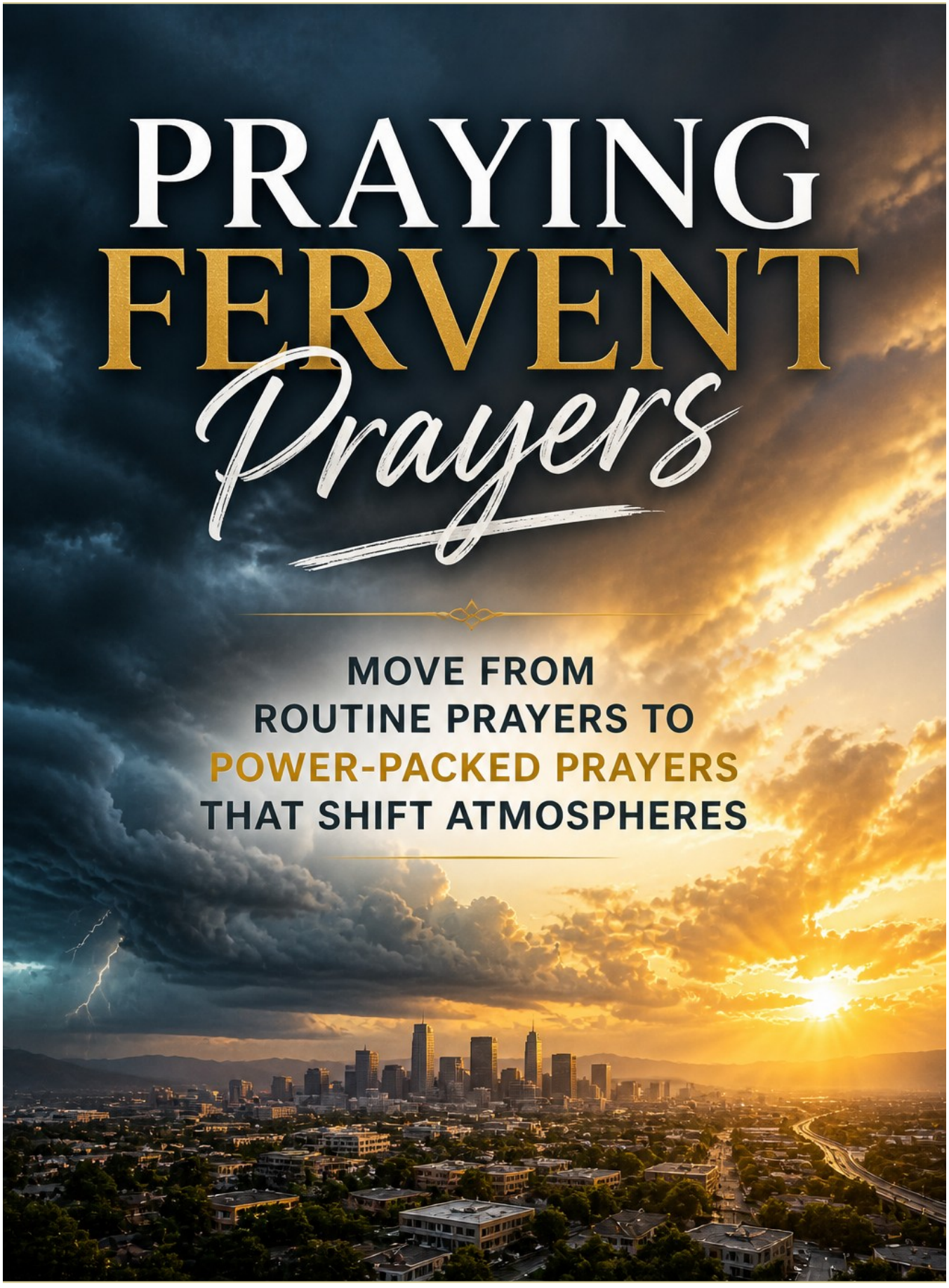

PRAYING
FERVENT
Prayers
MOVE FROM
ROUTINE PRAYERS TO
POWER-PACKED PRAYERS
THAT SHIFT ATMOSPHERES

PRAYING FERVENT PRAYERS

Move from routine prayers to power-packed prayers that shift atmospheres

> *Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.*
>
> **— James 5:16**

I checked the dictionary and here is how the word fervent is defined:

'having or displaying a passionate intensity.'

So, when James says the fervent prayer of a righteous man, he is not talking about the routine prayer we say half-attentive while running out the door in the morning or at night in bed while drifting off to sleep.

He uses the word fervent to show the kind of prayer that produces results. It is effective and carries power.

Fervent prayers have these characteristics:

- They carry intensity
- They are passionate, meaning they stem from a deep conviction
- They are consistent; like a persistent drizzle, they are steady and cause great impact

Fervent prayer is not about noise for the sake of expressing power. It is not about trying to impress God. It is prayer that comes from a heart that is awake, engaged, and totally submitted to Him.

Another important aspect about growing depth in your prayer is that you are not simply praying based on your emotions. God doesn't act based on our emotions or desires. He answers based on alignment with His purpose over the matter you're praying for, and in His will and timing.

That's because God is intentional in everything He does. Our lives are not simply ours. He sees our lives as a part of the bigger plan for the world. So, everything in our lives is somehow connected to the lives of others.

How do you ensure your prayers align with His will and purpose over your life?

- Pray prayers that lean on the Word of God.
- Refuse to treat spiritual things casually.

HOW TO BUILD SPIRITUAL CAPACITY FOR PRAYING FERVENT PRAYERS

Before you can pray with greater depth, you must grow in spiritual capacity.

Capacity is what allows you to carry more spiritual power. In prayer, capacity helps you remain focused, stay consistent, and pray with understanding rather than remain on a surface level.

Spiritual capacity is the power you command in the spiritual realm. This is usually the measure in which the Holy Spirit engages and manifests through your life.

While we know at the point of salvation every believer receives a deposit of the Holy Spirit in their lives (which serves as a seal of God's ownership), the extent to which the Holy Spirit works increases only as we engage Him.

> *and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.*
>
> **— 2 Corinthians 1:22 (NLT)**

> *And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of his glory.*
>
> **— Ephesians 1:13–14 (NIV)**

That measure of the Holy Spirit's power at work in us also includes the effectiveness of our prayers.

First things first — since we know praying prayers that shift atmospheres involves capacity in the spirit, we need to know how to build that capacity.

How do you build power in the spirit? Here are non-negotiables for believers who want to grow in depth.

1. Build a life of fellowship with God

Prayer becomes deeper when the relationship we have with God becomes deeper.

The more you walk with God in daily life, the more natural prayer becomes. Fervent prayer is built in private fellowship. It grows when you spend time with the Lord beyond praying during emergencies.

That means learning to seek God when everything is on course. You can't carry spiritual power without a consistent daily connection with God.

Practical ways to build this kind of fellowship include:

- Start and end your day with God
- Speak to Him during ordinary moments
- Read Scripture before you begin to pray
- Learn to sit quietly before Him and listen, then write down what you hear

A prayer life becomes stronger when your heart becomes more familiar with God's voice.

2. Let the Word shape your prayer life

Prayer becomes powerful when it is rooted in Scripture.

The Word of God gives your prayers direction, confidence, and alignment with God's will. When you pray Scripture, you are not inventing words; you are agreeing with what God has already said concerning a matter.

This keeps prayer from becoming vague, repetitive, and based on your emotions.

Instead of only saying, "Lord, help me," you learn to pray with exactitude about what God says concerning what you're praying for. So your prayer will shift to:

- "Lord, I pray for strength because right now I am weak to overcome _____. Your word says you will strengthen me with power in my inner man." (Ephesians 3:16)
- "Lord, I am unsure how to proceed on this matter; teach me to walk in wisdom, because you have said if anyone lacks wisdom let them ask you and you will give it." (James 1:5)
- "Lord, establish my steps according to your word." (Proverbs 16:9)

The Word gives you language for prayer. It also keeps your emotions from leading you astray when you pray.

3. Learn to stay spiritually attentive

Fervent prayer requires a heart that is alert.

Many prayers stay shallow because the heart is distracted. We pray while rushing. We pray with a divided mind. We pray while thinking about ten other things. But a spiritually attentive heart is present before God in that moment of prayer.

Being spiritually alert goes deeper than just focus when praying. It also means your spiritual eyes are open to see what the Lord is showing you, and your ears are alert to hear what He says at every point of your walk with Him.

That kind of attention can be built. But it is a choice.

See, when you are in a crowd, maybe at a fair with your friend, and suddenly you get pulled apart — when your friend calls out your name you can tell that's her/his voice from the multitude simply because you know her/him.

It is the same with spiritual hearing and sight. Unless you know how God speaks, you will find it hard to hear Him amid the noise of daily work, social media, and relational demands.

The foundation to gaining spiritual hearing and sight begins with practicing to quiet your soul, so your spiritual senses can heighten. You can:

- Set aside a quiet place
- Put away distractions
- Pray at the same time each day
- Begin prayer with worship or thanksgiving to zero in with God
- Ask the Holy Spirit to help you focus

A focused heart makes room for meaningful prayer and the ability to hear the Holy Spirit's voice.

4. Practice obedience

There are prayers that remain weak not because God is unwilling, but because the believer is resisting instruction.

Prayer and obedience work together. If you ask God, you must also be willing to listen and follow His instructions on an issue.

A person who keeps ignoring what God has already made clear will struggle to pray with boldness. Obedience clears the path for confidence before God. It aligns your life with His will.

This means you become responsive. Abraham obeyed God's instruction every time He asked him — e.g. to leave his home and move to a foreign land, to circumcise himself and his entire household, to sacrifice Isaac. And this pleased the Lord greatly; He called him His friend.

When God corrects you, respond.
When God convicts you, obey.
When God directs you, move.

A surrendered life helps build spiritual strength and power in the spiritual realm. See, the devil and his demons know a believer who is submitted and one who isn't. You cannot have the spiritual authority to cast out a demon when your life is not submitted to the Lordship of Jesus.

That's because your spiritual authority is not your own but comes from Jesus' Lordship over you.

> *I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*
>
> **— Galatians 2:20**

The sons of Sceva tried to fool demons and found out it was not possible, because in the spirit realm they were not in Christ. The demons couldn't see their identity and where their authority to cast them out came from.

> *And God was doing extraordinary miracles by the hands of Paul, so that even handkerchiefs or aprons that had touched his skin were carried away to the sick, and their diseases left them and the evil spirits came out of them. Then some of the itinerant Jewish exorcists undertook to invoke the name of the Lord Jesus over those who had evil spirits, saying, "I adjure you by the Jesus whom Paul proclaims." Seven sons of a Jewish high priest named Sceva were doing this.*
>
> *But the evil spirit answered them, "Jesus I know, and Paul I recognize, but who are you?" And the man in whom was the evil spirit leaped on them, mastered all of them and overpowered them, so that they fled out of that house naked and wounded.*
>
> **— Acts 19:11–16**

5. Guard your inner life

This is a very crucial aspect in the health of your spiritual life and the extent to which the Holy Spirit moves with power in your life. What is feeding your spirit will affect how you pray.

If your mind is constantly full of noise, fear, unbelief, or careless defiling influences, prayer becomes harder to sustain and powerless. But when you guard your heart, you create room for spiritual depth.

Guard your inner life by:

- **Choosing what you listen to carefully**
    - Constant exposure to gossip podcasts or conversations
    - Music that normalizes immorality, pride, or anger
    - Background noise that is always on (TV, random videos)
    - Conversations that are negative, cynical, or draining

These don't always feel "wrong" in the moment, but they defile your soul and fill your inner space with noise.

- **Avoiding habits that dull your spiritual sensitivity**
    - Doom scrolling for long periods (especially late at night)
    - Constant short-form content (TikTok, reels) without limits
    - Coarse jokes or humor that makes light of serious things
    - Overconsumption of entertainment (series, movies, endless clips)

The issue is not just the content, it's the constant stimulation that leaves no room for stillness.

- **Filling your mind with Scripture**
    - Instead of 45 minutes of random scrolling → watch one short teaching clip that explains a Bible verse, then log off
    - Replace late-night scrolling with a Psalm or a short teaching
    - Unfollow accounts that promote confusion and normalize compromise
    - Before opening social media, ask: "Why am I going here right now?"

Listen while doing everyday activities

- While exercising → play audio Bible
- While cooking → listen to a Bible chapter
- While walking → listen to worship music
- **Staying away from constant spiritual laziness**
    - Only praying when you feel like it
    - Avoiding Scripture because it feels like effort
    - Depending only on church or sermons for spiritual growth

A deep prayer life needs a guarded life. It's also not enough to just guard your inner life — nourish it with real spiritual food.

HOW TO PRAY FERVENT PRAYERS: PLANNING YOUR PRAYERS

Prayer is not only about inspiration. It also benefits from intention.

Many believers want deeper prayer, but they never plan for it. They wait until they "feel like it." But fervent prayer is often built through structure, discipline, and preparation.

a) Daily quiet time

Daily quiet time is the foundation of an effective prayer life. Quiet time is a non-negotiable for a true believer.

This is the part of the day where you intentionally step away from noise and give God your attention. It does not have to be long to begin with. What matters is consistency and sincerity.

The ideal time blocked for God in your day is unique to individuals. It can be morning, midday, evening, or night. The most important thing to consider is: is this time conducive for a distraction-free time with God?

As for what to do in your quiet time, a simple pattern can be:

1. Read a portion of Scripture.
2. Write down one thing you've learned from it.
3. Pray that word back to God.
4. Record what you are trusting Him for.

Quiet time helps your prayer life become more than reaction. It becomes a relationship.

b) Seasonal prayers

There are also times when it is clear that deeper prayer is needed for a season.

Seasonal prayers are not based only on your calendar. They are often shaped by life's moments and spiritual needs.

You may know it is time to engage deeper prayers when:

- You are entering a new season of responsibility
- You are facing repeated resistance
- Your spirit feels burdened about a matter
- You need direction that ordinary prayer has not yet settled
- A matter keeps returning to your heart

These are times to slow down and pray with more focus.

Seasonal prayer may include:

- More Scripture meditation
- More silence and listening
- Writing prayers out
- Asking specific, repeated questions before God
- Praying for a matter over several days, not just once

Some answers come through time, consistency, and persistence.

c) Prayer and fasting

Prayer and fasting are often mentioned together because fasting helps create space for deeper spiritual focus.

Fasting is not a performance. It is a way of humbling yourself before God and removing some distractions so you can seek Him more intentionally.

Why do it?

- It helps discipline the flesh
- It sharpens spiritual attentiveness
- It creates room for concentrated prayer
- It can help a believer focus during serious seeking

Is it for all believers?

Fasting is a spiritual discipline that many believers can practice, but it should be approached wisely. It is not about pressure, pride, or comparison. It is about seeking God with sincerity.

A good place to start is to ask:

- What am I setting aside?
- Why am I fasting?
- What am I seeking God for?

You do not fast to earn God's attention. You fast because you want to give Him yours.

If you are new to fasting, begin with a simple and manageable approach, and focus on prayer rather than the act alone.

d) Selecting days for deeper prayer

Some prayers need a longer setting. As we have seen above, an active prayer life for a believer is not just in daily quiet time.

The believer — you and I — must have periods when we plan for seasonal prayers and prayer + fasting.

These are seasons when you should set apart specific days for deeper prayer. This may be a weekly prayer day or a special time set aside for a pressing need.

This kind of planning is helpful when:

- You need clarity about a major decision
- You have discernment about a spiritual attack
- You are interceding for a family matter
- You are seeking direction
- You are praying through a heavy burden
- You need to reset spiritually

You do not have to wait until life is falling apart to pray deeply. You can choose a day, or three days beforehand, and say, "I am setting this time apart to seek God."

A scheduled prayer season helps you pray without hurry and zero in on a more specific petition or intercession.

PRAYER JOURNAL

Lastly, are you tracking your prayers? It is essential for a vibrant prayer life. Planned and recorded prayers motivate you as you grow and build stamina for fervent prayer.

Keeping a prayer journal helps you pray more intentionally and track what God is teaching you.

It turns prayer from scattered thoughts into meaningful conversation and feedback from God. With time, you'll even be more clear on how God speaks to you as an individual — is it through vision, dreams, a friend perhaps, or insight at crucial moments?

You do not need a fancy notebook or an expensive journal. What matters is building the habit through consistency.

That said, pick a blank book from your bookshelf or buy a simple single-ruled book and get on it.

HOW TO USE YOUR PRAYER JOURNAL

Use it for writing:

- Prayer requests
- Scriptures for specific prayers
- Answers to prayer
- Things God is teaching you
- Areas where you need to grow

SIMPLE PRAYER JOURNAL FORMAT

Date:

Scripture:

What word stood out to me:

What I am praying for:

What I believe God is saying:

What I will do in response:

This keeps prayer grounded and helps you notice patterns over time. This does not have to be every day — on days you believe you have heard God, write it down.

Write down what He says, scriptures that come to mind and the context, phrases, and even dreams you had.

Record what you are praying for and go back to it, especially if it is a request you are still trusting God for an answer. That means you are not writing the request every day, but you go back to it during prayer.

PRAYER RECORD PAGE

You can also keep a simple record of prayers like this:

1. Prayer request:

Praying

Answered (Date)

How God answered

2. Prayer request:

Praying

Answered (Date)

How God answered

This helps build faith. When you look back, you will see that God has been faithful more than you realized.

IN CLOSING

Fervent prayer is built on spiritual capacity. It is formed through fellowship, discipline, Scripture, obedience, and persistence.

You can never see results if you give up. Here is how Jesus said it in a parable in Luke 18:1–8, the Parable of the Persistent Widow:

> *Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'*
>
> *"For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'"*
>
> *And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"*
>
> **— Luke 18:1–8**

When Christ comes back, will He find you persisting in the place of prayer, seeking Him and His will?

Do not despise the small beginnings of prayer.
Do not measure your prayer life by volume alone.
Do not assume that depth belongs only to certain people.

You can grow in prayer.
You can learn to pray with understanding.
You can move from routine prayers to prayers that shift atmospheres, heal the sick, and bring answers.

And as you keep walking with Christ, your prayers will begin to sound less like repetition and more like speaking with authority over a matter — and it becomes settled.

God bless you!

A PERSONAL NOTE FROM ME



Hey friend,

I bless the Lord for you and for intentionally choosing this short guide on prayer. Prayer is one of the spiritual disciplines that will transform and turn your life 180 degrees.

I pray that you grow in your spiritual life as you apply these principles that God has been teaching me in my own journey.

I'll be happy to connect with you. I am on these platforms:

→ Facebook

→ Instagram

You can also join our discipleship journey to grow in other spiritual disciplines and become more rooted → Discipleship

Liz (Varda) Wakhungu

walkandwitness.com