help with obedience in this area. But, I have seen amazing things when allowing The Holy Spirit to take over in prayer. A lot of times, I don't even know what exactly I am praying for. But, I know in most cases,

in my experience, His  
burden is for the Body of  
Christ. Please pray for me  
concerning this area.

Peace!

3 years ago Report Abuse  
2 people rated this as  
good by

RescuedByTheLamb

S.O.C. Member since:

September 22, 2007

Total points:

15,005 (Level 6)

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Good evening, Sandy

Eph. 6:17, 18 And take the helmet of salvation, and 'the sword of the Spirit," which is the word of God; 18 praying "always" with "all prayer and supplication" "in the

Spirit," "being watchful"  
to this end with "all  
perseverance" and  
supplication for "all the  
saints" ---

the sword of the Spirit. As  
the sword is the soldier's  
only weapon, so God's  
Word is the only needed  
weapon, infinitely more  
powerful than any of  
Satan's. The Greek term

rerers to a small weapon (6-18 inches long). It was used both defensively to fend off Satan's attacks, and offensively to help destroy the enemy's strategies. It is the truth of Scripture.

Hebrews 4:12 For the word of God is living and powerful (has "energy"), and sharper than any

two-edged sword,  
piercing even to the  
division of soul and spirit,  
and of joints and marrow,  
and is a discerner (critic)  
of the thoughts and  
intents of the heart.

6:18 This verse introduces  
the general character of a  
believer's prayer life:

1) "all prayer and

supplication" focuses on  
the variety

I Tim. 2:1-3 Therefore I  
exhort, first of all that  
supplications, prayers,  
intercessions, and giving  
of thanks be made for  
ALL men, 2 for kings  
(leaders) and all who are  
in authority, that we may  
lead a quiet and peaceable  
life in all godliness and

reverence. 3 For this is good and acceptable in the sight of God our Savior.

2) "always" focuses on the frequency (cf. Rom. 12:12; Phil. 4:6; I Thess. 5:17)

3) "in the Spirit" focuses on submission, as we line up with the will of God (cf. Rom. 8:26, 27)

4) "being watchful"  
focuses on the manner (cf.  
Matt. 26:41; Mark 13:33)

5) "all perseverance"  
focuses on the persistence  
(cf. Luke 11:9; 18:7, 8)

6) "all saints" focuses on  
the objects (cf. I Sam.  
12:23, 24)

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method. Adoration,  
Confession,  
Thanksgiving,  
Supplication ... 5 finger  
prayer: Thumbs represent  
those closest to you,  
pointers represent those  
who give direction i.e.  
pastors, missionaries,  
evangelists, teachers, tall  
finger represents our  
leaders i.e. president,

V.P., Congress, House,  
Supreme Court,  
Governors, Mayors, and  
council people, ring finger  
represents the weak i.e.  
sick, unsaved, I also  
include healthcare givers  
and those who protect us  
i.e. the military, police,  
and firemen, and finally  
the pinky represents  
ourselves. Get to know  
the people in your church

and pray for them as well .. my method is to do it alphabetically ... one or two letters a day until you've prayed for everyone and then start over because needs change.

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