



January 22, 2023

I'm Rooted in PRAYER / Part 2

Ephesians 3:14-19 - For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Matthew 26:40-41 NKJV - *“What! Could you not watch with Me one hour? Watch and pray.”*

“Prayer is a marvelous mystery hidden behind the cloud of God's Omnipotence. Nothing is beyond the reach of prayer because God himself is the focus of prayer.”

— Dr. Eastman

The **1st** 5 minutes of prayer will be **PRAISE**.
For 5 minutes **RECOGNIZE GOD'S NATURE**.

Psalms 63:3 - Because your love is better than life, my lips will glorify you.

The **2nd** 5 minutes will be **WAITING**.
This has to do with **SILENT SOUL SURRENDER**.

Psalms 46:10 - “Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth!”

The **3rd** 5 minutes will be **CONFESSION**.
It's **TEMPLE CLEANSING TIME!**

Psalms 139:23 - Search me God, and know my heart; test me and know my anxious thoughts.

The **4th** 5 minutes will be **SCRIPTURE PRAYING**.
Dr. Eastman calls it **“WORD-ENRICHED PRAYER”**

Jeremiah 23:29 - “Is not my word like fire,” declares the Lord, “and like a hammer that breaks a rock in pieces?”

The **5th** 5 minutes will focus on **WATCHING!**
That means that we develop **HOLY ALERTNESS** in our prayer lives and walk with Jesus.

Colossians 4:2 - Devote yourselves to prayer, being watchful and thankful.

The **6th** 5 minute prayer is **INTERCESSION**.
We must **REMEMBER THE WORLD** in our prayers.

1 Timothy 2:1-2 - I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— ² for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

The **7th** 5 minute prayer is **PETITION PRAYER**.
It is this prayer in which we ask God for **PERSONAL NEEDS**.

Matthew 7:7 - Jesus said, *“Ask, and it will be given to you; seek and you will find; knock and the door will be open to you.”*

The **8th** 5 minute prayer is **THANKSGIVING**.
This is where you **CONFESS YOUR BLESSINGS** to the Lord.

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18 - Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

The **9th** 5 minute prayer is **SINGING**.
WORSHIP IN SONG

Psalms 100:2 - “Worship the lord with gladness; come before him with joyful songs.”

The **10th** 5 minute prayer is **MEDITATION**.
It's during meditation that we **PONDER SPIRITUAL THEMES**.

Joshua 1:8 - “Keep this book of the law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

The **11th** 5 minute prayer is **LISTENING**.
This is where you **RECEIVE SPIRITUAL INSTRUCTION**

Ecclesiastes 5:2 - Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven, and you are on earth, so let your words be few.

The **12th** 5 minute prayer is **PRAISE**.
RECOGNIZE GOD'S NATURE again.

Psalms 52:9 - For what you have done I will always praise you in the presence of your faithful people. And I will hope in your name, for your name is good.