

Power Prayer



THE RIGHT WAY TO PRAY
USING ALL YOUR BRAIN TO COMMUNICATE WITH
JESUS!

INTRODUCTION

Two thousand years ago, my Master walked the Earth. He was different from others and yet he was strikingly similar. His Father in Heaven planted a child in his mother's womb. People in his village knew him "Joseph the carpenter's son," and yet he was more. Much more.

By the age of thirty, he had gathered a small group of disciples around him. He was known as a rabbi with a difference. He spoke with authority and quoted himself! He had a personal relationship with his Father in Heaven. He communicated regularly and intimately with his Father.

Prayer seems simple. In Luke 11:1 it says, "**One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."** Didn't they already know how? Jesus taught us to pray. HE is the Master! Yet how do we get the most out of our prayer life? If these questions interest you, then you're at the right place!

A few of his disciples saw Him in his true form, a brilliant light surrounded Him. The Father in Heaven said, "This is my Son. Listen to him." And they did.

Now it's our turn.

THE RIGHT WAY TO PRAY

This book is not about correcting your prayer life. It's not fixing the wrong way to pray. I'm sure you've prayed all your life. Maybe it went something like this.

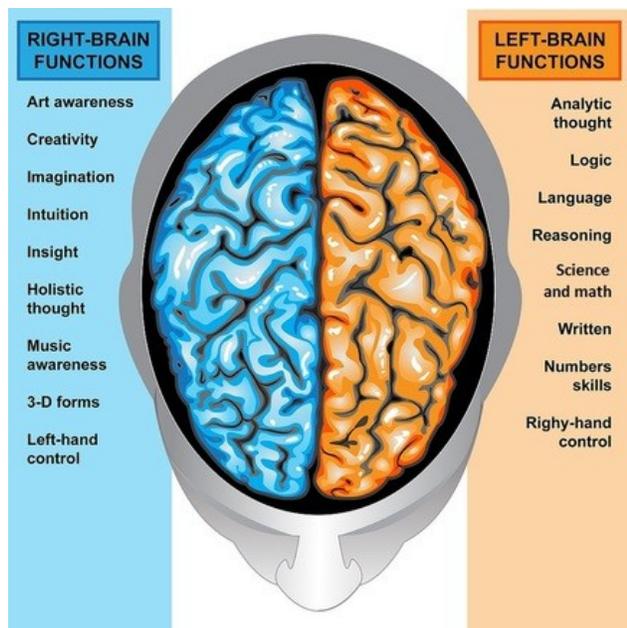
Close your eyes. Start talking. Mind starts wandering. Talk some more. Say "Amen." Hope for the best. Did that seem powerful to you?

That's not the *right* way. That's the LEFT way.

I love neurology. I love learning about how brains work. Did you know that there are more than 86,000,000,000 neurons in your brain? Or that each one is connected to more than 10,000 other neurons? The processing power of your brain is enormous. The brain is by far the most complicated organ in the body and the Universe! Over 20% of each breath goes to oxygenate our brains. Your brain is far more complex than all the stars in the sky or grains of sand on all the beaches in the world!

But do you have any idea how to work it? Our brains have two hemispheres. In the 1950's it was thought that the right hemisphere wasn't really needed. It was the stupid part of the brain. That's because it doesn't talk. All our speech centers are located in the left hemisphere of the brain, primarily in Broca's area which is slightly above your left ear. Scientists then actually thought that you could get along just fine without the right side of the brain!

The left side of our brains are great at linear thinking. Logic. Science. Math. Numbers. Reason. All the "important" stuff we learn in school.



During the 80's a slew of books hit the market emphasizing the right side of the brain. It seemed like the future was going to the right brained people. Artists with imagination were the future in our companies. Seeing the whole picture was THE important key to life.

Yet our business models ran on a left brain model. Logic, reason and rationalization ruled, and STILL rules for the most part.

What was by far more disturbing was that the church adopted a similar business model. Study demographics. Run focus groups. Find out what the “mega churches” were doing and copy that. Work programs. Analyze your community. Fill a niche.

And it worked. At least it did. Now we are finding that the church is in decline. People are leaving church and not coming back. I lived in Europe for a year and most of the massive cathedrals house only a handful of believers. Statistics say that more than 80% of high school seniors once they leave home to go to college never go back to church.

Why is that? I believe it’s because many of our Christians are just *culturally* Christian. I work with people from many different cultures in the International Village of Atlanta. We are home to over 145 different countries and 761 language groups in our area. These people are Muslim because their grandparents and parents and all their friends back home are Muslim, or Buddhist, or Hindu or whatever. If you ask them, “What makes you Muslim?” They will give you a very vague answer. “That’s how I was raised.”

Sadly, I believe a similar thing goes on in our Christian churches. Most people can’t give clear examples of what separates Christianity from other religions. In fact, I often hear, “Most religions are basically the same, they just have different names for God. You just have to be good and you’ll get to Heaven.”

Christianity is the ONLY grace religion on the planet. All the other religions believe you have to DO something to earn your way into Heaven. Fast, pray multiple times a day, using the same words over and over, give money, basically be GOOD enough.

Christianity is different. We put our faith in what Jesus did, not in what WE do. He did the work for us!

That’s great news! But is that all there is to it? Now that we’re safe from hell we can breathe easier?

Do you read the Gospels? Jesus did some amazing things. He healed people, walked on water, flew in the air, read people’s minds, raised people from the dead, manifested food, changed elements into different things. Sounds wild, right?

Do you believe what Jesus said in the Bible is true? What do you make of this verse?

John 14:12-14 New International Version (NIV)

¹² **Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.**

¹³ **And I will do whatever you ask in my name, so that the Father may be glorified in the Son.** ¹⁴ **You may ask me for anything in my name, and I will do it.**

Seems pretty clear, doesn’t it? We should be able to heal people, because Jesus healed

people, right?

Or is that just a “first century phenomenon?” That’s the way I was brought up as a Southern Baptist. “All that miraculous stuff, that just happened back then. And in particular it happened because it was Jesus doing it. He was God’s son, and that’s how He was able to do it.”

In other words, it’s not logical that miracles can happen today. It doesn’t fit our left brain mentality. It doesn’t make “sense.”

I often ask the congregations where I preach, “How many of you have seen a miracle? The doctors say it’s not possible, and yet you’ve seen someone healed?” MANY people raise their hands. The fact of the matter is medicine is perhaps the MOST left brained of any scientific endeavor. Tests and machines and medicine, that’s what many people put their faith in. Yet there are many proven research studies that PROVE that the placebo is just as effective as many medicines with fewer side effects.

Why is that? Because of the power of your MIND.

That wonderful, 3.5 pound mass of neurons that rests inside your skull is FAR more miraculous than we give it credit for!

And you know what makes it even more marvelous? PRAYER.

I think it’s time to get back to basics. The disciples of Jesus said, “Teach us to pray.” He gave them an outline of words to say, “The Lord’s Prayer.” Many of us learned it by heart as a child.

In Mathew 6:6, Jesus said, “**When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.**”

Why would Jesus say to go into a closet and pray? In this context it was mainly to draw a comparison to the Pharisees who loved to go into the markets and pray with great volume just to draw attention to themselves.

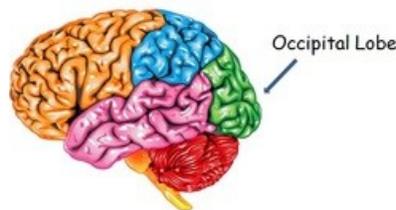
Where did Jesus go to pray? In Luke 5:16 it says, “**Jesus often withdrew to lonely places and prayed.**” Why was that? We need to remove distractions and FOCUS.

How do we focus on God? How can we keep our minds from wandering? How can we know that our prayer time will be effective? By drawing on the *right side of our brains*, when we pray.

THE INSIDE WORLD

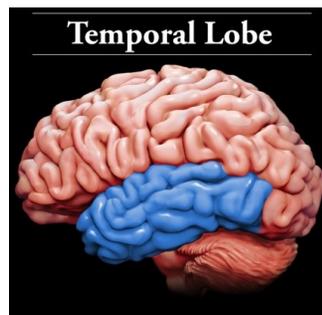
Why did Jesus say to “Go inside your closet to pray?” Imagine a closet in your house. What would it be like when you went inside? Dark. Quiet. Alone. What is it like where you typically pray? People around you with one person talking out loud? That may be prayer, but it’s very different than being inside a closet!

What happens to your brain when you are in a dark room by yourself? The back third of your brain contains the occipital lobes. This is where vision is processed.



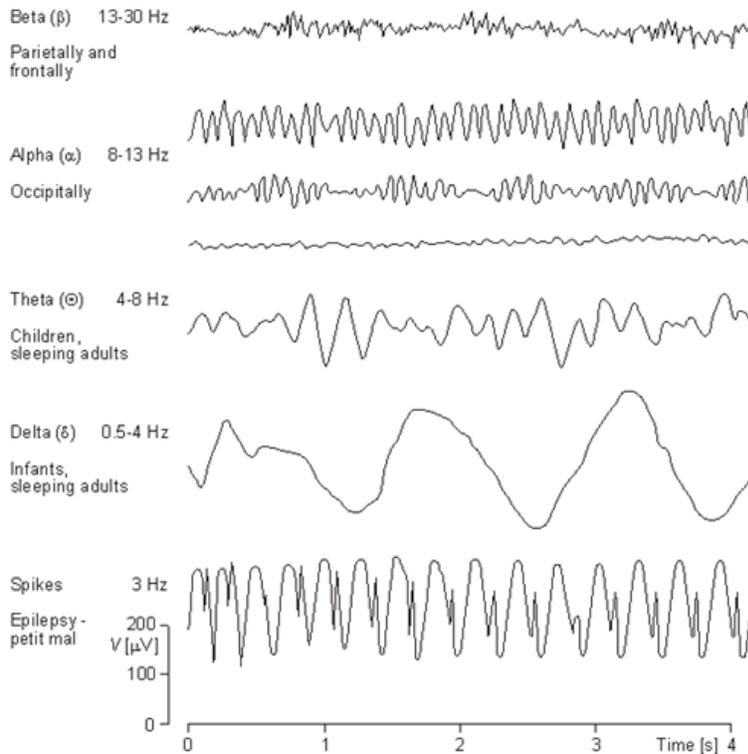
As soon as you close your eyes, that part of your brain begins to generate slower, more even waves of electricity.

When it is quiet, the temporal lobes slow down. They are in charge of processing sound.



Imagine a cookie pan filled with water. When you shake it rapidly, hundreds of little waves are created. That is normally how the electrical energy in our brains looks. When you begin to close down inputs to our brain from the outside world, our brains produce stronger wave forms, similar to what happens when you move that cookie pan back and forth slowly.

Most of the time our brains in the waking state generate electrical rhythms in the Beta or 13-30 Hz range. When we are relaxed, in a quiet environment, with our eyes closed, we begin to produce a slower pulse, called alpha rhythms. Believe it or not, when we dream, scientists can't tell the difference between dream state and waking state, except that our bodies are held in a type of paralysis. During the course of the night, about every 90 minutes we go into a dream state. They last the longest right before we wake up.



Do you remember your dreams? When you are dreaming did it seem real? In Acts 2:7 it says, "In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams."

Whether you're young or old, you will see something either dreams or visions. This is *RIGHT* brain thinking. God communicates through his Holy Spirit to us in pictures.

Our brains can actually light up a 20 watt light bulb! We generate electricity!

God also speaks to us through our emotions. Feelings are not the opposite of logic they are the completion of logic. We use our powerful prefrontal cortex to make logical decisions. But think about it, if you don't get a good *feeling* about the decision, do you go with it?

When in doubt, you will ALWAYS go with your feelings, your gut reaction. We like to think we use logic and really think things through, but the bottom line is we trust our feelings.

How much of your mind is actually conscious as opposed to subconscious? Most scientists agree that over 95% of our mind is beyond our conscious awareness. Are you aware of your right, big toe? But even now, as you begin to focus on that part of your body you can feel it quite clearly. Are you aware of your heart beat or your breathing? You can be, but it runs automatically without us having to think about it.

We like to believe that our conscious mind is running the show. In actuality that just isn't the case. So why should we believe that our conscious, logical LEFT brain is how we communicate with Jesus? In fact, we are often told that it is impossible to have connection with God. Is spirituality even logical? I have friends that are athiest. They don't believe that "God" makes sense. God is BEYOND logic. When we try to "figure God out" we've done ourselves AND God a disservice.

The Father is constantly trying to communicate with us. I love the story of the farmer that didn't believe in God. He thought it was ridiculous that God would become a human. It wasn't logical. One evening, during a cold winter night, he noticed birds trying to get inside his barn. They were used to going through the windows of the barn. He opened the door and tried to chase the birds inside, but they just kept banging into the glass. He realized, "If only I was a bird, I could lead them through the door."



Jesus was God made flesh. He leads us back to the Father. He shows us the way. And He's NOT dead! He's alive and wants to talk with us!

So why don't we communicate with Him? I believe one of the big reasons is because we simply don't listen. We are not even aware of Him trying to talk with us. We're so busy with our constant stream of talk, we NEVER even try and listen.

Check out 1 Kings 19:11-12 **The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.**

After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.”

The Father may show himself as great and powerful, but often communicates in a still, small voice.

So we have to be quiet and listen.

How do we become quiet? By turning off our body.

I think that it is helpful to think of our body in sections.

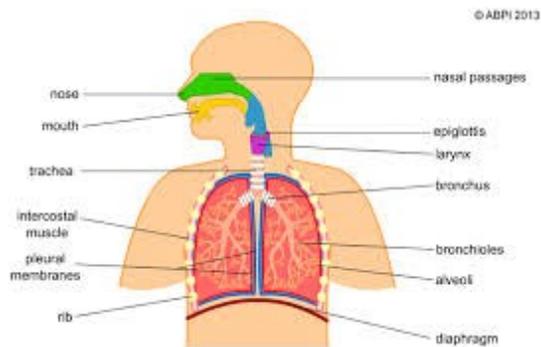
1. Our legs: feet, calves and thighs.
2. Our core: stomach and chest
3. Our arms: hands, forearms, biceps and shoulders
4. Our neck
5. Our face: jaws, mouth, lips, eyes, forehead and scalp.



It is impossible to be stressed out and take a deep breath at the same time. When we breathe, our body relaxes. When you take a really deep breath, do you raise your shoulders? Proper breathing has nothing to do with your shoulders going up. Our lungs are in our chest. The muscles of our diaphragm are like an upside down umbrella. As the muscles pull down, the lungs inflate with air.

So when you take a deep breath, your abdomen should push out slightly. Imagine filling up your lungs from the very bottom first.

As you breathe, your body feels safe. Most of the time we do shallow chest breathing. Did you know that 20% of every breath goes straight to your brain? Want to feel good, then take a deep breath!



In order to fully concentrate on our inside world we have to first shut down our connections to the outside world. That's why Jesus said to go into your closet and pray. The fewer distractions, the better our brains function. Multi-tasking is a myth! Our brains process only ONE thing at a time. Those one things may go by in really fast sequence, but it's still only one thing at a time!

So in order to turn off the outside world, take a deep breath, hold it for a moment and exhale slowly.

Get into a comfortable position. Either lying down or sitting down is fine. Just remember, you're here to pray, not to fall asleep. Make sure your clothing is comfortable, not too tight or constricting.

For every section of your body (There are six, plus one scan from the top to the bottom), take a deep breath, feel your abdomen push out slightly, hold it for a moment and relax the area of your body as you exhale. In quotes is the script you can use.

My First Prayer Session

When you are ready to talk with Jesus, remind yourself what your purpose is. "I will now talk with Jesus." This will help you get serious about your practice. Remember prayer is a SKILL! You get better at this over time.

Tell yourself, "I am now ready to pray. Take a keep breath all the way in, and as I exhale, I close my eyes."

Over time, just that first, deep breath and closing your eyes will be enough to really center yourself on Jesus. Still, it's always good to do the same method every time you pray.

"Take a deep breath. All the way in. All the way in. Think about the muscles in my feet, calves, and thighs. Relax those muscles completely. Completely loose. Relaxed. No tension at all."

Good!

"Take another deep breath. REALLY deep. All the way in. Think about the muscles in my stomach and my chest and completely relax those muscles. Limp. No tension. Like a dish towel."

"Take another deep breath. All the way in. All the way in. . . Think about the muscles in my hands, my forearms, biceps and shoulders. Let any tension in my arms go completely relaxed. Limp."

"Take another good, deep breath. All the way in. Think about the muscles in my neck. I roll my neck around to relax those muscles. Completely relaxed. Good."

"Take another deep breath. All the way in. All the way in. Think about the muscles in my jaws, around my lips, my eyes, forehead and scalp. I let all my facial muscles completely relax. Now."

"One more really good deep breath, all the way in. Scan my body from the very top of my head, down through my face, down my neck, down my arms, down my chest and stomach,

“All the way down through my thighs, and calves, letting any remaining tension go all the way down through the bottom of my feet.”

“This is what is called my ‘inside world.’ When Jesus said, ‘Go into your closet and pray,’ He meant going inside and turning off my ‘outside world.’”

This body relaxation is the first step in the *RIGHT* way to pray.

Do you believe what Jesus said in the Bible? In John 14:16 Jesus said, **"I will ask the Father, and He will give you another Helper, that He may be with you forever."**

The fact is that you have the Holy Spirit inside of you. Repeat to yourself, “Jesus is HERE.” He is here. It’s not a concept, or just a theory. It’s a reality!

“Jesus is HERE.”

Now think about a time you were especially close to Jesus. Perhaps that was during a special retreat, or a Summer camp. Maybe it was at a worship service. Or perhaps it was during a really difficult time and you felt his special presence close to you. Go back to that time and make it real. Pretend you have a volume knob and you can turn the volume up so the situation gets even more real to you. Take a deep breath and imagine that.

If it’s hard to see images with your eyes closed, just describe the situation in words and you’ll notice that the images will become even more clear.

Now think about a picture of Jesus.

[Here’s is my favorite, based on the Shroud of Turin. It’s the closest image I’ve found to what Jesus actually looked like. (See the following page.)]

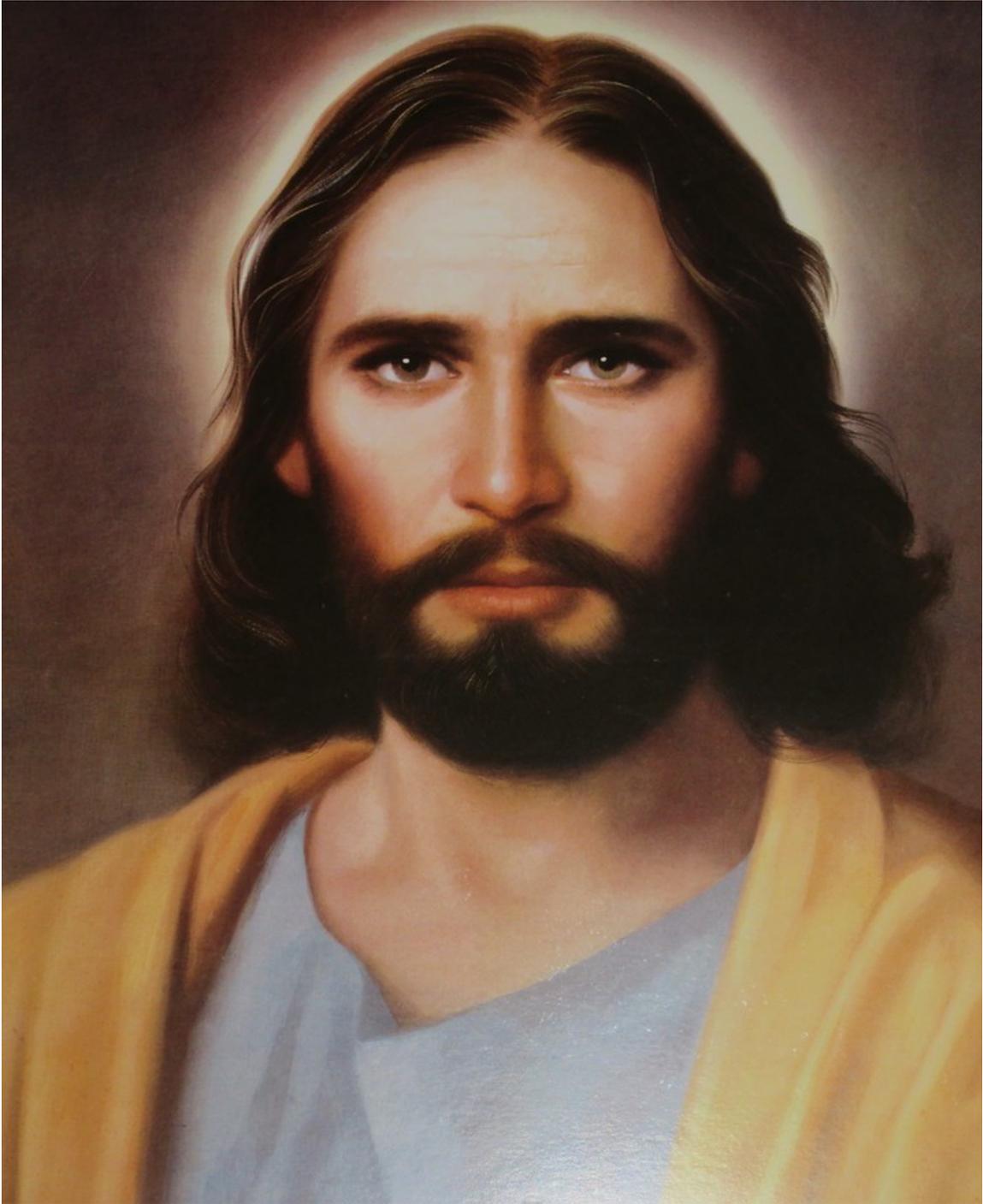
If you have trouble visualizing that image, just describe it in words. Over time, you’ll see your abilities to visualize improve.

Now merge the the image you have of Jesus with the feeling that you had when you were so close to Jesus.

Look into His eyes and you see the same look that a really close friend that you haven’t seen in a long time gives you. Complete love. Caring. No condemnation or criticism. Waves of love come from His face.

Now that you have Him close to you, tell him Thank You. Thanks for keeping me safe. Thank you for being here with me now. Thank you for my friends and my loved ones.

Now think about something that you’re worried about. That usually comes down to one of three things. Either it’s a financial situation that you’re worried about. A health problem



that you or a friend is having. Or a relationship problem. Perhaps there is friction between you and someone you work with. What ever that thing is that worries you, just give it to Jesus, NOW. He's a lot smarter than us! He's still in the miracle working business! Just give it to him.

Now think about a friend of yours that is not a Christian. I want you to make a committment to pray for that person every day until they ask you a question of a spiritual nature, or perhaps it sounds like a prayer request. When they say something like that I want you to pray with them. Evangelism is a TIMING thing. So don't be surprised when you get a call or text out of the blue from that person saying something that sounds like a prayer request.

Now pray for your family. Pray for your parents, for your brothers or sisters.

Give Jesus another really big hug, tell Him you love Him and that you'll come back to talk with Him soon! AMEN!

Open your eyes, say AMEN! And clap your hands a few times in a praise offering! That helps bring you all the way back to the external world!

How did that feel? Was that experience different from how you normally pray? My guess is that it was a LOT different. You are just beginning this awesome adventure with Jesus! There is much more to learn!

But first, how do we make our prayer time more effective? There are three elements to prayer. We'll learn more about them in the next chapter!

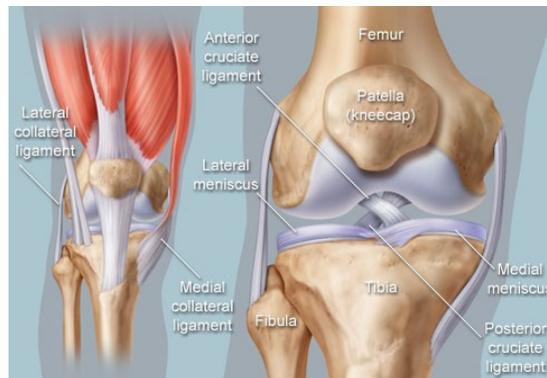
EXACT! EXPECT! ACCEPT!

When we pray with our left brains, we say a lot of words. How effective do you think this prayer is? “God bless my friend. Amen.”

It is definitely a prayer, but how do you know if that prayer was answered?

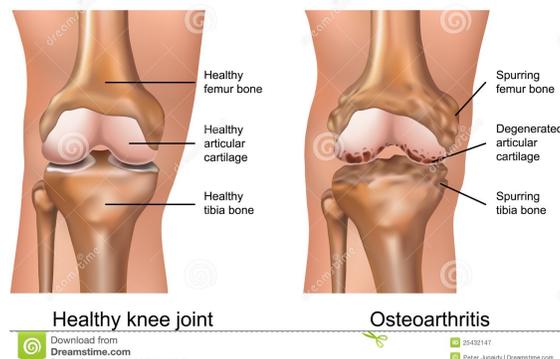
In order to be effective, three things must happen: prayer must be EXACT, EXPECT and ACCEPT!

I have found this to be particularly important with health issues. If someone asks you to pray for their knee, it's time to be EXACT.



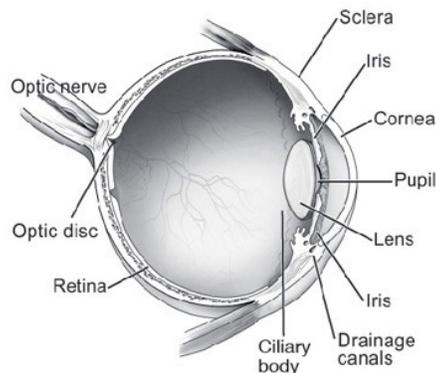
Find out exactly what's wrong. Did they tear tendons or ligaments? Find out where. Imagine those fibers growing back together, tightening up. Is it arthritis?

Osteoarthritis of the Knee



Then find out what the knee joint looks like. Imagine it strengthening, smoothing out. Praying with the RIGHT side of your brain, means using images to clarify exactly what you

My friend Bayo had a surgery where the optic nerve in his left eye was severed.



For one whole summer, I had groups of people praying that his eye would recover sight. We imagined those nerve cells growing back together. He began to see light through that eye!

In March 2015, I had a young woman tell us about her mother who had a rare blood disease. We prayed for her as if every cell in her body was being radiated by light through Jesus' hands. The next morning, during our prayer request time, she told us, "My mother went to the doctor yesterday and they can find NO TRACE of the disease!" The whole crowd erupted in shouts and clapping!

Being EXACT in your prayers works. One of my favorite apps is the Pocket Anatomy app. It's made primarily for doctors/nurses. Now, any time someone mentions a health problem, I bring out my phone and SEE what exactly the problem is.

Prayer is THE solution!

I'm not trying to say that you should stop seeing your doctor! What I am saying is tap into the power of prayer and SEE for yourself that God can accelerate your healing!

Being EXACT is important in every aspect of your prayer life. Having financial issues? EXACTLY how much do you need? "More money" isn't an answer!

I remember when I was first learning this back in the early 1990s. I was living in Savannah with my wife and two small children. I was working at a TV station and we were pretty much broke. I got a huge bill to fix my car and had no idea how we were going to pay for it. The bill was \$1,200.00. I spent time in prayer asking the Lord about it. Two days later, I got a letter in the mail from the IRS. They said I had forgotten a deductible and sent me a check for \$1,210.00. Wow! If that's not a miracle I don't know what is!

Lay your burdens on the Lord. And be specific. And pray about it OFTEN!

Being EXACT helps you know when your prayers have been answered. With financial problems, I always love how the Father answers our prayers in EXACT ways.

Perhaps there is a relationship problem in your life. Be EXACT. What exactly do you want to have happen? Do you pray that when you are around that person you will feel happy and at ease? Then pray for that!

Go into your Prayer Room, inside your mind. Sit down with Jesus and project an image of that person. See them smiling and happy. Now join that person. See yourself having a terrific time together. Jesus comes with you and hugs both of you, bringing healing.

When you spend time in prayer, focus on being EXACT. Perhaps if this person irritates you, imagine them talking to you and your reaction is calm and smiling. Maybe you can build a bubble around you that neutralizes any negative or mean comment!

I know this sounds kind of far out, how could this possibly work? Your brain is a pattern matching machine! If you replay in your mind over and over that when they do X you respond with Y, then when it happens at your office your response is DIFFERENT!

One of my favorite things is my podcast www.VerbalSurgery.com/podcasts. I've spent hours encouraging people to BE NICE. Respond with kindness and over time, that mean attitude will just go away. It doesn't seem possible, but people can change. BE the change they need in their lives! Respond as if they were saying nice things.

In order for your prayer to be effective it must be EXACT.

But that's not all! You must also EXPECT that the Lord will answer you! I love the image of a person praying for rain, and carries an umbrella! Do you know what religious people call when you expect something to happen? FAITH!

Here is what Jesus said in Mathew 21:21 (NIV) Jesus replied, "**Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done.**"

What exactly is doubt? You do NOT think it's going to happen. The opposite of that is you think it IS going to happen. You are EXPECTing it to happen!

Obviously, you have to have a LOT of faith to imagine that a mountain is going to move! Do you think you could ever expect that? Probably not. That's why you have to start small. When you see that God answers your small problems, then you begin to BELIEVE that God can answer your BIG problems.

If you don't EXPECT it to happen, it probably won't.

My daughter Ashley and I like to play the "Dirty Money Game." Every day, we start the game fresh. We look for change on the ground. When we find a penny, we immediately text the other person with, "1 up." It's fun to go through the day, looking for dirty money!

But there's a deeper reason behind the Dirty Money Game. We normally find at least \$10 worth of change on the ground each year. We have found so much money, every day, that we EXPECT to find money on the ground.

The game has taught us FAITH.

It doesn't take a lot of faith to believe that a person will feel better from a headache, but it does take some faith.

Start building your EXPECTATION of answered prayer by praying for a lot of small things TOO!

Perhaps the hardest part of the three things that make prayer effective is that we must ACCEPT the Father's will.

When I explain this to groups at our conferences, I bring out my green laser. This laser is so powerful that you can see the beam.

After turning out the lights, I have someone hold up their hand in the back of the room. I tell them, "God sees time very differently than us. God sees time as one long line. We see time as a single second, like that spot on their hand." I then have someone else closer to me hold up their hand and shine the laser on that point. "This may represent when you were a teenager," another holds up their hand, "And this, when you were just a child. But God sees ALL your life at one time. He knows everything that will happen."

Perhaps you can remember a time when you prayed for something so fervently, and God said, "No." I remember a time in 1991 when my family was praying to be appointed to go to Nigeria to serve as missionaries. Surely THAT was along God's will, right? When the Foreign Mission Board told us that we were not approved because the timing wasn't right, we were devastated. A few months later, the area where we were to serve had a lot of civil unrest. HE knew it all along and was protecting us!

I'm sure that you have had times in your life as well that God gave you a "No" answer. Over time, you realized that God is a LOT smarter than us and that we would have missed out on SO many blessing is if our prayer had been answered with a YES!

I think about Jesus in the garden of Gethsemane. It was not his desire to be beaten and hung on a cross, yet he accepted God's will. Jesus knew that the long term solution that the Father has for us is ALWAYS correct!

Being able to accept that the Father may answer our prayer request with a "No," is not easy to handle. Yet, I have seen that as soon as we are OK with whatever answer He may give us, THAT is exactly the time he often answers with a YES. It seems that when we want something SO badly, it is often for the wrong reason.

Seldom is the desire for some material thing for the right reason. Do we really need more STUFF? God is concerned for our physical needs. It is correct to pray for our daily bread. Yet perhaps we don't need a whole bakery!

For our prayers to be powerful, we must be EXACT. Know very specifically exactly what you are praying for.

We must EXPECT that the Father will answer our prayers. We must constantly be looking for the answer! That builds our faith.

And most importantly, we must ACCEPT that the Father knows us better than we know ourselves. He knows the future. He knows what is best for us and we must release our desires to Him.

Power Prayer is not leverage over God! We are not trying to MAKE Him do something. We completely ACCEPT His will and know that He loves us more than we even love ourselves.

AMEN!

CONVERSATIONAL PRAYER

Think of a good friend of yours. Do you talk AT them or WITH them? Can you imagine having a conversation where only YOU talk? It seems this is the way most people pray.

My wife gave me the One Year Bible when I turned thirty. I've read the entire Bible twenty six times (and counting!) It is amazing how many times the scripture seems to speak to me personally as to what is going on that very day! Perhaps you have experienced that as well.

Conversational Prayer is something different. I believe that Jesus WANTS to communicate with you. I also believe that His Holy Spirit is also inside of you. So how can he talk with you? I believe that he does that through three ways: The Bible, your feelings and your imagination.

I believe that PRAYER is THE cornerstone of what it means to be a Christian. Many people have turned a relationship with Christ into a dry, logical, religious thing. I believe that is the main reason why our churches are experiencing a loss of membership. It is not enough just to "go to church." We must have an EXPERIENCE with Jesus on a daily basis.

Jesus does talk to us through the Bible. That is why I believe it is vitally important to read the Word regularly. I love the One Year Bible because it's easy to start (what's the date and go!), it has sections from the Old Testament, the New Testament, a Psalm and a Proverb, and it's also fun to write what happened on that day in the margin. That lets us see how God has been working in our lives over a long period of time.

As we read the Word of God, we develop a knowledge of how God would want us to act in a situation. We see how Jesus acted and HE becomes our template for behavior.

This is where the conversation starts! His Holy Spirit is inside of you! I'm sure you know that feeling you get when you're doing something that you shouldn't be doing. These feelings come to us from the deepest parts of our mind. I believe that is primarily in the right hemisphere of our brain.

About twenty years ago, I was reading in Acts 2:17, **"In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams."** (NIV) I began to have dreams where Jesus would talk to me. We had fun conversations! I remember one time in particular. I was at a school and they were having Field Day. There was a group of people having a tug of war. On one side was about a hundred people, on the other side the same number. They were pulling with all their strength and the rope didn't budge. Then Jesus pointed to another part of the field. There was a group of five people racing across the field dragging a rope.

Jesus told me, “You see son, it doesn’t matter how many people you have, it’s just that they’re all pulling TOGETHER.”

We are constantly looking for volunteers to help us with work at the missions. Jesus clearly told me that we will have enough workers as long as there is unity amongst ourselves.

The more I thought about that dream, the more I wondered where Jesus had come from. Was it just a dream? Wasn’t Jesus inside me? And if He IS inside me, why can’t I talk with him all the time.

Then I realized that I could! He IS communicating with us all the time! It’s just that we are not aware of it. We are not sensitive to what he’s trying to tell us. We are not EXPECTING him to answer us!

A few weeks ago I was having serious financial and car problems. Perhaps you know how that is? I kept praying to the Father, “Please help me with this situation.” Suddenly, a big truck goes by me. On the back is painted, “GOD is in control.” Sure enough, within a week of that, I was given nearly a brand new car for our ministry!

You may say, “That was just coincidence.” It well may have been. I also believe that God specializes in PERFECT TIMING. Remember how He sees all of time at once? It’s easy for him to adjust things to coincide.

The Father may be trying to communicate with you through the lyrics of a song, or a billboard, or perhaps the side of a truck.

People may say, “You’re reading into this. God has nothing to do with that.” And perhaps they are right. I just know, I saw that sign at exactly the right time at exactly the right place.

Others may say, “You shouldn’t assume that God is talking to you, just because you see some random sign on the side of the road.” Perhaps that is true. I know one thing for sure. If your message from the Lord is one of hope and love then it may indeed come from the Father. If you hear a message of hate or violence, I guarantee you that is NOT from the Father. It’s just not the way HE works!

As I continued to have dreams, it occurred to me that perhaps He wants to speak to me all the time. How would that occur? He would have to use my imagination.

When we have our prayer times, I share with the congregation how I pray. When I am ready to pray, I always take a good deep breath. This helps settle my body and prepare me for an encounter with the Father. Then I say, “Father,” and I answer myself, “Yes, son.” I pretend He’s answering me. And we have a conversation. I make up what He might say.

I realize that this may sound really weird. Perhaps it is a bit odd. But I've had remarkable conversations with Jesus. I know I hear my own voice doing both sides of the conversation, but I'll get a thought and wonder, "Where did THAT come from?" Now I know. It's from the Holy Spirit!

I had a dream recently where I was talking with Jesus and he was laughing. I could tell he was SO happy. I asked him, "Jesus, what are you laughing about?" He told me, "I have had so much fun communicating with my children by using their imagination. It's as if I have a direct line with them!"

I received an email not long ago from a friend that I had shared this type of prayer with. He told me, "I was taking a shower and decided to try conversational prayer. I was overwhelmed by the love that Jesus has for me. He shared how much he cared for me and that he was proud of what I was doing for Him. It was a powerful time. Thanks for sharing the idea of conversational prayer with me!"

I'm sure there are people who might say, "Teaching people to pretend that Jesus is talking to them could be bad. What if they think they get a message to hurt someone?" Really?! Do they really think that Jesus would ever give them a message of anything besides LOVE?

You may feel a little bit silly when you first try this, but I have had some wonderful experiences with Jesus using this simple tool.

The more that you realize that Jesus is REAL. That He is Right THERE, right beside you. Literally inside you, the faster you will make real spiritual progress.

What exactly do I mean by "spiritual progress?" Check out Galatians 5:22-23 **"²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law."**

Are you filled with worry? Anger? Frustration? That's the opposite of spiritual progress. As you get to know Jesus, not just the concept of Jesus, but JESUS, you will find that you develop these fruits of the spirit.

How does fruit develop on a tree? The tree must be nourished and mature before it bears fruit. The closer you get to Jesus, the more you realize that HE loves you and cares for every part of you: physically, emotionally, intellectually and spiritually.

He wants to be your friend. And the only way to be a friend is by communicating regularly. So practice having a conversation and let Jesus become ever more real to you every day!

Pretend he's sitting in the empty car seat next to you.

Have some fun talking with Him about the things you see! I love nature. As I see a beautiful cloud formation I'll say, "Thank you, Father for creating that cloud just for me! It's amazing!"

Now some may say, "Do you really think that God made that cloud just for your enjoyment?" Yes! I do! Same for flowers, rocks, trees, birds. . . I'm interested in just about everything that I see.

In fact, that's one of the points I'm trying to make! Most people aren't even aware of the things around them. They literally do not see the things I'm seeing. Not because I have some special gift, it's just that I am actually looking! I expect to see beauty! I expect that the Father is constantly trying to communicate with me.

And that, my friend is the essence of Power Prayer.

Jesus wants to talk with YOU! He wants to be your friend. He is REAL and he wants to be real to you!

HEAVEN ELEVEN

When teams come to work with us, at the end of every session together we have a time of prayer. I call this, “Heaven Eleven.” Our group prays for about eleven minutes.

Remember when I mentioned what coach used to tell us? “Leave it on the field!” To us that meant, “Give it your very best effort. 100%!”

When I ask the question, “How many of you start to pray and your mind keeps wandering?” Most of the people in the room raise their hands. That’s because we have a difficult time focusing our attention.

Prayer is a SKILL. It’s something that you can get better at. That’s why I’m writing this book. I’ve learned some ways to help focus attention on Jesus. My prayer for you is that you’ll practice these skills so you may grow closer to Jesus every day.

There is an audio portion to this book. It includes the four basic sections that I do with people. I’ve already described most of these in the preceding pages. In this chapter, I will detail the four sessions in writing. If you prefer, you can record these in your own voice. I’ve found that it’s helpful to have a coach, someone who can keep you focused. Over time, with that first good deep breath, you will find yourself immediately going into a focused state of attention on Jesus!

So when you pray, give it ALL you’ve got! Pray with energy and attention. If you find your mind wandering, just go back to listening to my voice. Realize that prayer is a skill and that you are learning it! Let’s GO!

SESSION ONE

Get into a comfortable position. That can be sitting in a chair or laying down in your bed. Make sure that your phone is off and that no one will bother you for the next eleven minutes.

Take a good deep breath, close your eyes and think to yourself, “It’s now time to focus on Jesus.” Realize that every time you take a good deep breath, your body becomes more relaxed and your brain begins to generate even more powerful waves of electricity.

Take a really good, deep breath and think about the muscles in your feet, your calves, and your thighs and let any tension in any part of your legs just relax. Slack. Excellent.

Take another really good breath, and think about the muscles in your stomach and in your chest.

Let any tension in your stomach or in your chest become completely relaxed. No tension at all. Limp. Like you're floating.

Take another good, deep breath and think about the muscles in your hands, your forearms, your biceps and shoulders and let your arms grow completely relaxed. No tension at all. Like a dish towel. Loose. Limp.

Take another really good deep breath and think about the muscles in your neck. You may want to roll your neck around. That's why when we were kids we were told to "close our eyes and bow our head." When we close our eyes the back part of our brains, the occipital lobes slow down, because no input is coming from our eyes. When we bow our heads, our neck relaxes.

Take a good, deep breath, all the way in, and think about the muscles around your jaws, your mouth and lips, around your eyes, your forehead and your scalp. Let any tension around any part of your facial muscles go completely relaxed.

Excellent.

Another really good, deep breath, all the way in . . . And scan yourself from the very top of your head, down through your face, down your neck, down your arms, down through your chest and stomach, all the way down through your thighs, calves and feet. Let any tension go all the way out the bottom of your feet.

This is what we call going into your "inside world." You have turned off your body and now it's time to focus on Jesus!

And know that every time you practice this, you get better and better and it as your relationship with Jesus grows even stronger, now.

Take another good, deep breath and think about a time when you were especially close to Jesus. Perhaps it was at a summer camp. Maybe it was during a special service you were at. Perhaps it was when something really hard was going on and you felt his presence close to you. When you have that time in your mind, nod your head.

As you take another good breath, imagine that there is a knob in front of you and you can turn that knob and make the scene get even clearer. For some you may think, "When I close my eyes, I don't really see anything." That's fine, just describe what the situation was like in words, and as you describe it, you'll begin to see images in your mind.

Take another good, deep breath and think about a picture of Jesus. When I was a child we always had two pictures in my Bible. One was Jesus knocking on the door. The other was Jesus as he was praying beside that big rock in the Garden of Gethsamane.

Whatever picture you have of Jesus, put that in your mind now. If you have trouble seeing Him, just describe what He looks like to you in words and your brain will begin to generate images.

Nod your head when you have that picture in your mind.

And as you look at Jesus, He's giving you the same look of a good friend that you haven't seen in a long time. His eyes are completely full of love. No condemnation, no criticism, just waves of LOVE. He's smiling at you, comes over to you and gives you the biggest hug and says, "It's wonderful to have you here! I love you SO much!"

As you have Jesus right there with you, tell him, "Thank you!" Thank him for all that He's given you. Your family. Your parents. Your church. Thank you, Jesus.

Now I want you to think about something that you're worried about. Usually that comes down to one of three things. It's either a financial situation, some kind of money issues, a health problem, or a relationship challenge.

Nod your head when you have what you're worried about in mind.

Whatever it is, just give that to Jesus now! Just tell him, "I'm so tired of worrying about this money stuff. Just take care of it for me!" I don't know if you got the memo, but He's a LOT smarter than us, just give it to Jesus. "I'm tired of worrying about that health problem that my friend is having. Please take care of it for me." "I'm tired of worrying about that relationship problem at work. Take that from me, Jesus."

Just give it to Jesus!

Now I want you to think about someone you know is not a Christian. When you have the name or the face of that person that you know is not a Christian in your mind, nod your head.

Talk to Jesus about that person. I want you to pretend that Jesus is answering you. It may go something like this,

"Jesus,"

"Yes, son."

"I'm thinking about my friend now. I know he's not a believer. I'm concerned for him."

"Yes, I'm concerned for him, too. I love him, too!"

"Jesus what's the first thing I should do in order to reach him for you?"

At this point, I want you to imagine what Jesus might say.

“The first thing you should do is send him a text. Tell him you were thinking about him and wondering how he’s doing?”

Perhaps you have other ideas about what Jesus wants you to do first.

When you get an idea of what you should do first, nod your head.

You will find that as you practice this prayer skill, you will be able to stay focused on Jesus and that He will become clearer to you every day.

I want you to think about that picture of Jesus again. As you look in His eyes, tell Him “I love you, Jesus. I want to grow closer to you every day. Thank you for communicating with me. Help me to be aware of your presence more and more. And thank you for giving me the Best Day EVER!”

At this point, I want you open your eyes and clap, like you’re applauding Jesus, giving him a sacrifice of praise!

END OF THE FIRST SESSION

This clapping will help bring you all the way back to the room and warm up your body for action!

Some people feel very familiar with this relaxed, focused state of mind. It’s similar to what they experience right before they go to sleep.

Some have a very powerful experience as if they really met Jesus! This will become YOUR experience as you practice!

Prayer is POWERFUL and you are learning how to really use it!

The beginning of each section is the same. Focus and relaxation of the body.

SECOND SESSION

Get into a comfortable position. That can be sitting in a chair or laying down in your bed. Make sure that your phone is off and that no one will bother you for the next eleven minutes.

Take a good deep breath, close your eyes and think to yourself, “It’s now time to focus on Jesus.”

Realize that every time you take a good deep breath, your body becomes more relaxed and your brain begins to generate even more powerful waves of electricity.

Take a really good, deep breath and think about the muscles in your feet, your calves, and your thighs and let any tension in any part of your legs just relax. Slack. Excellent.

Take another really good breath, and think about the muscles in your stomach and in your chest.

Let any tension in your stomach or in your chest become completely relaxed. No tension at all. Limp. Like you're floating.

Take another good, deep breath and think about the muscles in your hands, your forearms, your biceps and shoulders and let your arms grow completely relaxed. No tension at all. Like a dish towel. Loose. Limp.

Take another really good deep breath and think about the muscles in your neck. You may want to roll your neck around. That's why when we were kids we were told to "close our eyes and bow our head." When we close our eyes the back part of our brains, the occipital lobes slow down, because no input is coming from our eyes. When we bow our heads, our neck relaxes.

Take a good, deep breath, all the way in, and think about the muscles around your jaws, your mouth and lips, around your eyes, your forehead and your scalp. Let any tension around any part of your facial muscles go completely relaxed.

Excellent.

Another really good, deep breath, all the way in . . . And scan yourself from the very top of your head, down through your face, down your neck, down your arms, down through your chest and stomach, all the way down through your thighs, calves and feet. Let any tension go all the way out the bottom of your feet.

This is what we call going into your "inside world." You have turned off your body and now it's time to focus on Jesus!

And know that every time you practice this, you get better and better and it as your relationship with Jesus grows even stronger, now.

I want you to think about a time that you were at the beach.

Perhaps you notice the beautiful water, the sun glinting off the waves. You might see clouds as they float by. Maybe you can see the sand and feel it between your toes. You could notice the waves as they lap gently on the shore and the children with their little red buckets playing near the water. Perhaps you feel the sun as it warms your skin and notice a slight breeze. You look in the sky and see pelicans flying in a V formation.

As the boat gets closer to the shore, you can see someone standing up, holding on to the sail. As it gets even closer, you can tell that it is a man with a brown beard wearing a white robe.

As the man gets even closer, you realize who this is! It's Jesus! The boat is nearly all the way to the land now and as you look in His eyes He seems overjoyed to see you. He jumps out of the boat and into the ankle deep water. He runs over to you and gives you the biggest hug! He loves you SO much!

He takes you by the hand and points to a beautiful wooden bench on the beach. He motions you to sit down.

You sit down with Jesus amazed by the waves of love that come from his face.

While you are there with Jesus, tell him "Thank you." Thank him for what he has done in your life. For your family. For the people you work with. For the financial blessings that you have.

He looks at you, smiles and nods his head.

Now think about something you're worried about. Usually that is a financial, physical or relational challenge.

Talk to Jesus about what you're worried about. Give Him the problem. Tell Him, "I'm tired of worrying about this Lord!"

Ask Him, "Is there anything I can do to make this better?" Now pretend that He answers you back. What is Jesus telling you?

Ask Him, "What's the first thing I should do, Lord?" And imagine what it is that He's telling you.

Use your imagination! What would the Lord tell you in that circumstance? His answers will always be full of LOVE and HOPE.

Now think about a person that you know is not a Christian. Tell Jesus, "I'm concerned about my friend." Jesus nods at you, he knows exactly what you're thinking. Ask him, "What's the first thing I should do to introduce my friend to you, Jesus?"

Now imagine what Jesus would say. What would you have you do? Send a text? Perhaps give them something? Tell that person how Jesus has helped you.

When you have a feeling as to what you should do, nod your head.

Excellent!

As you sit there with Jesus, you can tell that He is concerned for your friend.

Enjoy this time with Jesus! Look out of the water and imagine what you would say to your friend. Pretend that He's answering you back and making comments on how beautiful this scene is.

Talk to Jesus, just as if He is there with you, now.

If you ever begin to lose focus, take a deep breath and scan yourself from the top of your head all the way down through your feet and think again about Jesus being right there with you!

In a few minutes, Jesus leans over to you and gives you the biggest hug. He stands up and says, "I look forward to more time with you soon!" He walks slowly towards his boat, pushes it out into the sea and jumps in. As he turns to go, He calls out, "LOVE YOU, see you soon!"

The sail fills up with wind and his boat heads back out to sea.

Jesus has just given you the Best Day EVER!

Open your eyes and clap your hands in applause. Give him a sacrifice of praise!

Know that whenever you feel stressed out or lonely, you can always come back to this beautiful beach and sit on this comfortable bench and watch the water. Jesus will always come to visit you!

END OF THE SECOND SESSION

You are now using the RIGHT part of our brain. Your imagination will take you to depths of relationship with Jesus you had not even conceived!

On that beach, with Jesus, practice seeing seeing the environment. You are learning to use your INSIDE eyes to see!

These will be the best eleven minutes of your whole day! Your best times to practice are right before you fall asleep, and just after you wake up. Your brain has been producing an alpha and theta rhythm while you were dreaming. It's the easiest time to practice Power Prayer!

Each session begins in the same with with a full body relaxation and focus on Jesus. It's better to practice once a day every day for weeks and months than it is to practice for hours at a time. Your brain is learning this new prayer skill. It takes your neural networks time to completely absorb this ability! In our next session, we will deal with health issues. Make sure to research what you're praying for in pictures!

THIRD SESSION

Get into a comfortable position. That can be sitting in a chair or laying down in your bed. Make sure that your phone is off and that no one will bother you for the next eleven minutes.

Take a good deep breath, close your eyes and think to yourself, “It’s now time to focus on Jesus.”

Realize that every time you take a good deep breath, your body becomes more relaxed and your brain begins to generate even more powerful waves of electricity.

Take a really good, deep breath and think about the muscles in your feet, your calves, and your thighs and let any tension in any part of your legs just relax. Slack. Excellent.

Take another really good breath, and think about the muscles in your stomach and in your chest.

Let any tension in your stomach or in your chest become completely relaxed. No tension at all. Limp. Like you’re floating.

Take another good, deep breath and think about the muscles in your hands, your forearms, your biceps and shoulders and let your arms grow completely relaxed. No tension at all. Like a dish towel. Loose. Limp.

Take another really good deep breath and think about the muscles in your neck. You may want to roll your neck around. That’s why when we were kids we were told to “close our eyes and bow our head.” When we close our eyes the back part of our brains, the occipital lobes slow down, because no input is coming from our eyes. When we bow our heads, our neck relaxes.

Take a good, deep breath, all the way in, and think about the muscles around your jaws, your mouth and lips, around your eyes, your forehead and your scalp. Let any tension around any part of your facial muscles go completely relaxed.

Excellent.

Another really good, deep breath, all the way in . . . And scan yourself from the very top of your head, down through your face, down your neck, down your arms, down through your chest and stomach, all the way down through your thighs, calves and feet. Let any tension go all the way out the bottom of your feet.

This is what we call going into your “inside world.” You have turned off your body and now it’s time to focus on Jesus!

And know that every time you practice this, you get better and better and it as your relationship with Jesus grows even stronger, now.

The easiest way to learn these visualization skills is by using your “inside eyes” to see something very familiar.

I want you to imagine that you are laying in your bed in your bedroom. You are completely comfortable and focused. Scan your room starting from beside your bed. Perhaps you can see your bed table. As you look around, you may see your window. Or there may be your closet. As you continue to look, you may notice that picture on your wall. There is your door. Perhaps you have a desk with your computer or TV. Notice the furnishings in your room. It is very easy to see these objects because you’ve seen them SO many times before.

On that wall you notice something unusual. There is a door there! It is a beautifully carved wooden door. In the middle of the door is a stained glass picture. It is the scene of Jesus praying in the Garden of Gethsemane. There is light coming from behind that stained glass.

In your heart, you know WHO is behind this door!

It is three steps to get to that door.

See yourself getting out of your bed.

Take that first step towards the door. It is getting closer now and it is easier to see the image of that stained glass.

Take a second step towards the door. You can see the door knob and you are getting excited about seeing Jesus.

Take a good, deep breath and as you exhale take the third step and open the door!

Jesus is there! He is standing in the doorway. He is smiling and is so happy to see you. He gives you the biggest hug and says, “I love you! I’m so glad to see you! THANKS for spending time with me!”

He takes you by the hand and leads you into your Prayer Closet!

In the center of the room is a beautiful round wooden table. There are two chairs side by side. A beautiful white candle is in the center of the table. Now you know where the light through the stained glass came from.

He gestures for you to sit down beside Him. “Let’s talk! What are you worried about?” He says.

“I have a friend who has a hurt knee.”

Jesus nods at you and points to the wall in front of the room. It lights up like a gigantic screen. “Let’s take a look,” Jesus says and an image of your friend’s knee lights up the wall. Jesus waves his hand slowly and the image rotates. You see where the damage is.

“Please, Jesus. If it’s your will, heal him. I accept whatever you think is best, Father.”

Jesus smiles at you and walks up to the wall. He reaches through the screen and puts His hand through the image. His hand begins to radiate light. The entire joint is illuminated. The tendons tighten and heal. The damage is repaired.

Jesus nods at you. “Do you expect this healing?”

You nod your head. “Yes, I expect to see your hand at work.”

Jesus says, “Your faith has made him well.”

“Whatever YOU think is best, I accept, Jesus.”

He smiles at you again. “I love you SO much.”

“I love you, too, Lord!” you reply.

“I am here in this place whenever you need me. I WANT to spend time with you, my child. As you see me work, it is easier for you to expect my hand to be moved. Know that I love you, always!”

Jesus takes you by the hand and walks you back to the door with the stained glass.

“Before you go to sleep at night, come visit me. I will be here, waiting for you.”

“Yes, Lord,” you answer.

You open the door and walk through it. The door closes slowly behind you.

You take those three steps back to your bed and lay down.

“Jesus has given me the Best Day EVER!” you say and clap your hands with great vigor, giving him a sacrifice of praise!

All the way back to your room.

END OF THE THIRD SESSION

Every time you practice, use the same entry into your prayer closet and exit. This will help your mind stay focused on your time with Jesus.

This is Heaven Eleven. Your goal is to spend that eleven minutes really concentrating on Jesus. The Third Session revolves around health issues. Before each prayer time, use the internet to really examine what it is that you are praying for. Be EXACT. Use your imagination to see Jesus healing your body or that of your friend. EXPECT that He will heal. And ACCEPT that it may be the Father’s will that the answer may be “No,” or even “Wait.” HE is in control. HE knows what is best for us. Trust HIM!

Each session begins in the same way with relaxation and focus. The last two sessions begin in your room. As you spend time in your Prayer Closet inside your mind, remember that you can decorate it however you want to! In fact, once you go through that door, it can be anywhere in the universe! Your time with Jesus will become even more precious, and FUN!

FOURTH SESSION

Get into a comfortable position. That can be sitting in a chair or laying down in your bed. Make sure that your phone is off and that no one will bother you for the next eleven minutes.

Take a good deep breath, close your eyes and think to yourself, “It’s now time to focus on Jesus.”

Realize that every time you take a good deep breath, your body becomes more relaxed and your brain begins to generate even more powerful waves of electricity.

Take a really good, deep breath and think about the muscles in your feet, your calves, and your thighs and let any tension in any part of your legs just relax. Slack. Excellent.

Take another really good breath, and think about the muscles in your stomach and in your chest. Let any tension in your stomach or in your chest become completely relaxed. No tension at all. Limp. Like you’re floating.

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Take another really good deep breath and think about the muscles in your neck. You may want to roll your neck around. That’s why when we were kids we were told to “close our eyes and bow our head.” When we close our eyes the back part of our brains, the occipital lobes slow down, because no input is coming from our eyes. When we bow our heads, our neck relaxes.

Take a good, deep breath, all the way in, and think about the muscles around your jaws, your mouth and lips, around your eyes, your forehead and your scalp. Let any tension around any part of your facial muscles go completely relaxed.

Excellent.

Another really good, deep breath, all the way in . . . And scan yourself from the very top of your head, down through your face, down your neck, down your arms, down through your chest and stomach, all the way down through your thighs, calves and feet. Let any tension go all the way out the bottom of your feet.

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He takes you by the hand and leads you into your Prayer Closet!

In the center of the room is a beautiful round wooden table. There are two chairs side by side. A white candle is in the center of the table. Now you know where the light through the stained glass came from.

He gestures for you to sit down beside Him. “Let’s talk!” He says. “Who is it you’re

concerned about?”

“I’m concerned for my friend. He used to go to church, but I don’t think he’s a Christian,” you tell him.

Jesus points to the wall in front of you, “Show me. See your friend projected there.”

The image begins to form as you describe what he looks like in words.

“There he is!” You exclaim.

“Of course. I’ve known him before he was even born.” Jesus nods his head and looks at you.

“I want him to know YOU, Jesus!”

Jesus leads you by the hand up to the wall. He reaches through the image and takes your friend in His arms. They are radiated with light.

“What is the first thing that I should do to reach my friend for you, Jesus?”

You begin to get images of what things you should do. Perhaps write a text. Or give a small gift. Or a phone call.

Jesus tells you, “Listen! Listen to what they say and when they mention something that sounds like a prayer request, pray for them at that time!”

Nod your head as you affirm what Jesus has told you.

“What about at my school and at work? What should I do there?”

Jesus points to the screen and says, “Show me your school.”

You begin to think of images of the parking lot outside your school. You can see the lobby area where the reception and offices are. You walk down the hall and see the lockers lining the walls. Perhaps you notice the decorations on the doors. You go to your home room and sit at your desk. As you look around, you notice the friends that sit beside you. Then you ask Jesus, “What can I do to make a difference here? What’s the first thing I should do?”

Jesus looks around the room and points out several people, “You should have a smile ministry to those people.”

“Smile ministry?” You ask.

“Yes,” Jesus explains. “Smile at them and make them feel special. It’s the first step to leading them to me.” Nod your head when you understand what He told you.

“What else can I do at my school, Jesus?”

“Think about your talents,” He tells you. “What do you LOVE to do?”

As you think about that, the images on the wall begin to change. You see yourself doing your favorite activities.

“These things you love,” Jesus asks, “How can you use these to make friends and share me with your friends?”

Whether it’s sports, music, arts, drama, even video games, ALL these things can be used to build relationships and share Jesus.

“As you have fun and get to know others, become more sensitive to what people are telling you. Over time, they will mention challenges that they are going through in their lives. THAT is the time to pray for them. They are open to spiritual things then!” Jesus tells you.

Nod your head when you understand.

“Now I want you to think about where you work,” Jesus asks.

The images on the wall begin to change to show the parking lot outside where you work. You see yourself going through the door and into the building. Notice where your station is. See the people around you regularly.

“What should I do at work? What’s the first thing I should do, Jesus?”

“Remember the ‘Smile Ministry?’ Who at work do you think really needs that?”

The scene on the wall changes as you scan through the locations at work. “He always seems in a bad mood. I think I need to smile at him first.”

Jesus smiles and nods His head, “Exactly!” He says. “Now you’re getting the picture. THAT person is who you need to pray for.” Jesus takes you by the hand and walks through the screen. He gives your friend the biggest hug, radiating him with light. The man begins to smile. “Everyone needs me. No matter how much money they have, they still have a hole inside them. A space that only I can fill in their lives.”

Nod your head when you understand.

“Just as back in school, when you hear them say something that sounds like a prayer request, take the time to pray with them. You can say, ‘A friend of mine told me that when I heard something like you just said, that I should pray with you. Can I pray with you?’ When you pray for them, you don’t even have to close your eyes, I still hear you! Every day, get a report on how they’re doing. Pray for them regularly until the problem has been resolved!”

Nod your head when you understand and agree.

Jesus looks you in the eye, “Praying for your friends like this has a massive effect. I want them to come to me. It is my will. Therefore you WILL see results! EXPECT those answers!”

Then Jesus says to you, “I want you to think about your church.”

The image on the wall begins to change. You see the parking lot outside your church. You go up the steps into the building. Perhaps you notice the wall hangings in the foyer. You go through the doors into the sanctuary and sit down in your regular seat.

You ask Jesus, “What can I do to make a difference in my church?”

“Jesus looks you in the eyes and says, “You are the point of the spear. You lead missions. I have given you an assignment that only YOU can fulfill. I want you to think about people in your church that would help you with that job.”

The image on the wall changes as you think about the people in your youth group or Sunday School class. “Who has a similar interest as you?” Soon, you get an idea of who that person that can help you is. That image forms on the wall.

Jesus nods His head at you and says, “Exactly. Now think about the first thing you should do to put that mission into action.”

As you get an idea of what Jesus would want you to do first, nod your head.

“You have your assignment. You will feel a passion for getting that done. An urgency will fill you and you will begin to see opportunities all around you to fulfill that mission,” Jesus states matter of factly.

Jesus comes back over to you and gives you the biggest hug. “I love you. I’ve loved you before you were even born! I love hanging out with you, getting to know you. Thank you for letting me use your imagination and feelings to communicate with you more every day. I will both precede and follow and put my hand of blessing upon your head.”

He walks you back to the door with the stained glass. “Remember, I am always here.

I am inside YOU! Every time you need to be with me, just take that good deep breath, close your eyes and come to visit with me!”

He gives you another big hug as you walk through that door, back into your bedroom in your mind. You lay back down on the bed and think about Jesus has said to you, your assignment, YOUR mission.

Take another good, deep breath, fully oxygenating your brain as you think about Jesus giving you the Best Day EVER!

Eyes open and clap your hands for Jesus! He’s the KING!

END OF THE FOURTH SESSION

Now you have the training. You have the connection with Jesus. You know how to communicate with Him. You know how to be EXACT, how to EXPECT and how to ACCEPT what He tells you.

Prayer is a SKILL.

It is our assignment as Christians to get to know Jesus better every day.

Power Prayer is not just a book. It is a way of life. An ADVENTURE. As you see the Father work around you, life becomes exciting. You realize that YOU can make a difference in the world. Your prayers make changes in the world!

Only your own experience will validate what I’m telling you. As you practice conversational prayer with Jesus, even though you use your own voice, you will begin to get clear guidance from the Father. Just remember, Jesus always shares hope and LOVE. If for any reason, you have negative thoughts, you can be assured those are NOT from Jesus! That is just not the way HE works.

Power Prayer is POWERFUL. This world around us is molded in HIS image. He is involved in everything you see. And He is involved in YOU!

I pray that you will use these simple ideas to revolutionize your prayer life. And don’t forget to pray for ME, too!

Thank you for reading this book. Thank you for your prayer support of our ministry! And thank YOU for being that special person that the world needs to make it even more AWESOME.

PEACE be unto you!

Love, Tim