

“On Your Knees, Please”

PDF Version of the eDevo Series

on your knees please – part 1



"Call to Me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own."
(Jeremiah 33:3, Message)

A cappuccino, cozy cafe and a wireless Internet connection...does it get any better? OK, maybe chatting with your hubby or girlfriend would make it ultra perfect! But wait...I'd like to introduce you to an even better idea! How about that cappuccino, cozy prayer closet and God's WiFi? Yes! God's wireless technology...also called prayer! Are you connected? Hooked up to Him?

Ever wondered how to Log In to heaven? It's through prayer. This "wireless" prayer process is simple. Our authorized User Name is: The Name of Above All Names—Jesus! Our Password is: The Word. Jesus gave us this hook up information: *"...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."* (John 16:23-24, NIV)

Think about it...when you check your email, do you enjoy hearing those three little words, "You've Got Mail"? I have no doubt, the Lord likes to hear those words, when we pray!

Prayer is supposed to be a heartfelt adventure with God, but for many Christians it's a drag. God's mailbox has no record of their email and they only send instant messages in times of crisis. Prayer has become an SOS. A duty. A ritual. A bore. A frustration.

How about you? Does the idea of hitting your knees and clicking into God's power thrill you or bore you? I've found that many people lack a dynamic prayer life and

internal motivation to connect with God because they really don't know the benefits of prayer. Here are two benefits...

#1. Connect With God's Presence

There's this itch, this restlessness in our spirits that nothing on earth can satisfy! We try to scratch that thing with relationships, music, stuff, accomplishments, food, activities, church and hobbies, but the itch is still there. If your heart is restless, be encouraged; God wants to scratch your itch with satisfaction that comes from connecting with Him. Think about it, if we saturate and marinate in God's presence, we begin to smell, taste, look, act and sound like Him. I love the passage in Acts 4:13, *"When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus."* (NIV) It's a fact; hooking up with Him on your knees is noticeable!

#2. Make Prayer Deposits

The other big reason to pray is to get results. It's true! James 5:16 says, *"The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."* (AMP)

If we want God to show up big, we need to pray! Through prayer, we actually cooperate with God and give Him the legal right to download His will on earth! Our prayers put God's power on deposit!

If you go to the bank to make a withdrawal, you must have money in the bank, right? Have you ever gone to the bank and said, "I'd like to withdraw \$1000.00." The teller responds, "What's your account number?" You say, "Well, I don't have an account here. I just want to withdraw some money." They'd think you were crazy! A lot of people are doing that with the Lord—expecting to withdraw tremendous power for their lives, but they have never made any deposits!

Are you ready to hit your knees and spend some time connecting with God? In the rest of our edevos this week, we'll look at six important things about prayer and connecting with God on a daily basis!

"Father, I ask You to pour the spirit of prayer out on me. Give me Your heart and desire to pray! I can't wait to connect with Your presence in a real, vital way and I thank You in advance for all of the prayer deposits You will help me make. In Jesus' Name. Amen."

Blessings,



Beth Jones

on your knees please – part 2



"Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before His presence with singing...Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His Name."
Psalm 100: 2-4

Most people know they should pray. They even want to pray, but often they are stumped when it comes to the actual doing of it! Jesus gave us the Lord's Prayer as a model—an outline and pattern to use in prayer. Years ago, Dr. Paul Yonggi Cho and Pastor Larry Lee introduced the idea of using the Lord's Prayer as a pattern for prayer; today let's revisit this prayer and begin discussing the Six Prayer Pit Stops Jesus introduced.

*"After this manner therefore pray ye:
Our Father which art in heaven, Hallowed be Thy Name.
Thy kingdom come. Thy will be done in earth, as it is in heaven.
Give us this day our daily bread,
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever. Amen."
Matthew 6: 9-13, KJV*

Pit Stop #1: Our Father which art in heaven, hallowed be Thy Name.

The best way to start our prayer life is by exalting our Father! When we magnify the Lord and put our focus on Him—He gets big to us! When we hallow His Name—by praising the Father, Son and Holy Spirit—He becomes more real to us.

To get started at Pit Stop #1, begin to praise the Father for His goodness, mercy, faithfulness and everything else you can think of!

Worship Jesus for Who He is and the power of His Name. Praise Him as your Savior, Lord, Healer, Redeemer and soon coming King!

Give thanks to the Holy Spirit as your Helper, Strengtheners, Counselor, Comforter, Revealer, Truth Guide and more!

Today, why not spend some extra time thanking, praising and worshiping the Lord?

"You are my Father in Heaven and I hallow, set apart Your Name as mighty and holy. Father, I worship You today because You are _____. (*You fill in the blank!*) Jesus, I worship You today because You are _____. (*You fill in the blank!*) Holy Spirit, I worship You today because You are _____. (*You fill in the blank!*)"

Blessings,



Beth Jones

on your knees please – part 3



"After this manner therefore pray ye: Our Father which art in heaven, Hallowed be Thy Name. Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: for thine is the kingdom, and the power, and the glory, for ever. Amen."

Matthew 6: 9-13, KJV.

This week, we are looking at the basics of how to pray by utilizing the Lord's Prayer (aka: The Our Father) as a pattern or outline for our prayer life. As we have mentioned, most people know they should pray and they want to pray; they just aren't sure how to pray. Jesus gave us the Lord's Prayer as a model prayer with Six Prayer Pit Stops. Let's pick up with Pit Stop #2.

Pit Stop #2: Thy kingdom come. Thy will be done in earth, as it is in heaven.

During this Prayer Pit Stop, we can take time to pray out His plan, purpose and will. We can give a voice to the will of God so that His kingdom can come and His will can be done on earth as it is in heaven.

God has a perfect will in heaven that He wants done on earth. When we pray, "Thy kingdom come. Thy will be done on earth, as in heaven," we are asking for God's plan—which is already blessed—to be manifest on earth in our lives.

The reason this is important is because, indeed, God has a specific will for you—spirit, soul and body. For your destiny, your relationships, your kids, your marriage, your family, your finances, you name it...He's got a plan. And, He wants that plan to be manifest on earth!

In order for His plan in heaven to be revealed on earth, we need to pray and ask for it! That's exactly what the Apostle Paul did when he was praying for the believers in Colossae. *"For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of His will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light."*

(Colossians 1:9-12, NIV)

Why not take some time today to pray this prayer in Colossians for yourself and your family? As you pray this prayer—you will be praying for His kingdom to come and His will to be done on earth in your life as it is in heaven.

"Father, today I pray for Your kingdom to come and Your will to be done on earth as it is in heaven. I specifically pray this prayer in Colossians. *(Insert your name or others into the blanks.)* Father, I ask You to fill _____ with the knowledge of Your will through all spiritual wisdom and understanding. And I pray this in order that _____ may live a life worthy of the Lord and may please You in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to Your glorious might so that _____ may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified _____ to share in the inheritance of the saints in the kingdom of light. In Jesus' Name. Amen."

Blessings,



Beth Jones

on your knees please – part 4



"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him."

1 John 5: 13-15, NIV

This week we've been talking about the basics of prayer by looking at The Lord's Prayer and Six Prayer Pit Stops outlined in the model prayer Jesus gave us. We know that when we ask anything according to God's Word, He hears us and if we know He hears us, we know that we have the petitions that we have desired of Him.

So far, we've looked at these...Pit Stop #1: "Our Father which art in heaven, Hallowed be thy name." This is where we take time on our knees to send a message of thanks, praise, worship and song to the Father, Jesus and the Holy Spirit. Pit Stop #2: "Thy kingdom come. Thy will be done on earth, as it is in heaven." This is where we take time to seek and ask God for His plan, purpose and will for our lives on planet earth!

Let's look at two more Pit Stops in prayer.

Pit Stop #3: "Give us this day our daily bread."

When praying for "this day"—we can pray for our own needs or the needs of others around the world. At this point in our prayer, we can take time to pray for the needs of our spouses, children, church family, family and friends and other needs we anticipate for the next 24 hours. This is a great time to pray various Scriptures for individuals as they are on our hearts. We can pray in the Spirit regarding all of the things that await us on "this day."

When praying for "daily bread"—we can literally pray for the numerous things "bread" represents in God's Word. For example, the Bible tells us that bread represents physical food (John 6:5-13). God's Word is bread (Matt. 4:4). Healing is the children's bread (Matt. 15:26-28). Bread can be a reference to wealth and provision (Eccl. 11:1, Proverbs 12:11). Bread is equated with good things (Matt. 7:9-11). Jesus is the Bread of Life (John 6:31-51). So, we can pray for our "daily bread" and specifically reference our needs for physical food, God's living Word, financial increase, healing and health, good things and knowing Jesus

more intimately.

Pit Stop #4: "Forgive us our debts as we forgive our debtors."

If we want to experience God's forgiveness, we must forgive others. It starts with us taking time in prayer to "release" anyone that has offended, hurt or mistreated us.

Have you ever done a heart inventory to see if you had any "issues" in your heart toward others? If the thought of a particular person causes you to convulse, you may have a forgiveness problem!

What do you do? This can be a complex subject, but first, make a decision to follow the "anything/anyone" rule. That means you choose to forgive "anyone" of "anything" (Mark 11:25).

It's our job to take the person(s) who have offended, hurt, abused or mistreated us to the Lord in prayer. We do this by faith. In prayer, we choose to forgive them, pray for them, and release them from all debts.

"Father, I ask You to give me this day my daily bread. (*Go ahead and be specific.*) I ask You to forgive me my debts as I forgive my debtors. (*Go ahead and be specific.*) In Jesus' Name. Amen."

Blessings,



Beth Jones

on your knees please – part 5



"...Pray without ceasing..."
1 Thessalonians 5:17, NKJV

In this series of articles, we've been talking about spending time on our knees and knowing what to say when we pray. Jesus gave us the answer in the model prayer known as The Lord's Prayer.

We've already looked at these four Pit Stops as outlined in the Lord's Prayer...Pit Stop #1: "Our Father which art in heaven, Hallowed be thy name." Pit Stop #2: "Thy kingdom come. Thy will be done in earth, as it is in heaven." Pit Stop #3: "Give us this day our daily bread." Pit Stop #4: "Forgive us our debts as we forgive our debtors." Now, let's look at how to pray at Pit Stops #5 and #6.

Pit Stop #5: "And lead us not into temptation but deliver us from evil."

During this Pit Stop, we take time to thank the Lord that Jesus defeated the devil...that through the blood of Jesus and the Name of Jesus He has given us the victory. This is a great time to praise Jesus for His victory and enforce Satan's defeat in our lives. Meditate on and pray His promises of victory and overcoming the world revealed in verses like Romans 8:37-39, 1 John 5:4-5, Philippians 4:13, 1 Corinthians 15:57 and 10:13. These are great reminders of how Jesus delivered us from evil and all temptations.

Pit Stop #6: "For thine is the kingdom, and the power, and the glory, for ever. Amen."

In this final Pit Stop of our prayer time, we end as we started, by giving God the praise and honor that He deserves. This is His kingdom; He's the One with all power and He deserves all the glory and accolades. We are just happy to be invited to the party! He gets the honor, while we get the benefits of a most wonderful, personal relationship with Him!

"Father, I thank You that You do not lead me into temptation, but You have delivered me from evil. I praise You for the Name of Jesus, the blood of Jesus and the Word of God. Jesus defeated the devil through the cross and resurrection and He's given me the authority to enforce Satan's defeat in His Name. *(Go ahead and decree it!)* Lord, I thank You for hearing my prayer. Yours is the kingdom, Yours is the power and Yours is the glory. May You be exalted in and through my

life and these prayers. In Jesus' Name. Amen."

Blessings,

A handwritten signature in blue ink, appearing to read 'Beth Jones', written in a cursive style.

Beth Jones