Strength in Prayer

Daily beset by temptation, constantly opposed by the leaders of the people, Christ knew that He must strengthen His humanity by prayer. In order to be a blessing to men, He must commune with God, pleading for energy, perseverance, and steadfastness. Thus He showed His disciples where His strength lay. Without this daily communion with God, no human being can gain power for service. Christ alone can direct the thoughts aright. He alone can give noble aspirations and fashion the character after the divine similitude. If we draw near to Him in earnest prayer, He will fill our hearts with high and holy purposes, and with deep longings for purity and righteousness. The dangers thickening around us demand from those who have an experience in the things of God, a watchful supervision. Those who walk humbly before God, distrustful of their own wisdom, will realize their danger and will know God's keeping care.

Counsels to Teachers p. 324

Our Greatest Need

Four of our team at the Global Mission Buddhist Study Center just attended a special seminar on prayer led by Martin Kim and Julia O'Carey of Adventist Southeast Asia Projects (ASAP). We were deeply inspired by the emphasis on prayer as the foundation and greatest need for our own personal lives and for the effective reaching of Buddhists and others.

AT YOUR FINGERTIPS...

To find tools for ministering to Buddhists, click here

To learn more about the ministry behind the Prayer Handbook, click here

To learn more about the ministry of ASAP, click here

John Bunyan said: "PRAYER is a command of God, and is to be practiced both in public and in private; yes, such a command brings those that have the spirit of prayer, into great intimacy with God; and the prevailing prayer, will receive great things from God, both for the person that prayed, and for those that are prayed for."
spirtual breakthroughs and conversions that have happened during times of united prayer at various ARME Bible Camps. The basic format is short prayers by anyone in the room following the flow of 1) Praise, 2) Confession, 3) Requests, 4) Thanksgiving. Humility before God and loving support to those in attendance are important parts of the experience.

Pastor Kim not only talked about it, but led us to experience united prayer. We were inspired to devote more time to prayer and to do so with a greater faith-reliance upon God. If you would like to learn more about united prayer, for excellent training materials, click here.

ASAP is a supporting ministry registered with ASI which has provided solid spiritual encouragement and financial resources for workers in the Southeast Asia countries of Cambodia, Laos, Myanmar, Thailand, and Vietnam. They also have given significant help to refugees resettling in the USA and elsewhere. They help them to find a church home and to learn to survive and thrive in their new country. You can learn much more about their exciting ministry if you click here. There are also many ways you can get involved.

Specifically, right now you can pray for them as they continue to provide this united prayer training throughout Southeast Asia over the next two weeks. Pray also for Judy Aitken, the director of ASAP who continues to courageously call for people to care for the needs of these special people.

Finally, if your heart is not on fire to pray, we urge you to find someone whose heart is and to spend time praying with him or her until the urgency grows in you!

God, and is a means by which the empty soul is filled. By prayer the Christian can open his heart to God, as to a friend, and obtain fresh testimony of God's friendship to him.”

***************

One quick fact about ASAP...

They support Southeast Asian national missionaries, whose knowledge of language and culture, as well as connection to the community, make them the most effective, cost efficient method of reaching their brothers and sisters for Christ. They show compassion to the poorest of the poor whom they minister to by providing them with food, health information, education, small enterprise opportunities and clean water wells. They go from village to village, city to city sharing Jesus. The result of their dedication? Thousands respond!

***************

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The ARME PRAYER FORCE
Handbook for United Prayer

Version 1.04
Comments from key church leaders about the
"ARME PRAYER FORCE" Ministry

Dear ARME Prayer Team Partners,

Those of us here at the General Conference headquarters want to thank your team for what you let the Lord do through you during our Annual Council last week! We saw the answers to prayer throughout the week as the Lord moved on all our hearts in major ways. The cover of intercessory prayer and the opportunity for our delegates to come and pray and be prayed for made a major difference in these meetings. We won't know until eternity what the Lord was able to do because of those of you who spent so much time running the prayer room for us! From our previous experiences at Soquel Camp meeting with the "Prayer Room," and from when we worked in the Central California Conference, we have found this kind of "united prayer" very reverent and have seen over and over again that "God led prayer" makes an immeasurable difference in meetings to His glory. Thanks again, and we will be praying for you and want your continued prayers for us all as we seek "our greatest need," "a revival of true godliness among us." We will want to have you help us in the future as the Lord opens the doors. We can highly recommend you for this ministry to other groups and know they too will be richly benefited.

Jerry Page, General Conference Ministerial Association Director

I was so blessed by the experience I had in the Prayer Room at the GC Annual Council, lead by the ARME Prayer team. I went to the prayer room as many times as I could, and was very inspired. It was a reviving, refreshing experience! We are actually doing similar prayer efforts (we call it "The Epaphras Ministry" based on Col 4:12) in the Southern Africa-Indian Ocean Division, and we have seen God work in mighty ways. So I was happy to enjoy the same prayer experience when I came to the GC.

I was so inspired with the ARME Prayer team and their ministry, during this last General Conference Annual Council, that I have invited Melody and the team to come and work with us in our year-end meetings in South Africa, where our church leadership from 23 countries will be gathering together. What this ARME Prayer team is doing is not new, or part of some new "emergent movement." It is very Biblical...remember the story of Joshua's victory over the Amalekites when Aaron and Hur held up Moses arms during the battle? (Ex 17:8-16) This united prayer is also evidenced in the life of Moses, Abraham, Daniel, Esther and others in the Bible. This kind of earnest, fervent, united prayer, (if experienced) will bring great blessings to every church and every conference around the world, and as a result, God’s Spirit will be poured out, and Jesus will come back as He has promised!

Paul Ratsara, President of Southern Africa-Indian Ocean Division

I’m glad for the chance to share a testimony regarding the spiritual blessing that Martin, Melissa, Melody and their prayer team were to us here at the Pioneer Memorial Church. We had just concluded a 40 Days of Prayer journey here at Andrews University and Pioneer. Lee Venden was to begin a nine-night revival series. And we sensed the need for intense prayer cover. When Martin, Melissa, Melody and the ASAP/ARME Prayer team offered to coordinate and conduct a Ten Days of "all-day Prayer Room" here in the church, we seized the opportunity. The designated room was open from 7 a.m. to 9 p.m. for ten straight days—and what a blessing it turned out to be. Over 1,300 individuals joined in collective prayer during those days—and we could sense the Holy Spirit’s responding. Our evening revival meetings were filled. Jesus was lifted higher and higher—and the decisions for baptism and re-baptism, along with prayer requests and requests to join small groups are all evidence of the Spirit’s mighty response to our prayer team’s ministry. This team is passionately committed to Christ and His longing to revive the church and reach the world before He returns. I heartily and earnestly recommend such a "Prayer Room" in churches across the land and around the world.

Dwight Nelson, Senior Pastor of Pioneer Memorial Church, Andrews University
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How the Prayer Room began

The “Prayer Room Ministry” is actually a part of a larger organization called ARME Ministries, Inc. ARME stands for “Adventist Revival Movement for the Endtime” and seeks to live up to its name. It’s all about revival: Revival by bringing people back to the Word, revival by bringing people back to their knees, and revival by inspiring people to move forward in active missions and evangelism...on their knees. This is not just about any revival. This is not just about feeling good or getting a spiritual high. This is about true Biblical revival...founded upon a correct interpretation of scriptures and upon a deep genuine relationship with Christ. This is about true hearted surrender, honoring God’s commandments, and clinging to Him with a hunger like Jacob that will not let go until He blesses us – determinedly holding on until the Holy Spirit falls.

To understand the big picture of how this all came together, let’s back up a bit and give a little history. While the vision for a “Bible Study Camp” had been in one man’s mind for a few years, the official plan for the first aspect of ARME Ministries came together at the Generation of Youth for Christ Conference in 2008. A group of ministry-minded young professionals, along with the visionary, started talking about how they should develop a specialized conference where they could get powerful speakers, like those at GYC, to come and teach students their “personal tips” of how they study the Bible and what are the true Biblical methods of study. The plan was to make Bible study even more personal and take people even deeper into the Word of God by not just giving them inspiration from the Bible, but in addition teaching them how to find that same inspiration for themselves in the Bible!

“Give a man a fish; feed him for a day.
Teach a man to fish; feed him for life!”

Prayer was made, a board of directors was formed, and a plan conceived...and within a matter of a few short months, ARME Ministries was born. While the acronym of ARME states the mission statement of this ministry, we also like to say that ARME stands for two-words put together, “ARM-ME,” and shows how this mission will come about; By helping God’s people personally to “Arm” and “Equip” themselves with the Word, prayer and the power of the Holy Spirit. The only possible result from this “Biblical Arming” is REVIVAL and impacting evangelism! And when that happens, God’s mission on this earth will be accomplished.

But once again, how did the “Prayer Room Ministry” actually begin? Let us share...

At our first ARME Bible Camp (a four day conference that occurred in August of 2009), we held an optional 6:15 am prayer time. It was led by our first two prayer leaders, Martin & Melissa, in a “conversational style format” and covered four main topics in prayer: (We’ll share about these in greater detail!) Although optional, many joined in despite the early hour. As a result of this simple interactive prayer time, the Holy Spirit began to be poured out in greater and greater measure, and we saw people’s lives significantly impacted.
Rifts in relationships were healed, marriages were restored, and people were able to receive the Word so much more powerfully after their time in this united prayer. As a result, we were convicted that we needed more prayer.

At the next camp, our prayer team started an “All-day Prayer Room.” We encouraged all our attendees to come through this prayer room for at least one hour during their ARME camp experience. As people started to come, and the word spread, more lives were impacted. By the third camp, people had heard so much about the prayer room that they were flocking to experience it. As a result of the changed lives, and powerful testimonies, and much positive “word of mouth advertising,” our prayer team began to get invitations to hold “all day prayer rooms” at different events and camp meetings all over the country. And so things began to unfold. Over the first summer of the “Prayer Room ministry,” besides working with various camp meetings, we worked with Andrews University in conjunction with a revival series they were holding, did prayer work shops for Amazing Facts & Weimar College, were invited to Philippines, Malaysia, South Africa, India, Kenya and even were requested to come hold a prayer room at the General Conference church headquarters during the 2010 Annual Council in Silver Spring, Maryland. During these few brief months, over 6,000 came through our traveling prayer rooms, and we have testimony after testimony to share as a result.

After holding the 10 day all-day prayer room, during the “Revival Series” on the Andrews University campus in the fall of 2010, Pastor Dwight Nelson inspired us with the phrase “Pick an Hour, Experience the Power.” And it has stuck! By God’s blessing, now thousands more have experienced for themselves that truly, there is power when God’s people come together; even for one hour in united prayer.

While most of us have known about the power of prayer our entire lives, we realize that we have just begun to experience this power for ourselves. We feel we have touched fire to dynamite, and we have discovered...our God is a big God, and He’s still the same powerful God that moved in Bible times. He is just waiting for His people to join together and call upon Him. Our ARME prayer team is being broken, humbled, and changed! So, we continue to humbly move forward, ”Forward on our Knees.” And we invite you to join us!

“Where two or three are gathered, I am in the midst!” Matt 18:20

“If my people which are called by my name, shall humble themselves and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven and will forgive their sin and heal their land.” II Chron 7:14
How the Prayer Room Works

The “Prayer Room/Prayer Hour” actually is not complex. It’s simply about leading people into a deeper experience of united prayer; An experience that is very much biblical, but that is organized (remember, our God is a God of order) and that breaks down personal biases, spiritual walls and barriers, and gets people to join together in authentic Christ centered prayer. We don’t spend time talking or sharing prayer requests...we simply pray!

The format we use isn't all that extra-ordinary, just a conversational “pop-corn” style prayer interspersed with songs of praise. However, what we believe is making such an impact to so many is that, as we are seeking for personal revival and reformation, God has inspired us to help people walk through four specific themes in each prayer hour: Adoration, Confession, Supplication, and Thanksgiving. (We will discuss these themes at greater lengths.) By following these “Biblical themes” in our prayer format, using a “Prayer leader” to keep things organized, and following a easy-to-jump-into interactive style that everyone can participate in (from groups of 4 to groups of 4,000 - if properly organized), we feel that we have discovered a powerful key to success. Why? Because it's a format that helps us get outside of our selfish pattern and learn to truly come to the foot of the cross with humility. And it’s life changing, because everyone is doing this together. No one gets bored while waiting their turn to pray as other “prayer warriors” go on and on...and on...and on. Every prayer is short, and specific, like a bullet, yet there is opportunity to pray again and again. But there's no pressure. People can take their time. It's so simple and basic children love to participate. We repeat this format throughout the entire day with each new group. Many people stay for multiple hours, as they feel God takes them deeper each hour. Yes, God is amazing! We are seeing Him work healing and restoration on all fronts: from breaking down walls of bitterness between families, to restoring marriages, to helping teens go from 5 minute-a-day prayers to praying for hours and going home to start their own prayer groups. Even church administrators and Division presidents have left the prayer room weeping and have told us that this is one of the most impacting “group prayer” experiences they’ve ever had. God is doing this work! It is not us...we are just helping provide the environment for it to happen. All the Glory goes to Him.
Helpful guidelines for Prayer Leaders

Now down to the nuts and bolts! Those leading a prayer room must be consecrated laborers, willing to spend hours on their knees seeking God, and helping others press near the Throne with them. We seek leaders, not perfect, but humble and broken, willing to be spilled out, emptied of self and filled with His Spirit and able to lead others closer to God.

The prayer room is a "Wrestling Room" like Jacob wrestled with the angel. We cling to God saying, "We will not let you go except you bless us!” We are persevering, passionate, and in earnest claiming the promises that God has given, "When we ask, He answers!” Sometimes the prayer room can be best described as a spiritual trauma center where spiritual CPR is taking place. You will see the sick and dying being revived. As with any ER, sometimes the experience will be routine and regular sessions of conversational prayer will take place. But at other times there will be people coming in with severe mental, emotional pain or spiritual problems who will need special prayer. For such reasons it is ideal to have 2-3 people who understand something about the science of prayer in the prayer room at all times. Please be praying that God would send us more laborers willing to sacrifice and join together in this united prayer effort.

Though we will share guidelines and suggestions here, the most important thing is to be yielded and under the guidance of the Holy Spirit.

If you have never had prior experience as a prayer facilitator in a prayer room, it would be best to participate in 1 or 2 sessions of prayer before leading a session as a facilitator.

The prayer room can be used in a variety of ways. It can be open for just an hour or two during a meeting, used like a weekly prayer meeting, or it can be open 15+ hours a day. This is what we’ve been doing at the different meetings and events we’ve been invited to. Whether just a short time or for many hours, the concepts behind it are the same!

We encourage you not to ask for prayer requests from the group as you begin your meeting. Instead tell people to pray their request and encourage others to join in agreement and pray for those requests. Here’s why – time! Talking about the requests will take up most of your prayer group time. Satan is thrilled if he can keep us talking about the problem instead of praying about the problem. Group members will often begin counseling and suggesting solutions. The power is from God! The more we pray, the more His power is unleashed!

We also can’t stress enough that everyone keep their prayers short and concise. As is usual, there will be one or two (or a few) that will not pay any attention to the guidelines you share, and once they start praying, they may go on and on. Just be patient and bear with them, but then try to show by your example, the need of keeping things short and brief so that all can be involved and many can have opportunity to share again and again. Remember though, the point is to get people praying...if they don’t stick with the plan exactly, it’s not a sin. The point is, they are praying!
During the time of supplication we are encouraging people to first be praying for the outpouring of the Holy Spirit in their own lives, so they can experience revival. If it’s experienced first in our hearts personally, then it will spread to our homes, our church, our community and the world! After praying for personal revival, we also want to give people a chance to lift in prayer their personal needs and their loved ones. You may want to announce in advance what you will be focusing on during the time of supplication. For example: “During the time of supplication, we will first focus on praying for the outpouring of the Holy Spirit in our personal lives, then we will bring any request before the throne that God lays on our hearts.” etc.

If you are with people who are not accustomed to spending long periods in prayer or you are with a very small group of people and the prayers are not flowing, it may be a good idea to go through “Praise and thanksgiving” and “confession” and then end the prayer and share a Bible text or inspiring thought about prayer before continuing again or you may want to end the session early. We’ve seldom had this happen though, as once people start laying aside their prejudices and pride, and just start sharing with God, the walls come down and you can pray together for hours. Most people have never experienced this type of unified prayer and they love it. They don’t want to stop!

Keep in mind that the majority of people who come into the prayer room have little experience in powerful united prayer. They’ve heard about it, but they haven’t experienced it. They’ve only been exposed to the 5 minute weakly prayer meeting (pun intended), and so their vision has been warped. Also most of them have not experienced powerful personal prayer. We don’t want to intimidate them by our prayers, but inspire them to grow. We need to be able to come down to the level of where the people are and begin there. If the facilitator begins with long flowery prayers, most people will have a difficult time participating because they don’t feel they know how to pray that good. We want to avoid that. So keep it simple and sweet, yet be strong in faith and assertive as you pray. The facilitator will be the model of what short conversational prayers are all about. So for this reason, once again, we remind you: Keep your prayers short (bullet-sized), stick to only one topic each time you pray, and no preaching! Plead for the Holy Spirit to lead.

For a Prayer Room that is open many hours – this is the layout we will use in more detail:

As people will be coming and leaving at the top of each hour; it would be best to begin a new session of prayer at 5 minutes past the hour and also wrap up each session at 5 minutes before the next hour, so there’s time for a brief break. You also want to welcome in the newcomers or allow people the freedom of leaving without feeling like they are not finished with the prayer time. If you are at an event, where people cannot stay in the prayer room for a full hour, then adjust accordingly. Ask what their specific needs are and pray with them and let them go, or lead them through a group conversational prayer adapted to 10-15-30 minutes. (Or combine all four aspects of this prayer - praise, confession, supplication, & thanksgiving - into one prayer.) This is what we had to do at the GC Annual Council, as many of the people coming in and out had to be part of important meetings and could not take a whole hour at a time. However, at a regular event or camp meeting, most people will come planning to stay for an hour. So this is how we organize that.
The following is a suggested “Time format” for a one hour prayer meeting starting at the random time of 1pm.

1:05  Spend 5 minutes – welcoming everyone, share a short testimony, sing a hymn or whatever as the Spirit leads. (Please keep in mind that this is a prayer meeting, and not a praise session, Bible study or time to preach. Do NOT encourage others to start talking or sharing testimonies at this point, because then everyone will be talking, and before you know it, you have spent half the hour in just talking! This is about prayer...so the time is to be spent in prayer!)

1:10  Take 5 minutes to explain what conversational prayer is and what you will be doing together for the next 45 minutes or so. (That layout will be shared below!)

1:15  Begin conversational prayer. Spend 1/4th of the time in praise and worship, 1/4th of the time in confession, and roughly half the time in supplication. And finish with some time in thanksgiving at the end.

1:55  Wrap up the conversational prayer time. At this time, you can encourage people that have been impacted to share their testimonies, or to write them down on a computer for you to keep. Be sure you send them home with Prayer Handouts if available. [See our Appendix for suggestions!]

[You may wish to photo copy a few of these pages to keep close by as you lead your own prayer hour for the first time.]
Details for a Prayer Hour

Info to Share with New Prayer Groups at the beginning of a Prayer Hour

1. There are 4 main sections that we will pray through during this hour
   a. **Adoration and Praise** – God tells us to enter His courts with Praise...If we praised Him more, we’d been given more to praise Him for. 5T, 317
   b. **Confession** – Some confessions need to be made just between you and God, and other things should be confessed privately to the one wronged. Then there are some things that need to be confessed publicly. We are told to confess our faults one to another and pray one for another that we may be healed. (James 5:16) Remember, we are all sinners in need of our Saviour.
   c. **Supplication** – Here is where we take God at His word. He tells us to ask, to seek, to knock! We do not take prayer requests before prayer, but encourage people to share them during this section of the prayer time, and we will agree together in prayer. (Matt 18:19) He tells us to ask large things of Him!
   d. **Thanksgiving** – We end with Thanksgiving, praising Him for what He’s done, and we look forward in faith to what He will do!

2. You can pray multiple times, but keep each prayer SHORT (1-3 sentences). Or we like to say, keep your prayers “bullet-sized.” Allow the Holy Spirit to lead and give others the opportunity to pray too. Others may feel impressed to pray about the same topic. (Also included below, on page 18, is a devotional thought about why it’s important to keep public prayers short. As the prayer leader, it might be good to share this at the beginning of your prayer time to stress the importance!)

3. Stick to only one theme with each prayer! (i.e. praise, confession, supplication, etc)

4. (It might be good to reinforce this by telling people, “We will begin by focusing on Praise and Thanksgiving. During this time we will not be mentioning any prayer requests. Then during the confession time, we will only focus on confessing our sins, etc. And so we will travel through the four themes together as a group, as the Spirit leads.”)

5. **Please follow the Prayer leader.** Again, the Prayer leader (facilitator), will be the one to begin the prayer and transition the group between sections/themes, and the Prayer leader will also end the prayer.

6. **Feel free to claim Bible verse as you pray, or start singing a song,** if God brings something to mind. If one starts singing, the others will join in. There’s nothing so beautiful as a prayer session where the group bursts into united song and praise! (As Prayer Leaders, we often transition between sections with a simple song or hymn, preferably one that most would know by heart. If hymn books are available that’s great, but we don’t want to loose the reverent prayerful attitude in directing people to a hymn, so be careful. As the testimonies share, we’ve even had Angels sing with our groups during this time...)

7. **Ask God to show you what He would like you to pray.** “We must not only pray in Christ’s name, but by the inspiration of the Holy Spirit.” *Christ Object Lessons, p. 147*
Key Verses & Songs for the 4 themes of Prayer

**Song Ideas to begin Prayer time:** Now dear Lord as we pray, Lord prepare me to be a Sanctuary, Open our eyes Lord, Into my heart, Change my heart Oh God, Nearer still Nearer

**Adoration & Praise**

“Enter His gates with thanksgiving, and enter His courts with praise, be thankful unto Him, and bless His name.” Ps 100:4

“Let us come before His presence with thanksgiving and make a joyful noise unto Him with Psalms. O come, let us worship and bow down. Let us kneel before the Lord our maker.” Ps 96:2,6

“I will bless the Lord at all times, His praise shall continually be in my mouth...Oh magnify the Lord with me, let us exalt His name together.” Ps 34:1,3

“Praise the Lord, because His mercy endureth forever...” II Chron 7:6

**Song Ideas to close Adoration section of prayer:** I love you Lord, Holy Holy Holy, Open our Eyes Lord – we want to see Jesus, We are Standing on Holy Ground, For God so loved the World, Into my Heart – come into my Heart Lord Jesus, As the Deer, How Great thou Art

**Confession**

“If my people which are called by my name, shall humble themselves and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven and will forgive their sin and heal their land.” II Chron 7:14

“Behold, the LORD’S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: But your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear.” Isa 59:1,2

“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

“Beloved, if our heart condemns us not, then have we confidence toward God. And whatsoever we ask, we receive of Him, because we keep His commandments and do those things that are pleasing in His sight.” 1 John 3:21,22.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleans us from all unrighteousness.” I John 1:9

**Song Ideas to close Confession:** Amazing Grace, Thank you Lord for saving my soul, Create in me a Clean Heart, What a Friend, He lives, Power in the Blood, Turn your eyes upon Jesus
Supplication

“If two or you shall agree on earth as touching anything that they shall ask, it shall be done for them of my father which is in Heaven.” Matt 18:19

“Ye have not because ye ask not. Hitherto have ye asked nothing in my name. Ask and ye shall receive that your joy may be full.” James 4:2, John 16:24

“Ask and it shall be given you, seek and ye shall find. Knock and the door shall be opened unto you. For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh, it shall be opened.” Matt 7:7-8

“If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you.” John 15:7

“And whatsoever ye shall ask in my name, that I will do that the Father may be glorified in the Son.” John 14:13

Song Ideas to close Supplication: He’s Able, God is so good, In His Time, Seek ye First, Make me a Servant, Let Your Heart be broken for a World in Need, Whisper a Prayer in the Morning, Showers of Blessings

Thanksgiving

“Now unto Him that is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us.” Eph 3:20

“Praise the Lord, O my Soul, and forget not all his benefits – who forgives all your sins and heals all your diseases.” Ps 103:3

“According to your faith, be it unto you...” Matt 9:29

“Before they call I will answer; while they are yet speaking, I will hear.” Isa 65:24

“Let everything that hath breath praise the Lord.” Ps 150:6

“Let us hold fast the profession of our faith without wavering, for He is faithful that promised.” Heb 10:3

Song Ideas to end Prayer Hour: To God be the Glory, Surely the Presence of the Lord is in this place, He lives, I will sing of the mercies of the Lord forever, I sing the mighty power of God, Take my Life and let it Be, Sweet Hour of Prayer, Spirit of the Living God, Showers of blessing
Powerful thoughts on Prayer from the Bible & SOP

“If my people which are called by my name, shall humble themselves and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven and will forgive their sin and heal their land.” II Chron 7:14

“There is nothing that Satan fears so much as that the people of God shall clear the way by removing every hindrance, so that the Lord can pour out His Spirit upon a languishing church and an impenitent congregation.” Messages to Young People, p. 133

“We are encouraged to pray for success, with the divine assurance that our prayers will be answered. The promise of Matthew 18:19-20 is made on the condition that the united prayers of the church are offered, and in answer to these prayers, there may be expected a power greater than that which comes in answer to private prayer. The power given will be proportionate to the unity of the members and their love for God and for one another.” 9th Manuscript Releases, 748, Nos. 664

Why Prayer is so Vital to our lives

“With men this is impossible, but not with God, for with God all things are possible...” Mark 10:27

"All things, whatsoever ye ask in prayer, believing, ye shall receive...According to your faith be it unto you!” Matt 21:22, Matt 9:29

“The prayer of the upright is the Lord’s delight!” Prov 15:8

“And the prayer of faith shall save the sick. And the Lord shall raise him up, and if he hath committed sins, they shall be forgiven him.” James 5:15

“Watch ye and pray, lest ye enter into temptation. The spirit truly is willing, but the flesh is weak.” Mk 14:38

“And this is the confidence that we have in Him, that if we ask anything according to His will, He heareth us.” I John 5:14

“As for me, I will call upon God; and the Lord shall save me. Evening and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. He hath delivered my soul in peace from the battle that was against me.” Ps 55:16-18

“Prayer is the key in the hand of faith to unlock Heaven’s storehouse, where are treasured the boundless resources of omnipotence.” Steps to Christ, p. 94,95
“Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted, and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Well-spring of life, and strengthens the sinew and muscle of the religious experience.” *Heavenly Places*, p. 83

“Prayer is the channel of all blessings... Christ our Saviour had bodily wants to be supplied, bodily weariness to be relieved. It was by prayer to His Father that He was braced for duty and for trial. Day by day He followed His round of duty, seeking to save souls. His heart went out in tender sympathy for the weary and heavy laden. And He spent whole nights in prayer in behalf of the tempted ones....” *Our High Calling*, p. 127

“Could we see all the activity of human instrumentality, as it appears before God, we would see that only the work accomplished by much prayer, which is sanctified by the merit of Christ, will stand the test of the judgement. When the grand review shall take place, then shall ye return and discern between him that serveth God and him that serveth Him not.” *Christian Service*, p. 263

“The Christian is given the invitation to carry his burdens to God in prayer, and to fasten himself closely to Christ by the cords of living faith. The Lord authorizes us to pray, declaring that He will hear the prayers of those who trust in His infinite power. He will be honored by those who draw nigh to Him, who faithfully do His service. ”Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” *Isa. 26:3*. The arm of Omnipotence is outstretched to guide us and lead us onward and still onward. Go forward, the Lord says; I understand the case, and I will send you help. Continue to pray. Have faith in Me. It is for My name’s glory that you ask, and you shall receive. I will be honored before those who are watching critically for your failure. They shall see the truth triumph gloriously.” *Our High Calling*, p. 127

“There must be earnest prayer. Weaken the hands of the enemy by wrestling with God in prayer.” *Pacific Union Record*, June 5, 1902

“At the sound of fervent prayer, Satan's whole host trembles...and he is enraged, for he knows that he will suffer loss.” *God’s Amazing Grace*, p. 257

**Why United Prayer is so Important**

“If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of My Father which is in Heaven. For where two or three are gathered together, there am I in the midst of them.” *Matt 18:19, 20*

“In every church there should be stated seasons for united prayer for the advancement of this work. Let all be united, having a specific object for their faith and entreaties. Brethren, move high heaven with your prayers for God to work with the efforts of his servants.” *Historical Sketches of the Foreign Missions of the SDA*, p. 294
“And when the day of Pentecost was fully come, they were all with one accord in one place.” Acts 2:1

“And let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another, and so much the more, as ye see the day approaching.” Heb 10:24,25

“Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth, for he hath not another to help him up...And if one prevail against him, two shall withstand him, and a threefold cord is not quickly broken.” Ecl 4:12

“We must be much in prayer if we would make progress in the divine life. When the message of truth was first proclaimed, how much we prayed. How often was the voice of intercession heard in the chamber, in the barn, in the orchard, or the grove? Frequently we spent hours in earnest prayer; two or three together claiming the promise; often the sound of weeping was heard and then the voice of thanksgiving and the song of praise. Now the day of the Lord is nearer than when we first believed, and we should be more earnest, more zealous, and more fervent than in those early days. Our perils are greater now than then.” 5th Testimonies to the Church, p. 161-162

“These all continued with one accord in prayer and supplication, with the woman, and Mary, the Mother of Jesus, and with His brethren.” Acts 1:14

“The Lord has promised that where two or three are met together in His name, there will He be in the midst. Those who meet together for prayer will receive an unction from the Holy One. There is great need of secret prayer, but there is also need that several Christians meet together and unite with earnestness their petitions to God.” In Heavenly Places, p. 91

“Unitedly make known your troubles to God. Talk less; much precious time is lost in talk that brings no light. Let brethren unite in fasting and prayer for the wisdom that God has promised to supply liberally.” Counsels on Diet and Foods, p. 188

"If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My Father which is in heaven." Precious promise! Do we believe it? What marvelous results would appear if the united prayers of this company were to ascend to God in living faith! Jesus stands ready to take these petitions and present them to His Father, saying, "I know these persons by name. Send answers to their prayers; for I have graven their names on the palms of My hands." Evangelism, p. 414

“This is My commandment, That ye love one another, as I have loved you." He would have us united in heart and plans to do the great work committed to us. Brethren should stand shoulder to shoulder, uniting their prayers at the throne of grace, that they may move the arm of the Omnipotent. Heaven and earth will then be closely connected in the work, and there will be joy and gladness in the presence of the angels of God, when the lost sheep is found and restored.” Fundamentals of Christian Education, p. 210
“While their united prayers were ascending in faith to Heaven, the answer came. The place where they were assembled was shaken, and they were filled with the Holy Ghost. They went forth to their work, speaking the Word of God with convincing power, and there were daily large additions to the church. Great numbers had collected at Jerusalem to observe the sacred feast. The exciting scenes of the crucifixion and resurrection had called out a much larger number than usual. When the truth taught by the apostles was brought suddenly and with convincing power before them, thousands were converted in a day.” Spirit of Prophecy, Vol. 3, p. 282

“Our Savior follows His lessons of instruction with a promise that if two or three should be united in asking any thing of God it should be given them. Christ here shows that there must be union with others, even in our desires for a given object. Great importance is attached to the united prayer, the union of purpose. God hears the prayers of individuals, but on this occasion Jesus was giving especial and important lessons that were to have a special bearing upon His newly organized church on the earth. There must be an agreement in the things, which they desire and for which they pray. It was not merely the thoughts and exercises of one mind, liable to deception; but the petition was to be the earnest desire of several minds centered on the same point.” 3rd Testimonies to the Church, p. 429

Why we need Help learning How to pray

“Lord, teach us to pray.” Luke 11:1

"Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.” Rom 8:26

“We must not only pray in Christ's name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit "maketh intercession for us, with groanings which cannot be uttered." Rom. 8:26. Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer "exceeding abundantly above all that we ask or think.” Eph. 3:20. Christ Object Lessons, p. 147

We must ask God to remove all roadblocks of sin in our hearts. We also must ask Him to teach us how to pray, what to pray for, and what His will is. Prayer isn’t to impress those around us. Nor is it just for ourself. Our natural human prayers tend to be selfish and self-centered, and very small. “Lord, help me find my keys! Help me to get to work on time!” Not that God doesn’t care about those prayers for He notices when even a sparrow falls, and we’re told nothing that concerns our peace is too small for Him to notice. “Keep your wants, your joys, your sorrows, your cares and your fears before God. You cannot burden Him, you cannot weary Him. Nothing is too great for Him to bear, for He upholds the worlds. He rules over the affairs of the universe. Nothing that in any way concerns our peace is too small for
Him to notice." *Steps to Christ*, p. 100. So small prayers are fine. But we mustn’t stay small. We need to learn to pray large prayers. We need to learn to stand in the gap for others. It is not our task to save the world, that is God’s task, but we are to cooperate with Him and be in tune to His voice, so we know where to focus our time, our energies and our prayers…and how we are to assist Him in saving the lost. We need to stop just picking and choosing what we selfishly want to pray for. We need to ask Him to teach us how to pray God-size prayers. We need His spirit to show us what and who He would have us pray for! We must be humbled and broken and put all flesh aside and cry out to God to teach us how to pray.

Even when we struggle, God still cares, He still hears…and He honors our feeble attempts at prayer. But if we really want to see results, if we really want to see spiritual power in our lives…we must learn to silence the flesh and allow His spirit to give us the prayers we should be praying! - *ARME Prayer Team Leader*

**Why we need to test All things, even Prayer methods, by the Word**

“To the law and to the testimony, if they speak not according to this word, it is because there is no light in them.” *Isa 8:20*

“Satan himself will appear in the character of an angel of light. Through the agency of spiritualism, miracles will be wrought, the sick will be healed, and many undeniable wonders will be performed. And as the spirits will profess faith in the Bible, and manifest respect for the institutions of the church, the work will be accepted as a manifestation of divine power.” *Great Controversy*, p. 588

“The people of God are directed to the Scriptures as their safeguard against the influence of false teachers and the delusive power of spirits of darkness. Satan employs every possible device to prevent men from obtaining a knowledge of the Bible, for it’s plain utterances reveal his deceptions. At every revival of God’s work, the prince of evil is aroused to more intense activity; he is now putting forth his utmost efforts for a final struggle against Christ and His followers. The last great delusion is soon to open before us…so closely will the counterfeit resemble the true, that it will be impossible to distinguish between them except by the Holy Scriptures. By their testimony every statement and every miracle must be tested.” *Great Controversy*, p. 593

“It is the first and highest duty of every rational being to learn from the Scriptures what is truth, and then to walk in the light and encourage others to follow his example. We should day by day study the Bible diligently, weighing every thought and comparing scripture with scripture. With divine help we are to form our opinions for ourselves as we are to answer for ourselves before God.” *Great Controversy*, p. 598

“None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict. To every soul shall come the searching test: Shall I obey God rather than men? *Great Controversy*, p. 593
“But God will have a people upon the earth to maintain the Bible and the Bible only, as the standard of all doctrine and the basis of all reforms.” *Great Controversy*, p. 595

**Why we Pray short concise Prayers when in Public**

“But when you pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.” Matt 6:7

“Make short prayers in meetings, and lengthy prayers when you talk and commune with God in your closet.” *10th Manuscript Releases*, p. 130

“Christ did not give this prayer the Lord’s Prayer [Luke 11:2-4] for men to repeat as a form. He gave it as an illustration of what our prayers should be--simple, earnest, and comprehensive.” *Our High Calling*, p. 130

“Many prayers are offered without faith. A set form of words is used, but there is no real importunity. These prayers are doubtful, hesitating; they bring no relief to those who offer them, and no comfort or hope to others. The form of prayer is used, but the spirit is wanting, showing that the petitioner does not feel his need. . . .” *Our High Calling*, p. 130

“Learn to pray short and right to the point, asking for just what you need... Do not offer make-believe prayers, but earnest, feeling petitions, expressing the hunger of the soul for the Bread of Life. If we prayed more in secret, we should be able to pray more intelligently in public. These doubtful, hesitating prayers would cease. And when we engaged with our brethren in public worship, we could add to the interest of the meeting; for we should bring with us some of the atmosphere of heaven, and our worship would be a reality, and not a mere form. . . . If the soul is not drawn out in prayer in the closet and while engaged in the business of the day, it will be manifest in the prayer meeting. . . .” *Our High Calling*, p. 130

“Let us learn to pray intelligently, expressing our requests with clearness and precision. Let us . . . pray as though we meant it. "The effectual fervent prayer of a righteous man availeth much." James 5:16 *Our High Calling*, p. 130

**Why we Begin & End Prayer with Adoration and a Thankful heart**

“Enter into Gates with thanksgiving, and into His courts with praise. Be thankful unto Him, and bless his name.” Ps 100:4

“Praise ye the LORD. I will praise the LORD with my whole heart, in the assembly of the upright, and in the congregation.” Ps 111:1

“In everything give thanks, for this is the will of God in Christ Jesus concerning you.” I Thes 5:18
“The soul may ascend nearer heaven on the wings of praise. God is worshiped with song and music in the courts above, and as we express our gratitude we are approximating to the worship of the heavenly hosts. "Whoso offereth praise glorifieth" God. Psalm 50:23. Let us with reverent joy come before our Creator, with "thanksgiving, and the voice of melody." Isaiah 51:3.

“We do not pray any too much, but we are too sparing of giving thanks. If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer. We would abound more and more in the love of God, and have more bestowed to praise Him for." 5th Testimonies to the Church, p. 317

“The life of the soul depends upon habitual communion with God. Its wants are made known, and the heart is open to receive fresh blessings. Gratitude flows from unfeigned lips; and the refreshing that is received from Jesus is manifested in words, in deeds of active benevolence, and in public devotion. There is love to Jesus in the heart; and where love exists, it will not be repressed, but will express itself. Secret prayer sustains this inner life. The heart that loves God will desire to commune with Him, and will lean on Him in holy confidence.” Our High Calling, p. 130

"If we would offer up acceptable prayer, we should realize that in our petitioning we are in the audience chamber of the Most High. We should cultivate solemn thoughts, realizing that we are coming into close connection with our Creator. It means much to pray to our Heavenly Father. We come to lay our imperfect tribute of thanksgiving at His feet in acknowledgment of His love and mercy, of which we are wholly undeserving. We come to make known our wants, to confess our sins, and to present to Him our own promises. He says, "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Review & Herald, May 28, 1895 par. 2

“Human help is feeble. But we may unite in seeking help and favor from Him who has said, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Divine power is infallible. Then let us come to God, pleading for the guidance of His Holy Spirit. Let our united prayers ascend to the throne of grace. Let our requests be mingled with praise and thanksgiving.” Testimonies to Ministers and Gospel Workers, p. 485

**Why we encourage Public Confession**

"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) If these words of inspiration were obeyed, they would lead to such results as are set forth by the apostle Peter: "Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently." Review & Herald Dec 16, 1890, The Duty of Confession

“He will regard the prayer of the destitute, and not despise their prayer." Ps 102:17
“And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of the fathers. And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part of the day they confessed, and worshipped the Lord their God.” Neh 9:1,2

"All are fallible, all make mistakes and fall into sin; but if the wrong-doer is willing to see his errors, as they are made plain by the convicting Spirit of God, and in humility of heart will confess them to God and to the brethren, then he may be restored; then the wound that sin has made will be healed. If this course were pursued, there would be in the church much more child-like simplicity and brotherly love, heart beating in unison with heart." Review & Herald Dec 16, 1890

Why Forgiveness and Humility is key to Answered prayers

“And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.” Mark 11:24

“Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.” Matt 5:23,24

“For if ye forgive men their trespasses, your Heavenly Father will also forgive you. But if you forgive not men their trespasses, neither will your Father forgive your trespasses.” Matt 6:14

“Two men went up to the temple to pray: the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself. God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess. And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote his breast, saying, God be merciful to me a sinner. I tell you this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased, and he that humbleth himself shall be exalted.” Luke 18:10-14

Why we must Pray in Faith & Persevere until we see the Answers

“According to your faith, be it unto you...” Matt 9:29

“It is part of God’s plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask.” Great Controversy, p. 525

"Prayer moves the arm of Omnipotence. He who marshals the stars in order in the heavens, whose word controls the waves of the great deep--the same infinite Creator will work in behalf of His people, if they will call upon Him in faith.” Heavenly Places, p. 351
"We must be representatives of Christ, if we would be truly happy. The earnest, united prayers of faith will inspire Christlike zeal." Bible Training School Periodical, January 1, 1911

“A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow His blessing upon us, but because we are unprepared to receive it. It is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us His blessing. A revival need be expected only in answer to prayer” Last Day Events, Chap. 13. The Latter Rain

“Ask, then; ask, and ye shall receive. Ask for humility, wisdom, courage, increase of faith. To every sincere prayer an answer will come. It may not come just as you desire, or at the time you look for it; but it will come in the way and at the time that will best meet your need. The prayers you offer in loneliness, in weariness, in trial, God answers, not always according to your expectations, but always for your good.” Messages to Young People, p. 250

“I asked the angel why there was no more faith and power in Israel, “Ye let go of the arm of the Lord too soon. Press your petitions to the throne, and hold on by strong faith.” Early Writings, p. 73

“He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters.” Christ Object Lessons, p. 146

“For the eyes of the Lord run to and fro throughout the whole earth to shew Himself strong in behalf of them whose heart is perfect toward Him.” II Chron 16:9

“Now faith is the substance of things hoped for, the evidence of things not seen...But without faith it is impossible to please Him, for He that cometh to God must believe that He is, and that He is a rewarer of them that diligently seek Him.” Heb 11:6

“True faith, true prayer--how strong they are! Our High Calling, p. 127

“And Jacob was left alone; and there wrestled a man with him until the breaking of the day...And he (the man) said, Let me go for the day breaketh. And he (Jacob) said, I will not let you go, except thou bless me.” Gen 32:24,26

“Jacob’s victory is an evidence of the power of importunate [persistent] prayer. All who will lay hold of God’s promises as He did, and be as earnest and persevering as he was, will succeed as he succeeded. Those who are unwilling to deny self, to agonize before God, to pray long and earnestly for His blessing, will not obtain it. Wrestling with God, how few know what this is. When waves of despair which no language can express sweep over the suppliant, how few cling with unyielding faith to the promises of God.” Great Controversy, p. 621
**Why our Prayers are often Hindered**

1. **Because we pray prayers born of the flesh**

“Ye ask and ye receive not, because ye ask amiss, that ye may consume it upon your own lusts.”

2. **Because we pray prayers that are not in alignment with God’s nature, will or purpose**

“And this is the confidence that if we ask anything according to His will, He heareth us.” I John 5:14

“And if any many will do His will, he shall know of the doctrine, whether it be of God, or whether I speak of myself.” John 7:17

3. **Because we pray Prayers that are wavering, or unsure**

“But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord.” James 1:6-7

4. **Because we are living in disobedience or impurity in our lives**

“Behold the Lord’s hand is not shortened that it cannot save, neither His ear heavy that it cannot hear. But your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear.” Isa 59:1,2

“And whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight.” I John 3:22

5. **Because we lack heavenly honor with each other**

“Likewise, ye husbands, dwell with them [your wives] according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.” I Pet 3:7

6. **Because we do not help the less fortunate**

“Whoso stoppeth his ears at the cry of the poor, he also shall cry himself, but shall not be heard.” Prov 21:13

7. **Because we do not Abide in Christ**

“If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you.” John 15:7
Closing thoughts – Making United Prayer Happen

So you’ve experienced the prayer room, or you’ve heard about it, and you want to bring it to your own home or church! This is probably an obvious word of encouragement, but we’ll state it again anyway as we often miss the obvious. First and foremost, we encourage you to just spend time on your knees praying for God to open the doors for you. Then gather your family or friends for an evening Bible study or fellowship of prayer, and ask them if you can lead them in a new format during your prayer time. Explain how it works, and then begin. You don’t have to be all fancy or eloquent. Just allow God to lead and watch hearts melt and be humbled.

We encourage you to work in cooperation with your local church, especially if taking this to a grander scale. Talk to your Pastor or church elder about the possibility of leading out in one of your weekly prayer meeting...or with your fellow church leaders. We all have many areas of influence, and if you are earnest and willing, God will open the doors. It’s ok to knock, but let Him open the doors. Don’t force your way in! Pretty soon you may even be getting requests from other groups to come and do the same thing with them. People are hungering and thirsting everywhere for this kind of deep soul searching prayer. And as they are discovering the life and joys that this united prayer brings, they are coming alive like never before. Many have shared that after being part of this prayer experience, they finally understand what they’ve been missing for so many years in their lives. We just praise God!

Of course this organizational method of praying (with the four part themes) can be re-arranged or broken down, shortened, or whatever is needed. We’ve prayed this format through in 10-15 minutes with one or two that had limited time. Anything’s possible. In other locations, during a Divine Church service, we didn’t have time to go through all 4 themes, so we did the first three, and ended with a hymn of praise. So allow the Spirit to lead and make you flexible. And once again, the point is not that this guideline is followed exactly, but that it helps you and your prayer group to start praying together! This is only a handbook based on principles we have found helpful as we’ve been operating prayer rooms around the country. But we don’t stick with this all the time either. We allow God’s Spirit to be our guide and leader.

A Word of Warning!

As God takes you to the next level in prayer...be prepared for changes. BIG CHANGES!! We are told in Isa 55:8,9 that God’s thoughts are not our thoughts, and as high as the heavens are above the earth, so are His thoughts that much higher than ours. As we’ve been discovering by personal first-hand experience, this is true! When we pray, the storehouse of heaven’s blessing will be poured out - so much so that we can hardly contain it all. (See Mal 3:10 & John 21:6) It’s simply amazing what God will do, and is just waiting to do...if we’d only pray!
However, this is not the only big change you will face. You will probably also face bigger challenges then you’ve ever faced before, and very likely you will face increased persecution. Yep, you heard right! Persecution!! Remember, the enemy does not want you to keep praying...especially unitedly! And he will do everything he can to discourage you and try to stop it. We are in a battle, it’s called the great controversy, and it’s not predicted to get easier! (Eph 6) At first it may just be distancing from friends or family that aren’t interested in going as deep as you are seeking to go spiritually, but eventually it will be much more painful. We are told, “All that will live godly in Christ Jesus shall suffer persecution.” (II Tim 3:12) There’s no maybe’s, it SHALL happen.

Two last quotes from our favorite author, Ellen G. White:

“Why is it, then, that persecution seems in a great degree to slumber? The only reason is, that the church has conformed to the world’s standard, and therefore awakens no opposition. The religion which is current in our day is not of the pure and holy character that marked the Christian faith in the days of Christ and His apostles. It is only because of the spirit of compromise with sin, because the great truths of the Word of God are so indifferently regarded, because there is so little vital godliness in the church, that Christianity is apparently so popular with the world. Let there be a revival of faith and power of the early church, and the spirit of persecution will be revived, and the fires of persecution will be rekindled.” *The Great Controversy, p. 48*

“The season of distress and anguish before us will require a faith that can endure weariness, delay, and hunger - a faith that will not faint though severely tried. The period of probation is granted to all to prepare for that time. Jacob prevailed because he was persevering and determined. His victory is an evidence of the power of importunate prayer. All who will lay hold of the promises as He did, and who will be as earnest and persevering as he was, will succeed as he succeeded. Those who are unwilling to deny self, to agonize before God, to pray long and earnestly for His blessing, will not obtain it. Wrestling with God - how few know what it is! How few have ever had their souls drawn out after God with intensity of desire until every power is on the stretch. When waves of despair which no language can express sweep over the suppliant, how few cling with unyielding faith to the promises of God. We should now acquaint ourselves with God by proving His promises. Angels record every prayer that is earnest and sincere. We should rather dispense with selfish gratifications than neglect communion with God. The deepest poverty, the greatest self-denial, with His approval, is better than riches, honor, ease and friendship without it. We must take time to pray!” *Great Controversy, p. 621-622*

Praise the Lord, Christ has already overcome for us! Although our lives will get more difficult for a time, the reward will be worth it. “For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” Rom 8:18. “He that shall endure to the end, shall be saved.” Matt 24:13

Whatever trials lie ahead, let’s trust our lives to His keeping being determined that there will be *No Turning Back*, for we will follow the Lamb withersoever He leads! Rev 14:4. And He is Faithful!! So prayer partners, let's move forward, **FORWARD ON OUR KNEES!**
The Rain is Falling

Testimonies from the ARME Prayer Force

Teen Falls in Love with Prayer

“The prayer room was the most amazing experience. I was raised a Seventh Day Adventist and have always attended meetings and Bible camps. I grew up knowing our doctrines and professing to have a relationship with God. However something was always missing, it was never real for me. After coming to the prayer room I realized why I had no power in my life. I was missing prayer; I was missing a genuine and powerful prayer life. After experiencing this in the prayer room it made me want MORE. I went from a 5-minute prayer life one day to spending one hour of prayer on Thursday and then to 8 hours in the prayer room the next day on Friday. I was so inspired by it that I decided to email my youth pastor and tell him what I had experienced. Now I am starting not one but two prayer groups in my area. I love the prayer room because there I am able to experience what I have lacked for so many years and being there encouraged me to make this a daily part of my life.” ~ Allison K., 14 year old high schooler, Paradise, CA

Always wondered how Jesus could Pray for so long

“I’ve never had an experience like I had at the Prayer Room. Wow! God be Praised. You’re together with other prayer warriors, coming together before the King of the Universe. I’ve always wondered how Jesus could have prayed for so long when He was on earth. Not anymore, the time passes quickly. There is such a special unity of bonding, of hearts just praising, requesting and pleading for the miracles of God. Also praying over other people’s request, and feeling and understanding what others are going through. You really sense that you are not alone in your battles. God’s Heart must ache so much for his children who are hurting. This has been such an encouragement for my life. I will never, ever be the same. Prayer has now become such a major impacting part of my life. I just want to Praise God!” ~ Robert V., Sunnyvale, CA

Early Morning Most important time of Day

“With David, I have cried out to God Most High, To God who performs ALL THINGS for me! Coming to the prayer room early in the morning has proved to me that this “early morning prayer devotional time,” is the most important time of the day! “YOU God, are here with us...
YOU are listening...YOU are healing...YOU are answering every request presented! I sense YOUR presence in this very room! YOU spared my life 2 years ago, for such a time as this!” It is my desire to take this experience back to our Church, to introduce this form of powerful praying to a Laodicea family! Most importantly, my personal prayer life has been tremendously strengthened; the privilege of praying with and for precious souls is a marvelous blessing!!! Seeing the results of this type of prayer answered is absolutely the most powerful FAITH BUILDER! Claim His promises daily, “He is holding your hand in HIS almighty victorious right hand, do not worry”... “He knows the plans for your life” today! “ ~ Raytha O. Women’s Ministry Leader, San Jose, CA

Years of bitterness being taken away

“Never before have I experienced the power of prayer like I have here at Soquel Camp meeting this year. Praying in a new format, praising and confessing unto the Lord before laying my requests and petitions on the altar has been something that has opened my heart in a new way. Many years worth of bitterness and anger, along with blame had put layers of hardness over my heart, but God is breaking up the soil of my soul and producing fertile ground again! Praise God!! I am expectancy waiting to see where He is leading me after this awesome experience. Many thanks and praises to Our Heavenly Father for the prayers leaders and warriors that have made this possible.” ~ Calvin

Hunger for Food turned to Hunger for Prayer

“I honestly had little interest to attend the prayer room because I was kind of REALLY hungry. But once I got there (even though I was late) my hunger for food instantly went away and was replaced with the hunger for more prayer. I just wanted to say, I have NEVER cried in a public prayer before this day.” ~ Joshua S. Academy Student

Prayer Room completed my Camp Meeting Experience

“I wanted a memorable experience when I came to Soquel camp meeting. I wanted to make sure that I benefitted from every sermon I attended and every activity I participated in. Camp meeting was coming to a close and I still felt that there was an inevitable key missing to my experience at camp meeting! My Brother Justin told me about his friend Laurence who had invited him to a prayer meeting that had been apparently going on since the beginning of camp. It wasn’t long and he returned again, this time he invited me. And I loved it! It completed my experience here at Soquel camp meeting. I went for the Saturday sermon that day in peace. And right after the sermon I felt the need to come back to the prayer room! It has changed me tremendously. Sometimes the least unrecognized acts are the most powerful. And I think that’s exactly what’s going on in this room.” ~ Siulapwa, Junior in high school, Yuba City, CA
Wonder if the Holy Spirit is Real? Come to Prayer Room!

“Prayer truly is power. If you doubt that the Holy Spirit is real, if you are in a lull, if you don’t know what it feels like to have the Holy Spirit so near to your heart... come to the prayer room. I was born and raised in the church and sometimes church felt routine; but PRAYER, oh how prayer has changed my life. What a humbling, breaking, life shattering kind of spectacular blessing to be in the Prayer Room with like minded brethren growing and crying and breathing earnest pleas to God. I love this place. God is in this place. I believe EVERY church should have a prayer room that is in constant prayer arming the believers with words of empowerment. “Thank you Lord for this experience today... you are more than good... you are indescribably awesome & I’m humbled you allowed me to have this blessing. Go Prayer team!” ~ Florencia T. Student & Copy Editor, South San Francisco, CA

Prayer Helped bring Healing to Marriage

“Just want to thank you for your most important ministry. When I came here to camp meeting I was dreading the time because my husband had told me the night before he was moving out. His off and on addictions had put much strain on our marriage. The prayer room gave me a peaceful haven, and as people prayed for my husband and I, I was encouraged and lifted up. Praying for others also was a gift which added to the peace in my heart, and even though I don’t know the outcome I know God will take care of me! God bless you all!” ~ Anonymous, from CA

[Since this testimony was written, this woman and her husband have been reunited and healing is taking place! After experiencing the Prayer Room at camp meeting, she attended one of our ARME Bible Camps, and shared more how God had been blessing!]

From Annoyed to In-love

“I came here to this prayer room at Soquel one day simply looking for a quite place to pray and seek guidance for what to say in regards to a testimony I had been asked to share over at the Spanish tent. When I got there, Melissa was getting ready to start. Soon she went around and got all of the participants names and told us that even though we were coming in as strangers we would leave as family. I thought to myself: “C’mon lady let just get this show on the road. Oh brother I know that this is going to be a long prayer time...I should have just prayed elsewhere.” Well, we ended up singing before we prayed which actually threw another curve ball at me not to mention annoy me even more, since I just wanted to pray and go. However, when we finally ended up praying I felt a strange thing happen to me. Just a few moments after the first segment of praise, I started to sense an incredible amount of love for every person in the room. To be more specific I recall thinking, I really want to get up right now and hug every person in this room. It was amazing. The rest of my time there was so powerful that I knew I had encountered Jesus. Yes, I KNEW I had been in the presence of Jesus.” ~ David A. Former AFM Missionary, Lyons, IL
Ex-Gang Member falls in love with Prayer

“First off I thank Brother and Sister Kim for inviting me to the prayer room. I have never experienced prayer like this before. It was so powerful words can’t describe the presence of Jesus Christ dwelling in the mist of our humble cry’s and thanks to our heavenly Father. I want a relationship with Jesus Christ and through this prayer room I experienced a taste of it.” ~ Lawrence T. Just released from jail, ex-gang member and former pimp, Sacramento, CA

[Lawrence later attended one of our ARME Bible Camps in 2010 where he gave his life to Christ. He has since gone on to start his own Prayer Bible Study Evangelistic Ministry called, “Christ’s Frontline Operation” and God is using him & his team in a mighty way. See pics.]

Kept hearing about the Prayer Room

“I had wanted to come to the prayer room since I heard about it. But I was attending some wonderful seminars and then I needed to be with my kids so I kept missing it. Finally, on Thursday morning, my husband and I skipped our morning seminar and went to the prayer room. This was a powerful experience! I have enjoyed a wonderful group of prayer warriors at my home church, but there was something so incredible about this prayer time! I felt the Holy Spirit so powerfully in this room! I felt the presence of God this morning! God has done so much for me to mold me and make me like Him. I know he has a lot of work to do in me still. I felt His conviction on my heart and the support and encouragement of those in the prayer room also. Praise God!” ~ Jeri H, Teacher/Education Coordinator, Visalia, CA

God took my insecurity away!

“My testimony is that I asked God to remove the insecurity from my heart. I came to the prayer room knowing that after August 1st I would no longer have a job. As a father of three children I was very concerned for my families well being. The first day at camp meeting I was compelled go to the prayer room. When I went into the prayer room I asked God to remove anything that would make me fear uncertainty. After several prayer sessions God answered my prayer and took away all fears. I am no longer afraid of uncertainty I now know that God will provide for all my needs and my families. After having my prayer answered I find myself wanting to go back to the prayer room. When I am in the prayer room I can really feel the Holy Spirit in the place. It is a wonderful feeling to pray for others needs and to praise God for being so good to me.” ~ Mike P. Fresno, CA
First time I’ve ever Experienced this

“I am so glad that prayer room has been part of my experience. It’s a blessing day by day, moment by moment and I want to encourage ALL of you to come and join this wonderful group. I need many blessings in my life to continue in God’s pathway; therefore I just can’t stop coming back to this awesome prayer group. I have been coming to Soquel Camp meeting for about ten years and this is the FIRST TIME I have experienced the wonders of such blessings!!! Pray, pray and pray….Don’t stop.” ~ Maryoum S. San Mateo CA

Prayer Room is a Refuge/Fortress for us

“Yes, friends, prayer does work. I had been in doubt for awhile. These past few months I have been encountering trial after trial, and wondering if the Lord was answering my prayers. I would call my prayer partners and have them pray as I doubted that He was listening because of my discouragement and lack of trust. Praying together as a group and affirming one another’s request this week has restored my faith in prayers again. I am strengthened, and want to take this prayer life with me after camp meeting. Thank you for organizing this prayer room, a refuge of fortress for us. I’m coming back again and sharing it with my prayer ministry at church.” ~ Li Shan F. San Rafael, CA

Prayer Room gave me TIME to search my Heart

“The prayer room has tremendously blessed me, because it gave me time to really search my heart, listen to the Holy Spirit’s prompting and not be rushed. The other people’s prayers also blessed me, teaching me how to pray and to have courage to open up and be transparent. I believe in the power of prayer and have seen the answers in this room happen very fast. The Holy Spirit keeps bringing me back again and again to praise and is opening my heart. It puts a longing in my heart and I want to continue this after I leave this place. Praise the Lord that He provided us with this service.” ~ Queenie K, School Office Assistant, Clovis, CA

Praise God for this Prayer Room

“The first time I came to the prayer room was because my mother had been greatly blessed and she wanted me to share the blessing. I came, sat, and listened to God’s children lift their voices to him and I was blessed. Knowing that God hears our prayers immediately and knowing that he knows the desires and concerns of our hearts is amazing. Having this prayer room where everyone is praying for you and encouraging you is absolutely wonderful. I praise God for this group of people that stay here and sacrifice their time to pray with anyone who comes in. I know this room is helping so many people all the time and I love being part of it so I will come back.” ~ Seta K, 21 yr old Nursing Student, CA
Thankful for the PowerHouse of Prayer

“I have been active with the Central California Conference prayer team in our conference for 14 years. This year camp meeting has been a little different in having the prayer room opened 15 hours a day. However, God has blessed tremendously as I have seen the Holy Spirit being poured out to so many people as they have been healed both spiritually and physically. I personally have been blessed in praying with Melissa, Martin, Liana and others. I praise God for showing me areas in my life that needed to change. What an awesome God we serve and I thank Him for the POWERHOUSE OF PRAYER!!” ~ Joyce M, Pastor’s wife and church prayer ministries leader, Modesto, California

Prayer Room helped me prepare to Speak

“I was aware of the Prayer room when an announcement was made in the main auditorium. Immediately I was impressed by the Holy Spirit to attend on a daily basis. I saw a desperate need for prayer because I was the nightly speaker for the junior tent. For me, as I prepared my sermons, prayer was of utmost importance in reaching the young minds to accept Christ as their Savior; what a huge blessing the prayer room has been. Jesus is amazing!!!”
~ Alvin M. Associate Pastor of the Central Filipino Church, Covina, CA

Heart of Stone to Heart of Flesh

“I came across the prayer room while in Canby OR. During the ARME Bible camp, I frequented the room whenever I could. I was so blessed that I could not refrain from returning back again and again. I felt the sweet presence of the Holy Spirit every time. I felt my heart softened by the Spirit of God. In addition the Lord delivered me from the spirit of bitterness during the camp meeting in Soquel where the group was conducting a prayer room. Immediately after sharing my request before the group, I felt the seeds of bitterness being pulled out of my heart. Tears of joy were streaming down my face as the Lord lifted me from a heart of stone to a heart of flesh. Praise God for prayer and victory through the prayer of brothers and sisters of like faith.” ~ Carol R, MD

Youth testifies Prayer Room One of Best Experiences ever had

“As my mother constantly reminded me to go to the prayer room, I would constantly forget. But this morning my older sister wanted to pray with me and my other cousins, so I felt like it was finally time to feel the outpouring of the Holy Spirit. Praying here today was one of the best experiences of fellowship I have ever had in my life. Often as a youth we are discouraged to go to things such as these, but the Lord has worked great wonders in just a short period of time!! I thank the Lord for this prayer room and for great fellowship.”
~ Anthony T, freshman college student, South San Francisco, CA
Transformed from Man of Violence without Hope, to Man of God

“As I grew up I had no one to lean on, no one to go to for help. I was homeless for a while, so had no hope! So I grew up not just lonely but very lonely. I blamed my mom for allowing us to live like this, and I began to hate woman. I struggled with low self-esteem, hate, & bitterness, and I carried so much heaviness on my heart for years. When I came in the prayer room, I asked God for forgiveness and to help me. I asked Him to show me if He was REAL. He did!! I will never be able to explain how wonderful I felt and what a blessing the prayer room was. I learned I could trust God through my trials and that He loves me and He has forgiven me. The prayer room is not just about “formal prayers” but about learning to get to know God better...about developing a relationship with our Creator! I went from a man of violence without hope, and now I have become a man of God, serving Him with my whole heart! ” ~ Francisco A, New Believer

[Francisco is a former drug addict and active gang member. Came out of jail May 15, 2010. Was worshipping man and not God, but has now found HOPE and is worshipping God!]

Cannot survive without Prayer

“It was such a rich full experience to be able to spend an hour in prayer with my God and fellow brethren. I keep coming back because I could not survive with out prayer!!! One evening I brought my son in because his hand was aching and was in minor pain. They prayed over him and in a couple of minutes the pain was gone, thank God. God listen’s when we pray even when it’s the smallest matter.” ~ Kerenh G. Child Care Provider, San Jose, CA

Christian for years, but just now Finally started my Relationship with God

“This was my first prayer room experience. When they announced it in the first meeting, I was shocked. I thought that the 6:15 prayer hour was enough and I could not imagine praying more and missing the speakers that I paid to hear. In all honesty my husband came first. I asked how it was and he said awesome. I wanted more info. I was even kind of frustrated that he wasn’t more descriptive. So I came myself. I was very shy. I wasn’t sure if I would even like to pray out loud so others could hear. Then Melissa said lets sing a hymn - and I’m thinking I have a horrible voice and these people are now going to hear me sing. Then we prayed-and I felt cleansed, a sense of being free. As if I was instantly being heard. I felt like it didn’t matter how well I prayed. I don’t even think I have ever prayed that long, but I needed more. I came back later that day and felt convicted to pour out my heart. I can’t say enough how much this has changed my experience, my weekend, and my life. People truly felt like family afterwards, and I felt like I finally started my relationship with God.” ~ Lisa W, Dental Assistant
Healing to Family, and Faith reaffirmed

“When we arrived at Faith Camp the prayer room was explained to us and we went as a family. There had been a lot of conflict, especially with our eldest daughter. During that one hour we all asked forgiveness of each other and our family found the healing and restoration we so badly needed. Later on I was able to attend an ARME Bible Camp. Again, the prayer room was an enormous blessing. In listening to others pray I learned better how to pray. In interceding for others, I learned to love them more. On Saturday night during testimony time I got up front and shared my experience of how God had blessed me by allowing me to be at ARME. I shared how I had used grocery money to attend. The next day during breakfast a gentleman came up to me and gave me a handful of $20 bills. He said they were to replace the grocery money I had borrowed from to pay my registration fee. This actually happened four more times before I left at 3 p.m. The total I received was over $400! I praise God for His goodness and mercy toward me. I can say that my faith has been reaffirmed and my love for Him strengthened by attending ARME Bible Camp. I have brought the prayer room home to the Weimar campus and several other moms and I are getting together to strengthen each other’s faith and pray for our families. My husband and I have also begun to have prayer together in the evening and have been blessed. I have discovered that the secret to the successful Christian life is prayer; corporate prayer, family prayer and secret prayer. We will pray that others are able to experience the power of prayer as you take this ministry to the world. Thank you!” ~ T. Ybarra, Husband is attending AFCOE

God Answered our Prayers for Victor

“My first time at ARME Bible Camp; I didn’t know what to think. It was beautiful country, quiet and homey. I hadn’t been to any of the meetings though, and I wasn’t prepared for what I was about to encounter spiritually. Before I came to camp, I had been struggling with a number of things, but one thing in particular was weighing on my heart: my faith in God. My faith was almost gone! God had done so many things in my life, and still I doubted Him. I mean, so many things should have kept my faith in God strong; for example; my mother was unable to have a baby, but she prayed for me, and God answered her prayer. As a young teen I lost faith in God completely – I started praying to the Devil, but God drew me to Him through His still, small voice (long story short). ARME’s President, Dave Steward, directed the first meeting I attended. His soul was heavy with a request for his friend Victor whose heart had wandered from God. Dave had prayed and prayed for Victor, for years, but God was testing Dave’s faith and answering, “wait.” Dave asked us Weimar students to pray for his friend Victor because his faith in God was weak. And we prayed...HARD! The next A.M. at 6:15, we gathered in the "prayer room" to pray as a group. I was not very excited about spending a whole hour on my knees, but in the end I knew it was worth it. The Holy Spirit was there - I knew. A few days had passed and still no Victor. Was God going to answer? Then on Friday night I felt impressed to pray for Victor with Dave. I started to encourage Dave with whatever I could. We were in the prayer room and there were just a few people left from the hour of prayer, but as we prayed I could feel the Holy Spirit within me. As we
prayed, Bible texts of promises filled my lips and faith and strength filled my heart. God was going to answer my prayers and those of my friends around me. We ended the session by singing a song of praise to God for answering our prayer, for we had faith that we had asked and we would receive, and where two or more were gathered that God was there, and other such promises. God can't lie. I know that God truly answers prayers. That very night, something so wonderful happened... Victor came to ARME Bible Camp!! Praise God!! I am still praying for Victor, but with a new life in my soul. I KNOW that God answers MY prayers and my faith is now strong in Jesus Christ MY SAVIOUR. Praise God!” ~ Jaemi O. 18yrs, Junior at Weimar Academy, CA

[Victor, a high-risk youth Dave mentored for years and painfully watched fall back into crime and end up in prison, did come to ARME Bible Camp as Jaemi stated. Here he was convicted to give his life completely to Christ. He said he had known about the truth from Dave for many years, but NOW He finally had Christ in His heart! We just praise the Lord for answered prayer and for using people like Jaemi to build our faith!]

**United Prayer like small Pentecost**

“Being at ARME and experiencing the United Prayer and the Prayer Room was like a small Pentecost. There were people there from a great diversity of places and I know that each one going home will not be able to contain their experience or their joy of the time spent at Leoni with Jesus in prayer. He has lit a fire, that will not be soon quenched, but will continue to grow and light the whole earth. Jesus is coming soon! You talk of doing 4 camps next year! Are 4 camps next year going to be enough as the fire spreads? It’s 2am and I am here looking up toward heaven with that awestruck "Wow Lord," and sitting in wonder before praying and talking with the Lord until day break. What a time to be living! Going back to Acts. Acts 2:42 talks about how they kept the fire going. Soon people will be giving everything to share Jesus. Praise God!” ~ Kim G. Nurse, McMinnville, OR

**Getting on my Knees made all the Difference**

“One of the things that I was NOT expecting to do this Month was come to Arme Bible Camp. I had decided I don’t want to keep going to different revival camp meetings and conferences and then go back home the same person. I told myself, “I know what it's all about already! I’ve been there and done that.” But I heard about the Prayer here, and little did I realize what God had in store for me this week! Before I came I was actually reading something in the testimonies for the church about the IMPORTANCE of Bible Camp meetings and the revival it brings our lives, so that’s what made me decide to come! So praise the Lord I came. At first when I was here listening to the messages, I had the sense that “Ok, here’s another sermon I’ve already heard.” And I kept telling myself not to think that way. Then Melissa kept inviting us to come to the prayer room. And I finally told myself, “I need to do this!” So God woke me up the first morning. I am NOT a morning person, but He ummm.....woke me up at 4am! I only had 5 hours of sleep! However, amazingly, I wasn’t
tired. So the first thing I did was go to the prayer room. There wasn’t anyone there yet, but I just got on my knees and asked the Lord to just be with me. Long story short, it became a regular thing! I would come into the meetings here and then I would feel the Lord telling me to “Go to the prayer room.” He began to show me that the very thing I was lacking in my devotional life was PRAYER! He showed me that if I was at home on my knees, and just doing that obligatory prayer, “I gotta do this because it’s the right thing to do” It’s not enough. But praying in unity with my brothers and sisters and sharing….I can’t emphasize it enough, how impacting this is! When you feel like you need a revival, but you aren’t sure how God is going to do it, just move forward in faith in prayer….it was this, of all things – not a Bible study or sermon, or listen to Bible, but actually learning to be ON MY KNEES and allowing God’s Holy Spirit to work that has changed my life! We need to walk more by faith and less by sight! Thank you for what you are doing here!” ~ Vani, Southern CA

**Totally Revolutionized Devotional Life**

“I have been through our Bible worker training schools, attended numerous camps and conferences, and been part of ministry for years. Even now my husband and I work in full time evangelism ministry. However despite all this, it was not until attending the first ARME in 2009 that I finally learned how to have deep purposeful fruitful Bible Study for MYSELF. It was not until then that I experienced the power possible in prayer. ARME has totally revolutionized my devotional life! I just praise the Lord for this ministry that is truly doing a work like no other camp, conference or training program! Thank you!” ~ Anonymous

**Kandi's Story**

“My resentment against God goes back many years. In fact, for most of my life I’ve been so enraged with God, with myself and with everything about my life that I didn’t really want anything to do with God. I couldn’t imagine forgiving Him for the mess of a life He’d given me, and I for sure didn’t believe that He loved me. However, amazingly, I was still willing to go and listen to special speakers at different churches when I was invited. So this past fall, a dear friend of mine started reminding me about a special meeting that would be starting on the campus of Andrews University with Lee Venden at the Pioneer Memorial Church. I started attending and actually was able to go to all nine of the meetings.

These meetings were such a blessing. However something else unique was happening at the same time of the meetings. There was a all-day prayer room that they had going during the entire series. It would open at 7am and go til 9pm. I started going to this, just to see what it was all about and because it was better than sitting at home alone. At first I would only sit and watch, and listen to what everyone was praying. My first thoughts were, “They do not honestly believe that God is really going to answer them and help them, do they? How delusional about God they are!” I was actually feeling sorry for their disillusionment.
However, after a few days I realized that all of the prayer leaders were actually not just putting on a show or saying empty words. They all had a genuine relationship with God and actually considered God their friend. They trusted Him and He was answering their prayers. And for the first time in my life I was able to start seeing a friendly honest God that cared about me. At first it was very hard to accept. I didn't know how to pray like they did, but I just prayed what I knew...and God began to change my heart. I began to realize that it was not ME that needed to forgive God, but that I needed to accept His forgiveness of me and that He loved me. I couldn't believe this! So every day I came to the prayer room, trying to be there at least by 9am. And as I spent hours there with the prayer team and others who joined, I actually started to believe that God actually not only liked me, but that He loved me! (This was a miracle, because remember that for years I had absolutely no faith or trust of God and wanted nothing to do with Him!) It was hard to accept that He not only loved me, but actually forgave me and wanted me in HIS life...not just as a subject, but as a daughter and friend. This was so much beyond anything I ever thought possible....and to know that HE waited ALL these years for me, despite the way I treated him, talked of him, and lived...He hadn't gone away. He was still there waiting for me to come Home! I still can't believe this.

If any of you live or have lived a life of darkness you can understand where I have been everyday since childhood. For the first time in my life, I feel like I have been given a life-line by people who were not going to jerk it away from me. My new friends that God has given me are my life-line to Him and with this support group of real Christian friends that God has given me, I am continuing to grow, and take small steps forward closer to Him. God is restoring my faith not just in Him, but in those around me. Because I now believe so strongly in the power of Prayer, I have since started helping start other prayer groups in my area. They say, when I'm stronger spiritually, they want me to help them with their prayer teams. I don't know how God will lead, but I'm just excited for this new HOPE He's given me. All I can say to Him is, “Thank you for waiting for me all these years! I Love You, God! Please forgive me for hurting you all these years, and for taking sooooo long to come.” ~ Kandi
Testimonies
from the ARME Prayer Force INTERNATIONAL

[Editor Note: Melissa, one of our ARME Prayer team leaders, worked in South East Asia and the Philippines during the fall and winter of 2010, holding all-day prayer rooms, and training youth groups and leaders how to join together in united prayer. As a result, we’ve had more testimonies than we can keep up with. And we praise God as “United Prayer” is continuing to spread like wild fire in Asia. Here’s several of our favorite testimonies from this first season of work overseas. We share in third person.]

The Enemy could Not break into Prayer Circle

During one hour of prayer at the Adventist University of the Philippines, a young student named Allen prayed earnestly for his non-SDA friend Christy. The next day he was back with his friend Christy. She cried during most of the prayer time, and while she didn’t pray a lot, she did confess her sins. Afterwards, she told our leader: “I feel like God has lifted this huge burden off my heart and I have peace for the first time.” She also told our leader... “During the hour of prayer, I saw dark evil angels around the prayer circle, trying to break in to disrupt the prayers. But holding them back was a wall of strong angels of light with armor. I can see that God is protecting those who pray!”

Julie and the Angel wake-up Call

There was a girl who we will call Julie. She’d heard about the prayer room and all her friends kept encouraging her to go to the prayer room. So one morning she attended the united prayer time at 5:15 am. However, since she was from Catholic background and had only been SDA for a couple years, she was not accustomed to people praying out loud when they pray. So she decided this type of prayer was NOT for her. That night she intentionally turned off her cell phone and her alarm clock, so that none of her friends could wake her up to go to the next morning’s prayer time.

However, early the next morning, as she was in her tent sleeping along side her tent mate Wendy, she was startled awake by a girl’s urgent voice. “Julie! Wake up and go to the prayer room!” The voice was distinctly the voice of her friend named Jessica. She asked her tent mate Wendy, if she had heard the voice, but Wendy said “No” and rolled over and went back to sleep. Julie got up and looked outside her tent, but there was no one there. She dressed quickly and proceeded to the prayer room with a sense of urgency. Her friend Jessica was in the prayer room already, and had been there the whole time. So it was not her voice that had awakened Julie. However this time Julie experienced a beautiful time of prayer. And she was impressed how everyone was not just praying for themselves but interceding for each other. Afterwards Julie knew in her heart that it was her angel that had awakened her to go to the prayer room. And she was so glad!
Professor of Theology no longer a skeptic

A Professor of Theology from one of the colleges in the Philippines was speaking to Melissa at lunch one day, as she shared with him testimonies from the prayer room she was leading on campus. He said that he was very skeptical and that maybe this was "sensationalism." Melissa told him that there was nothing sensational about this time of united prayer and that it was very simple - people just on their knees praying together. She told him to come by the prayer room. Meanwhile the team began to pray for him, that he would come. A couple days later, Melissa bumped into him again. She reminded him to come and he said he would. Sabbath morning he finally came by, but he just sat on a chair with his eyes opened observing. However, the next hour he knelt and joined the group. There were 5 young girls praying, and that seemed to melt his heart. When the confession time came, his heart was broken, and he cried out to God to forgive him for bitterness that he had held in his heart against a certain family member. His heart seemed to get softer and softer as the hour passed. Afterwards he told Melissa, "If you ever have anyone who is skeptical about this, tell them that you had a professor of Theology that was very skeptical but then afterwards he was convicted THIS IS OF GOD! He is skeptical no longer..."

All Night Prayer Room

We were impressed to have an all night prayer room at one of the locations in the Philippines, but we wondered how many would participate. The first night we had 140 people come through and the second night we had 184 people!! We were having MORE people come through the night than during the day! Here is one testimony:

"I challenged God that if I was going to pray all night, that I would not receive any headaches or tiredness the next morning so that I could listen to the Sabbath sermon. I went to the prayer room at 10pm. I never prayed like that before, there were many people praying unitedly. I had a big burden to confess but I didn't want to confess in front of people. But the Holy Spirit guided me to confess. After I did, I had so much peace in my heart. I prayed until 6am. I was able to listen to the sermon in the morning, then the afternoon with no problems, I was not sleepy at all and I had no headaches! I had so much energy in my body! One of the things that we prayed about was that many people would come to the prayer room during Sabbath and our prayers were answered, I noticed many coming to pray!" Saisavanh, Laos College student, Philippines

United Prayer Part of Every Prayer Meeting

A pastor came into one of our prayer rooms in the Philippines and was so impacted that he has taken it back to his congregation and now they are doing united prayer format for every prayer meeting...instead of a talk or sermon. They are already seeing God bring unity and pour out His Holy Spirit on their group like never before. Another group at a college in the Philippines used this format of united prayer for a evening devotional with over 500
students. God blessed and is continuing to bless their campus in a significant way as they are pulling together in prayer.

**Angel Choir**

At the beginning of a prayer hour session, there were just a few people inside the prayer room. When they reached the end of the prayer hour, they closed with the song "Thank you LORD." Usually as the hour of prayer goes by, more people come in and join. So they may start small, but then the group gets bigger. They thought there were already a lot of people that entered the room during the hour, (their eyes were closed during the whole hour) because as they sang the closing song they heard MANY voices singing the song and they were beautifully harmonizing together. The song was so beautiful that it echoed all around the room. In fact, it was so loud inside the room that the people outside heard the wonderful music and wondered at it. At the end of the song, the group opened their eyes and stared in startled surprise at each other as goose bumps went over their bodies. There were only a few inside the prayer room, almost the same number that had started. The only explanation for the beautiful music of many voices? We believe angels were singing with them!

**Husband's Prayers Answered**

In Malaysia, our prayer team met a man that was serving in the church but significantly weighted down with guilt and sin, as he had not been living in complete accordance with God’s laws. He was very materialistic, and while serving God was not really focusing on Christ, but on other things. However, as he came into the prayer room, he saw his need to be made pure and clean in Christ. And so heanguished and wrestled in prayer, along with our team until God gave him the victory that he was seeking after. God also changed his heart and gave him the desire to forsake all worldly pursuits and to dedicate his life to being a “missionary” for God. However, he still had a problem. His wife was also materialistic, and it was very unlikely that she would embrace this new life that God was calling him to.

So he and our prayer team began to pray and anguish over his wife, that she too would be completely converted and become on fire to serve God with her husband. She was not at the meetings with her husband, and so was not exposed to the united prayer room. So all they could do was pray. However, two weeks later our team, while leading prayer at yet another event, ran into his wife. She was a delegate to the meetings. And while visiting the prayer room, God got a hold of her heart. She has now too committed to serve Christ in ministry. So, in less than two weeks, God answered her husband’s prayers. It was a miracle!

**Increased effectiveness in Evangelistic Campaign**

During the fall of 2010, Melissa was invited to a Conference workers meeting to talk about prayer where about 40 or so Pastor’s and leaders were there together planning for an evangelistic meeting that had just started. After she talked, she asked if she could lead them in united prayer. They were a little reluctant, but finally consented to 15 minutes or so.
However, as they prayed, hearts were melted and the leaders began to cry as they confessed their sins and joined in supplication. The period of prayer stretched into 45 minutes. At the end, the conference president got up, chocked in tears, and said, “We have never before admitted our sins publicly to God. This is one of the best things that has ever happened. We needed this so much!” He couldn't speak further but broke down. The Holy Spirit’s presence was so heavy, hardly anyone could speak. That night, the Evangelistic series that had been holding about 700 (SDA & non SDA) swelled to over 1,000. They started a prayer room in conjunction with the meetings, and within a few nights the hall was packed with over 1,000 non-SDA members. (All the SDA members were asked to take seats outside with a screen!) As the meetings continued to progress, the testimonies continued to flood in. Our team has been amazed and awed at how God blessed after His leaders were willing to confess their sins and pray together. The same God of Bible times STILL sits upon the throne!

[And the testimonies keep coming in...day by day...don't miss out! God is at work with His people...the RAIN is falling...]
Appendix - Resources for Prayer

Helpful list of things Needed for a All-day Prayer Room
If you are setting up a prayer room that will be open for hours, here’s a list of things that we’ve found helpful to have available or in place if possible.

- First off, choose an appropriate sized quiet room where people praying will not be readily distracted by others, or create a distraction to others
- A circle of comfortable chairs – People often come and sit down then move to their knees
- A large soft blanket or carpet for the middle of the room
- Cushions for people to kneel on (after you’ve done this for hours, this is a blessing!)
- A couple Kleenex boxes – there will be tears
- Hymn Books that you can use to pick songs from at beginning of sessions or during
- A Notebook and pen to take names of those that enter prayer room so you can continue to pray for them
- Maybe a box to take requests to be remembered
- A schedule sheet that you write the number of people that enter the room every hour – also keep up with whose leading each hour
- Prayer Signs to direct people to the room hung at strategic locations (We have templates we can provide)
- Dry Erase Markers to write time Prayer Room is open on the laminated sign on door
- A computer to encourage people to type out their testimonies at the end of each hour
- Handouts to build faith and encourage people as they leave to delve deeper into prayer
- Strong confident leaders that believe in the power of Prayer and willing to go to battle for the hurting or fight in faith for whatever people lay before the throne! God will bless!!

The following pages contain various handouts we often share in the prayer room, to help people draw closer to God. Some of these are as simple as collections of Bible verses to help people increase their faith in God. Other resources are designed to bring greater awareness to our heart’s need of Christ, and greater awareness of the GREAT GOD that we serve! These have been borrowed from various sources with permission, and some authors are unknown. We pray they are a blessing.
Promises to Build our Faith in Prayer

“Is ANYTHING too hard for the Lord?” Gen 18:14

“Open thy mouth wide and I WILL FILL it...Oh taste and see that the Lord is good!” Ps 81:10, Ps 34:8

“Ah Lord God, behold thou hast made the Heaven and the Earth by thy great power and stretched out thine arm, and there is NOTHING too hard for you!” Jer 32:17

“Some trust in chariots, some in horses, but we will remember the NAME of the Lord our God.” Ps 20:7

“The Lord is my light and my salvation, WHOM shall I fear? The Lord is the STRENGTH of my life, of whom shall I be afraid? When the wicked even mine enemies and my foes came up against me, they stumbled and FELL.” Ps 27:1,2

“As for me, I will call upon God; and the LORD shall save me. The LORD thy God in the midst of thee is mighty; HE WILL SAVE...” Ps 55:16 Zeph 3:17

“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to usward, not willing that any should perish, but that ALL should come to repentance.” II Pet 3:9

“For the Lord SHALL FIGHT for you and ye shall hold your peace...What then shall we say to these things if God be for us WHO can be against us.” Ex 14:14, Rom 8:31

“As for me, I will call upon God; and the Lord SHALL SAVE ME. Evening and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. He hath DELIVERED my soul in peace from the battle that was against me.” Ps 55: 16-18

“Him that cometh to me I will in NO WISE cast out.” John 6:37

“I have set the Lord always before me, because He is at my right hand, I SHALL NOT BE MOVED!” PS 16:8

“The prayer of the upright is the Lord’s DELIGHT!” Prov 15:8

“If two of you shall AGREE on earth as touching any thing that they shall ask, IT SHALL BE DONE for them of my father which is in Heaven. For where two or three are gathered together in my name, there am I in the midst of them.” Matt 18:19-20

“For the eyes of the Lord run to and fro throughout the earth to show himself STRONG in behalf of them whose heart is perfect toward you.” II Chron 16:9

“Now unto Him that is able to do exceedingly abundantly ABOVE all that we ask or think, according to the POWER [His power] that worketh in us.” Eph 3:20

“And the prayer of FAITH shall save the sick. And the Lord shall raise him up, and if he hath committed sins, they shall be forgiven him.” James 5:15

“And this is the confidence that we have in Him, that if we ask ANYTHING according to HIS WILL, He heareth us.” I John 5:14
"Ye have not because ye ask not...Hitherto have ye asked nothing in my name. Ask and ye SHALL receive, that your joy may be full.” James 4:2, John 16:24

“If ye ABIDE in me and my words abide in you, ye shall ask what ye will, and it SHALL be done unto you!” John 15:7

“With men this is impossible, but not with God, for with God ALL THINGS are possible…” Mark 10:27

“What things, soever ye desire, when ye pray, BELIEVE that receive them and ye shall have them... According to your FAITH be it unto you!” Mt 11:24, Matt 9:29

“Blessed are they that have not seen and yet have BELIEVED.” John 20:29

“And whatsoever ye shall ask in my name, that will I do, that the Father may be GLORIFIED in the Son.” John 14:13

“Now faith is the substance of things hoped for, the evidence of things not seen....But without faith it is impossible to please Him, for he that cometh to God must BELIEVE that He is, and that He is a rewarder of them that diligently SEEK HIM.” Heb 11:1,6

“Faith cometh by hearing and hearing by the WORD of God.” Rom 10:17

“Let us hold FAST the profession of our faith without wavering, for He is FAITHFUL that promised.” Heb 10:23

“Faithful is He that called you, who also will do it. And ALL things, whatsoever ye shall ask in prayer, BELIEVING ye shall receive.” I Thes 5:24 & Mt 21:22

“Confess your faults one to another and pray one for another. The effectual fervent prayer of a righteous man AVAILETH much.” James 5:16

“For we wrestle NOT against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the WHOLE armour of God, that ye may be able to withstand in the evil day, and having done all to stand...Praying always with all prayer and supplication in the Spirit, and watching thereunto with all PERSEVERENCE and supplication for all saints.” Eph 6:12,13,18

“Watch ye and pray, lest ye enter into temptation. The spirit truly is willing, but the FLESH IS WEAK.” Mk 14:38

“Ask and it SHALL be given you, seek and ye SHALL find, knock and the door SHALL be opened.” Matt 7:7

"IF thou canst believe, ALL things are POSSIBLE to him that believeth.” Mark 9:23,24

“And the Lord shall deliver me from EVERY evil work, and will PRESERVE me unto his heavenly kingdom: to whom be glory for ever and ever.” II Tim 4:18

“He that shall ENDURE to the end shall be saved.” Matt 24:13

For additional prayer resources, powerful testimonies, or for more info on the ARME Bible Camp Prayer Teams & Ministry – Visit: www.armebiblecamp.com
The beauty of Brokenness

Proud Self Filled People
Focus on the failure of others
Blind to their true heart condition
Look down on others
Have a independent self-sufficient spirit
Have to maintain control, everything must be “my way!”
Have to prove they are right
Claim personal rights with God and others
Have a demanding spirit
Self protective of own space, time, reputation, & possessions
Desire to be served pervades all
Desire to be a success so others will see
Desire to be recognized and appreciated
Always thinking about all the things they can do for God
Do good for God hoping others will notice
See all the good they do and feel worthy of salvation
Feel confident in how much they know
Thank God they aren’t like the world
Self-conscious and always thinking of what will benefit self
Keep people at arm’s length, and never share their heart
Determined to walk alone, difficulty sharing spiritual needs
Quick to cast blame on others
Distant and unapproachable
Defensive when criticized
Have a hard time saying, “I was wrong, will you forgive me?”
When confessing sin always deal in generalities
Remorseful over their sin when they are caught
Concerned with being respectable & not being a spectacle
Concerned with outside profile & what others think
Compare themselves to others and feel deserving of Honor
Don’t think they need revival, but think everyone else does

Broken Humble People
Are overwhelmed with a sense of their own spiritual need
Continual heart attitude of repentance “Lord, be merciful to me a sinner.”
Esteem all others better than themselves
Have a dependent spirit, recognizing their need for Christ strength
Surrender control...they only want God’s way
Willing to yield the right to be right
Yield personal rights to God and others
Are overflowing with a giving spirit
Self-denying spirit, willing to let go of personal space, time & possessions
Motivated to serve others pervades all
Desire to be faithful to God and help others succeed
Have sense of unworthiness, thrilled to be used at all, give credit to others
Know they can do nothing for God but yield themselves for His service
Do good quietly when no one is looking because they love God
Realize there is nothing they can do to “win” God’s grace or salvation
Humbled by how much they have to learn
Realize sin of “self/pride” (not confessed) is just as deadly as sins of world
Not concerned with self at all, but only God’s glory
Risk getting close to others by trusting, being vulnerable & sharing heart
Willing to be appear weak and ask for prayer, help & accountability
Accept personal responsibility, quick to acknowledge when they do wrong
Easy to be entreated, warm and welcoming
Receives criticism with humble open heart
Quick to admit failure and seek forgiveness and restitution
When confessing sin, deal in specifics
Appreciate correction, strive to be cleansed and free of sin at all cost to self
Are more concerned with God’s glory regardless of what the world thinks
Know that all that matters is inside purity and what God knows and thinks
Compare themselves to holiness of God and realize they are unworthy
Have repentant heart that constantly is seeking a fresh experience w/ God
An intensity such as never before was seen is taking possession of the world. In amusement, in moneymaking, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body, mind, and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. “Be still and know that I am God.” Psalms 46:10.

Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste, with hurried steps they press through the circle of Christ’s loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine teacher. With their burdens they return to their work.

These workers can never attain the highest success until they learn the secret of strength. They must give themselves time to think, to pray, to wait upon God for a renewal of physical, mental, and spiritual power. They need the uplifting influence of His Spirit. Receiving this, they will be quickened by fresh life. The wearied frame and tired brain will be refreshed; the burdened heart will be lightened. Not a pause for a moment in His presence, but personal contact with Christ, to sit down in companionship with Him – this is our need.

~ Education p. 260-261 ~

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~ Education p. 260-261 ~
How Great Thou Art!

Thou art,
A Son given (Isaiah 9:6), The Son of the living God (Matthew 16:16), The only begotten Son, which is in the bosom of the Father (John 1:18), The first-born of every creature (Colossians 1:15), The Son of the Highest (Luke 1:32), The Son of the Blessed (Mark 14:61)

Thou art,
The Mighty God (Isaiah 9:6), The Everlasting God (Isaiah 40:28), The True God (1 John 5:20), God my Savior (Luke 1:47), Over all, God blessed for ever (Romans 9:5), The God of the whole earth (Isaiah 54:6), God manifest in the flesh (1 Timothy 3:16), The great God and our Savior, Jesus Christ (Titus 2:13), Emanuel, God with us (Matthew 1:23), and Thy throne, O God, is for ever and ever (Hebrews 1:8).

Thou art,
The Almighty, which is, and which was, and which is to come (Revelation 1:8), The Creator of all things (Colossians 1:16), The Upholder of all things (Hebrews 1:3), The Father of Eternity (Isaiah 9:6), The Beginning and the Ending (Revelation 1:8), The Alpha and the Omega (Revelation 1:8), The First and the Last (Revelation 1:17), The Life (1 John 1:2), That Eternal Life which was with the Father (1 John 1:2), He that liveth (Revelation 1:18).

Thou art,
The Word (John 1:1), The Word that was with God (John 1:1), The Word that was God (John 1:1), Thou art The Word of God (Revelation 19:13), The Word of Life (1 John 1:1), The Word that was made flesh (John 1:14), The Image of God (2 Corinthians 4:4), The Image of the Invisible God (Colossians 1:15), The Express Image of his Person (Hebrews 1:3), The Brightness of his Glory (Hebrew 1:3)

Thou art,
A Child Born (Isaiah 9:6), The Sent of the Father (John 10:36), The Prophet of Nazareth (Matthew 21:11), A Prophet mighty in deed and word (Luke 24:19), A Servant (Philippians 2:7), The Nazarene (Matthew 2:23), The Carpenter (Mark 6:3), A Stranger and an Alien (Psalm 69:8), A Man of Sorrows (Isaiah 53:3), A Worm, and no Man (Psalm 22:6), even the Accursed of God (Deuteronomy 21:23), who humbled himself unto death (Philippians 2:8), even death upon a cross

Thou art, The Minister of the Sanctuary and of the True Tabernacle (Hebrews 8:2), The Minister of the Circumcision (Romans 15:8), and Thy flesh is The Veil (Hebrews 10:20), which was rent in two

Thou art, The Temple (Revelation 21:22), A Sanctuary (Isaiah 8:14), The Altar (Hebrews 13:10), The Offerer (Hebrews 7:27), The Offering (Ephesians 5:2), The Sacrifice (Ephesians 5:2), and Thy Life is A Ransom (Mark 10:49), and Thou art the The Lamb Slain (Revelation 13:8)

Thou art, The Forerunner - for us entered, even Jesus (Hebrews 6:20), The Mercy-seat (Romans 3:25), the Priest (Hebrews 5:6), The High Priest (Hebrews 3:1), The Great High Priest (Hebrews 4:14), The Mediator (1 Timothy 2:5), The Daysman (Job 9:33), The Interpreter (Job 33:23), The Intercessor (Hebrews 7:25), The Advocate (1 John 2:1), The Surety (Hebrews 7:22)


And Thou art the One of whom the Father says, “My Beloved, in whom my soul is well pleased (Matthew 12:18), Mine Elect, in whom my soul delighteth (Isaiah 42:1)”


Thou art,
The Beginning of the Creation of God (Revelation 3:14), The First-Born from the dead (Colossians 1:18), The First-Begotten of the dead (Revelation 1:5), The First-Born among many Brethren (Romans 8:29), The First-Fruits of them that slept (1 Corinthians 15:20), The Last Adam (1 Corinthians 15:45), The Resurrection (John 11:25), A Quickening Spirit (1 Corinthians 15:45), The Head of the Body, the Church (Colossians 1:18), The Head over all things to the Church (Ephesians 1:22), The Head of every Man (1 Corinthians 11:3), The Head of all Principality and Power (Colossians 2:10)

Thou art,
The Captain of the Host of the Lord (Joshua 5:14), The Captain of Salvation (Hebrews 2:10), The Author and Finisher of Faith (Hebrews 12:2), A Leader (Isaiah 55:4), A Commander (Isaiah 55:4), A Ruler (Micah 5:2), A Governor (Matthew 2:6), The Deliverer (Romans 11:26), The Lion of the Tribe of Judah (Revelation 5:5), An Ensign of the People (Isaiah 11:10), The Chiefest among Ten Thousand (Song of Solomon 5:10), A Polished Shaft (Isaiah 49:2), The Shield (Psalm 84:9)

Thou art,
Lord of Lords (Revelation 17:14), Lord both of the dead and living (Romans 14:9), Lord of the Sabbath (Luke 6:5), Lord of Peace (2 Thessalonians 3:16), Lord of all (Acts 10:36), Lord over all (Romans 10:12),

Thou art,
The Messiah, the Prince (Daniel 9:25), The Prince of Life (Acts 3:15), A Prince and a Savior (Acts 5:31), The Prince of Peace (Isaiah 9:6), The Prince of Princes (Daniel 8:25), The Prince of the Kings of the earth (Revelation 1:5), The Glory of thy people Israel (Luke 2:32), He that filleth all in all (Ephesians 1:23)

Thou art,
The King of Kings (Revelation 19:16), The Judge (Acts 17:31), The Righteous Judge (2 Timothy 4:8), A Sceptre out of Israel (Numbers 24:17), David their King (Jeremiah 30:9), King of the daughter of Zion (John 12:15), born as The King of the Jews (Matthew 2:2; 15:2), crucified as The King of the Jews (John 19:19), The King of Saints, King of Nations (Revelation 15:3), King over all the Earth (Zechariah 14:4, 5, 9), The King of Righteousness (Hebrews 7:2), The King of Peace (Hebrews 7:2), The King of Glory (Psalm 24:10), The King in his beauty (Isaiah 33:17), Crowned with a Crown of Thorns (John 19:2), Crowned with Glory and Honor (Hebrews 2:9), Crowned with a Crown of Pure Gold (Psalm 21:3), Crowned with many Crowns (Revelation 19:12), Thou sitteth King for ever (Psalm 29:10),

Thou art,
A King and Priest after the Order of Melchizedek, the One likened unto Moses, A Refiner’s Fire, Fuller’s Soap (Malachi 3:2), Thou art the Light of the Morning when the sun rises, a morning without clouds (2 Samuel 23:4), Thou art as Rain upon the mown grass. As Showers that water the earth
(Psalm 72:6), As Rivers of Water in a dry place. As the Shadow of a great Rock in a weary land. As a
Hiding-place from the wind (Isaiah 32:2), Thou art as Ointment poured forth (Song of Solomon 1:3).
Fairer than the Children of Men (Psalm 45:2)

Thou art,
A Crown of Glory and Beauty (Isaiah 28:5). A Stone of Grace (Proverbs 17:8), a Nail fastened in a
sure place (Isaiah 22:23), a Brother born for adversity (Proverbs 17:17), a Friend that sticketh closer
than a brother (Proverbs 18:24), a Friend that loveth at all times (Proverbs 17:17). Thy Countenance
is as the sun (Revelation 1:16). Thy Countenance is as Lebanon (Song of Solomon 5:15), Yea. Thou
art altogether lovely. Thou art my beloved and my Friend (Song of Solomon 5:16)

When upon this earth you were,
Obedient (Philemon 2:8), Meek, Lowly (Matthew 11:29), Guileless (1 Peter 2:22), Tempted (Hebrews
4:15), Oppressed (Isaiah 53:7), Despised (Isaiah 53:3), Rejected (Isaiah 53:3), Betrayed (Matthew
27:3), Condemned (Mark 14:64), Reviled (1 Peter 2:23), Scourged (John 19:1). Mocked (Matthew
27:29), Wounded (Isaiah 53:5), Bruised (Isaiah 53:5), Stricken (Isaiah 53:4), Smitten (Isaiah 53:4),
Crucified (Matthew 27:35), Forsaken (Psalm 22:1)

But through it all Thou art still,
Merciful (Hebrews 2:17). Faithful (Hebrews 2:17), Holy, Harmless (Hebrews 7:26). Undefiled (Hebrews
7:26), Separate (Hebrews 7:26), Perfect (Hebrews 5:9), Glorious (Isaiah 49:5), Mighty (Isaiah 63:1),

And Thou art,
My Portion, My Maker, My Husband (Isaiah 54:5), My Well-beloved (Song of Solomon 1:13), My
Savior (2 Peter 3:18), My Hope (1 Timothy 1:1), My Brother (Mark 3:35), My Helper (Hebrews 13:6), My
Physician (Jeremiah 8:22), My Healer (Luke 9:11), My Refiner (Malachi 3:3), My Purifier (Malachi 3:3),
My Lord, Master (John 13:13), My Servant (Luke 12:37), My Example (John 13:15), My Teacher (John
3:2), My Shepherd (Psalm 23:1), My Keeper (John 17:12), My Feeder (Ezekiel 34:23), My Leader
(Isaiah 40:11), My Restorer (Psalm 23:3), My Resting-place (Jeremiah 50:6), My Meat (John 6:55), My
Drink (John 6:55), My Passover (1 Corinthians 5:7), My Peace (Ephesians 2:14), My Wisdom (1
Corinthians 1:30), My Righteousness (1 Corinthians 1:30), My Sanctification (1 Corinthians 1:30), My
Redemption (1 Corinthians 1:30), My All in All (Colossians 3:11)

Thou art,
The Bridegroom (Matthew 9:15; Revelation 21:9), The Rose of Sharon (Song of Solomon 2:1), The Lily
of the Valley (Song of Solomon 2:1), A Bundle of Myrrh (Song of Solomon 1:13), A Cluster of Henna
Blooms (Song of Solomon 1:14)

Truly, Oh Lord God...words fail us for HOW GREAT THOU ART!!!

Compiled by Eric Ludy, Ellerslie Mission Society
Will You Join Me in This Prayer?

WONDERFUL LORD JESUS – my crucified, resurrected, ascended, and enthroned Savior – I worship and adore You. My interceding King, with what everlasting love You give Your holy self to me and to this needy world! Thank You, Jesus, that Your throne is a throne of grace. Thank You that at the right hand of the Father, You are interceding now.

How unworthy I am of all Your amazing grace! You sought me when I was without God and without hope. You died in my place to secure for me your wonderful salvation. O Son of God, Son of Man, I worship and adore You! How can You love me so? How can you seat me in the heavens beside You? How can you make me Your co-intercessor, Your partner in prayer? O Lord, I am so unworthy!

Forgive me for being so slow to learn the secrets of prevailing prayer. Forgive me for so often permitting important duties and even trivial things to rob me of my prayer time with You. Teach me to establish my prayer priorities. Teach me to discipline myself to put prayer in its rightful place. Teach me the ABCs of prevailing prayer, and then through Your grace lead me deeper and deeper in mighty prevailing prayer.

Give me eyes to see others and our world as Your loving eyes see them. Give me a heart that feels the tragedy of sin, the lostness of humankind, the bondage with which Satan enslaves the world. Give me a heart that feels Your love for the church and for all Your own. Give me more of Your love for the lost, more of Your yearning for world harvest, more of Your hunger for the advance of Your kingdom.

O Lord, teach me to pray! Lord, teach me to pray! Fill my heart with Your hunger, my eyes with Your tears, my soul with Your hatred for sin, my will with Your strength to resist the Devil in prayer, my spirit with the mighty power of Your Holy Spirit so that I can prevail with You and for You with holy prevailings and mighty intercession.

I give myself to You anew. Take me! Take all of me! Take me and fill me with Your Spirit that it may be not I but You living in me, not my love but Your love pouring through me, not my power but Your mighty power gripping me and working in and through me. Fill me so that it may be not I praying but the Spirit interceding in might and faith through me.

Help me to pray with prayer’s holy and mighty pleas. Help me to bear prayer’s burdens when You appoint them to me. Help me to wrestle with the Spirit’s mighty prayer wrestlings. O mighty Intercessor on heaven’s throne, I am not worthy to be called a prayer warrior. But help me to press prayer battles persistently, vicariously, and victoriously.

Help me to prevail till Satan’s plans and strategies are defeated, till Satan’s captives are set free and the places Satan has forcibly occupied are captured for You. Help me to back Satan off and force him to retreat from stronghold after stronghold. Help me to press ever forward on my knees. Help me to use the holy authority of Your name, the victory of Your cross, and the power of Your blood.

O Lord Jesus, I am totally unworthy, insufficient, and unable in myself. Yet use me for Your glory. Let me bring joy to Your heart and honor to Your name.

You are able to do immeasurably more than all I could ever ask or imagine. I believe it. I claim it. May Your will be done and Your victory won through my obedience and my prayer. Be the Amen to this my longing and my heart-cry. In Your holy name, my Jesus. Amen.

Taken from Mighty Prevailing Prayer by Wesley Duewel
**Powerful Resources and Tools:**

To go deeper in the Word and grow stronger in Prayer, please enjoy the following website resources!

- www.armebiblecamp.com
- www.audiostream.org
- www.operationglobalrain.com
- www.pray777.org
- www.fast.org

**Contact Info:**

If you have a prayer testimony to share, or want to contact the Editor of this

**ARME PRAYER FORCE**

*United Prayer Handbook*

please e-mail us at: armebiblecamp@gmail.com
or call: 503-482-9439

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We are in this TOGETHER, for God’s glory, moving forward on our knees!

*All scripture quotations used in this Handbook have been taken from KJV Bible, and all inspirational quotes referenced are by author Ellen G. White, unless otherwise noted.
Our Vision for ASAP
People living in war-torn, economically depressed countries in Southeast Asia often suffer from poverty, hunger, disease, governmental oppression and lack of education. Most Southeast Asians have never heard the true message about their loving Savior. God feels the suffering of His children and He desires each of their hearts, so they can live forever in perfect peace and abundance with Him. Adventist Southeast Asia Projects (ASAP) follows Christ’s call to reach the persecuted and vulnerable NOW because He is coming very soon!

Explore the Countries We Reach:

THAILAND

Thailand has a rich culture and a beautiful people whom ASAP hopes will find true freedom in Jesus Christ.

CAMBODIA

ASAP’s work in Cambodia, a war-torn, poverty stricken country with a population of about thirteen million, is rapidly growing.

LAOS

Laos, a beautiful, landlocked, communist-run country, contains a gentle people, open and receptive to the gospel message.

VIETNAM

Vietnam’s SDA underground house-church movement is experiencing tremendous growth.

MYANMAR

Formerly called Burma, Myanmar is home to not only the Burmese, but the Hmong, Karen and others who need to hear God’s truth.

Encounters with Angels
Have you ever had an experience where you knew it must be an angel that came to your rescue?

Dragon Fruit
Did you know there is a fruit in Southeast Asia called DRAGON FRUIT?

Meet Our Founder
Judy Aiken is the founder and director of Adventist Southeast Asia Projects (ASAP), a mission organization involved in evangelism for unreached regions of Asia.

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