

# How to pray the Lord's Prayer

EBOOK

Strengthen Your Prayer Life with  
prayer principles for growth



SONIA A ADAMS

HOW TO

**PRAY**

THE

**LORD'S PRAYER**

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**SONIA A ADAMS**

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## FOREWORD

This eBook will help those who desire to become effective prayer warriors and add another dimension to your prayer life. You will also garner tools that will equip you as an intercessor in learning **how to pray when to pray**, and **what to pray**. When interceding by divine inspiration of the Holy Spirit, our supplications, requests, and petitions become more God-centered. These types of prayers not only move God's heart but they:

- move mountains,
- bring forth healing in the body,
- rebuke demonic forces,
- bring down principalities,
- break generational curses
- arrest spiritual hosts,
- decrees a thing and sees it realized,
- ignites revival, and
- moves His hand of authority.

An effective prayer warrior is built over time. ***We do not immediately become fully equipped to effectively function as an intercessor that understands and exercises every type, kind, and modality of prayer.*** This eBook helps you learn how to pray the Lord's Prayer in a manner that will galvanize your individual and corporate prayers and help you grow to become a more effective prayer warrior. Learning and practice enable a believer to pray the Lord's Prayer with fruitful results. As one ascertains and grasps these principles, you will become better equipped and empowered to pray more successfully. If you desire to pray more effectively, let us explore these principles and discover the secrets of the Lord's Prayer that will unlock the prayer warrior in you.

## CHAPTER ONE

### WHAT IS PRAYER?

Prayer is an essential foundation in Christendom because it is the avenue of communication between God and man. There are many types of prayers. Some prayers provide a catalyst for a greater level of intimacy and communication with God, while others help change our lives, change others around us, and stimulate change in the world. Prayers of petition, declarative prayers, warfare prayers, and the simple prayers of children move God's heart. Simplistic prayers include praying for yourself, your family, and your daily needs. Also, there are other types and kinds of prayer. When believers move beyond self-prayers to declarative, wailing, or warfare intercession, it enacts God's power, miracles, and a **change in the atmosphere in your life as well as other's life.**

In order to pray more effectively beyond our simple prayers, we must **increase our ability to hear and communicate with God better.** Unfortunately, not everyone has a desire to grow in their prayer life. However, **when we desire to mature in prayer** and put into action the principles of God's Word, **it will cause us to pray more precisely and successfully.**

## CHAPTER TWO

### THE LORD'S PRAYER AS A MODEL FOR PRAYER

There are different kinds of prayer throughout the Bible. Jesus taught His disciples how to pray when He instructed them in "The Lord's Prayer." Often, the Lord's Prayer is recited verbatim and void of real impact, power, or understanding of what Jesus meant when He taught the disciples to pray. This eBook recommends a type of prayer as outline in "The Lord's Prayer" and gives a better understanding of what Jesus meant when He taught them to pray according to Matthew 6:9-13:

In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.

Your kingdom come. Your will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And do not lead us into temptation but deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen

This prayer is a pattern for us to follow. Jesus gives strategic instructions in **this pattern that encourages us to spend quality time in prayer and declare His will into the earth.** When we follow His pattern, we unlock spiritual keys and enter an area of prayer and intercession that moves God's heart and His hand of authority. We will see His power demonstrated in our lives and others more consistently and effectively.

## CHAPTER THREE

### HOW DO I START IN PRAYER?

*Our Father who art in heaven, Hallowed be Thy Name*  
**Psalm 8, 9:1-2, 18:1-3, 104**

The first line in the Lord's prayer admonishes us to call the Father's name who is heaven and hallow Him. The start of the Lord's prayer can be termed—

#### **Praise and Worship prayer**

**Therefore, we should revere and honor God through our verbal worship as an extension of praise to Him.**

As we lift praise and adoration to the Father, we are communicating our love toward Him. And we express His Holiness and Infinite being as we see our finiteness. Jesus teaches them to start their prayer giving the Father praise, adoration, and all honor. Jesus asks us to hallow His Name. He emphasizes that God is in heaven above every principality, every being, and every human, which signifies that He is like no other and cannot be compared to any mere mortal or other God. We focus and concentrate and think about His goodness, His Holiness, His Aweness, His ability to create, and all the infinite characteristics that are privy **to GOD and GOD alone**. When we begin to think and focus on Him, it helps to ease our mind of all the busyness, worry, numerous thoughts, daily activities that inhibit us from totally focusing on God in prayer. It calms our spirit, settles our soul, and prepares us to enter prayer with a clearer perspective and a heart willing to pray and listen to God.

What does "hallowing His name" look like for you in prayer, and how long does it take? There is no set formula, and you can establish how you will "hallow" His name. Some examples include **sitting still for about 5 to 10 minutes and relaxing while thinking about God, or you may find yourself creating songs and singing to Him, and saying words that exalt His name and give Him honor.**

On some occasions, you may listen to worship music and bask in the melody while listening to the lyrics, or you may sing along with the worship music as you feel God's presence. This will help to consecrate your mind and heart. Sometimes I write songs or words to God to express His goodness and greatness, which is another form of reverence or hallow. David, the writer of many of the Psalms, hallowed the Father's name in several of His psalms. For example, Psalm 8:1-9 says:

**1** To the Chief Musician. On the instrument of Gath. A Psalm of David. O Lord, our Lord, How excellent is Your name in all the earth, Who have set Your glory above the heavens! **2** Out of the mouth of babes and nursing infants You have ordained strength, Because of Your enemies, That You may silence the enemy and the avenger. **3** When I consider Your heavens, the work of Your fingers, The moon, and the stars, which You have ordained, **4** What is man that You are mindful of him, And the son of man that You visit him? **5** For You have made him a little lower than the angels, And You have crowned him with glory and honor. **6** You have made him to have dominion over the works of Your hands; You have put all things under his feet, **7** All sheep and oxen-- Even the beasts of the field, **8** The birds of the air, And the fish of the sea That pass through the paths of the seas. **9** O Lord, our Lord, How excellent is Your name in all the earth!

David is lifting praise and adoration to the Father and communicating his love toward Him. He is expressing the Excellency of the Father, His humility to give us favor, and the great wonders of His hands.

This is an example of David using words in his vocabulary to give God proper reverence and hallow His name. Like David, we should open our mouths and worship God with our hearts to open the portal of communication with our heavenly Father. When we meditate about His Holiness and Infinite Being, we see our finiteness. This is how to praise His name and lift the Father. It also is a form of worship.

Worship means to revere, honor, and pay homage to God. We can do this easily with our mouth, but we must worship God with our life and lifestyle as an intercessor. Our life should honor God and give Him reverence. Therefore, we make a valiant and honest effort to ask God to help us with our struggles so we can have a clear channel to communicate with God. Sin separates us from God. So, when we fall into sin, it can stifle our prayers and makes us feel unworthy and lose confidence to pray and believe God.

This does not mean that if we sin, God will not answer our prayer. God's grace and mercy cause Him to answer our prayers. But we may feel powerless in defeating things in our life or praying for others to find victory in their life. We will never be sinless, but as we pray to God, we will **sin less**. This helps us become more confident and feel worthy about our self and our prayers to God.

Remember hallowing the Father's name is the starting point to effective prayer. One hallows God with his heart, words, and a life that honors Him. When we start with worship, we can move into the other forms of prayer in "The Lord's Prayer" with accuracy, consistency, and a volume of answered prayers.

## CHAPTER FOUR

### PROPHETIC AND DECLARATIVE PRAYER

*Thy kingdom come, Thy will be done, On earth as it is in heaven*  
**1 Sam. 3:14-21(19) & Eph. 6:18-20**

The next line in the Lord's prayer asks us to pray for His kingdom and will to be done on earth as in heaven. This can be defined as

#### **Prophetic prayer and Declarative prayer**

This type of prayer is when we enter God's presence and speak those things that He reveals to us in prayer. Prophetic means getting a word of knowledge or a word of wisdom and declaring it out of our mouth into the atmosphere. God has already spoken things about us in the heavens. We should pray and listen so He can reveal those things, and we can say them until they become a reality in our lives, our community, city, nation, or the world. This involves tapping into the heart of God and hearing what God would have us speak.

Elijah's story of the prophets of Baal found in 1 Kings 18:24-39 provides a great example of prophetic declarations. Unlike Elijah, the Baal prophets worshipped a counterfeit. Because these worshippers of Baal did not have a line of communication to a living and supreme god, their prayers were aimless and to no avail. However, Elijah was granted access to God and declared the Father's will as it was revealed to Him; thus, God's power and authority backed Elijah's prayer.

Unbelievers may call the name of gods with no effect. These prophets acted foolishly, moaned, threw temper tantrums, and cut their flesh to garner a god's attention, but no god answered their prayer.

Unfortunately, we cannot throw temper tantrums either but should pray prayers aligned with His Word. Like Elijah, we can pray prophetic declarations as they are given to us by the Holy Spirit.

Some people may believe that they can pray this kind of prayer or think that we have no role in God's bringing His will into reality. However, we should not leave earthly things to fate or luck in hopes that God might answer. God desires us to exercise faith, pray, and see miraculous things happen.

Declarative prayer requires an intimate relationship with God and the ability to hear and speak what we hear. As we continue to yield our mind and heart to the Father, we can repeat what He reveals to us with confidence that it will come to pass because we have spoken God's Word.

## CHAPTER FIVE

### ASKING AND LISTENING PRAYERS

*Give us this day our daily bread*  
**John 5:25, 30 and 1 Samuel 3:1-12**

Giving us this day, our daily bread is called—

#### **Asking and Listening Prayer**

This is a prayer that gives us specific instructions and guidance. When God speaks words of strategy for each day, we should proceed in His will. When we pray this prayer, we ask God to guide us through our day and help us deal with any trial or situation. It can come through a spoken word, vision or dream, or the inner prompting from the Holy Spirit. Listening is more in-depth than just being still but listening intently to what He is saying each day, and we can write it down and follow. Unnecessary stress comes when we focus on the big picture and fail to hear His directives daily. Proverbs 19:21 tells us that "many are the plans in a man's heart, but it is the plan of the Lord that will prevail." Therefore, we desire to hear what God's Word of instruction is for us today.

Sometimes we think we hear God, when it may be our conscious or emotion that is causing us to misinterpret what we are hearing. Therefore, **we must get still long enough to hear clearly from God.** The Word tells us that His sheep know His voice, and no other will they follow. We must intentionally get in a quiet place and take quality and quantity time to discover God's directives and revelation through listening prayer.

As we walk in His word day by day, it will lead us to fulfill the larger vision that He is speaking to us to do. We follow His directives line by line and precept by precept. Also, we must make room for edits. When God gives us ideas and instructions, we may need to add to them because what He says may have an additional revelation. Do not stop at the first Word of instruction. Add to the vision as He speaks. The more we practice listening, it will become an innate part of our daily prayer life.

## CHAPTER SIX

### FORGIVENESS PRAYER AND PRAYERS OF INTERCESSION

And forgive us our debts.  
**Psalm 51 and Daniel 4**

The next type of prayer is—

#### **Forgiveness Prayer and Prayers of Intercession**

This kind of prayer involves asking God for forgiveness in the areas where we need His mercy for transgressions that we have committed or failed to do. Forgiveness prayer is acknowledging our frailties, mistakes, or bad decisions. Fortunately, God does not condemn us, but He allows us to come to the throne and confess our faults to Him. He already knows them but enables us to be truthful and release the weight of sin that can easily keep us bound. When we confess and ask for forgiveness, it frees us to walk in the assurance that we are forgiven. Jesus died on the cross that we could be covered and pardon.

Before we pray, the Bible teaches us that we should search our heart and forgive anyone that we have not forgiven. Repentance and forgiveness help us move into right standing before God and enacts a clearer and more precise prayer line to the Father. Several scriptures prove and validate that forgiveness opens the door to precision prayers.

Mat 6:14-15 in the NIV version says it this way, "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

When we forgive others, the Father forgives us. Once we forgive others, we can pray and intercede for others without harboring anger in our hearts. Intercessory prayer is the most unselfish prayer we can render because we do not focus on ourselves but rather stand in prayer for others.

## CHAPTER SEVEN

### Intercessory Prayer for Others

as we also forgiven our debtors

**Job 33:19-30 and Exodus 32 and 34**

#### Intercessory Prayer for Others

As stated in the last chapter, prayers of intercession mean standing in the gap and praying for others. Another version of this verse states, "forgive us our sins, as we have forgiven those who sin against us." When we intercede for people who have wronged us or done evil against us, we are not a person who prays selfishly, but we become intercessors who pray without pretense.

Release intercessory prayers for individuals, or we can pray a corporate prayer for a group of people. We intercede or intercept the progress or course of action that the enemy may have planned for a person, a church, a city, or a nation. Our intercessory prayers can change the course of lives or nations. When we intercede for others, we come close to God's heart. In heaven, Jesus is our High Priest, and His ministry is to intercede for mankind. When we join Him in praying for others, we are most like Him.

Intercessory prayer also involves hearing God and praying as we listen to what the Father is speaking. Sometimes you may get small impressions to pray for someone or to pray for a country, an organization, an event, or something that you are sensing in your heart. Do not dismiss these impressions and be intentional about praying because the Holy Spirit is stirring you to pray and commission angels to thwart the enemy's plans.

## CHAPTER EIGHT

### PROTECTION AND DELIVERANCE PRAYER

*And do not lead us into temptation, but deliver us from evil*  
***Eph. 6:11, 12, 18-20***

#### **Protection and Deliverance prayer**

This prayer model asks God to put a hedge of protection over us and keep us from being tempted by outside forces. We believe God to steer us in the direction and guide us to the right places and people. It may cause us to come against the forces of darkness and pray against the enemy's attacks or assaults.

The second part of that prayer asks God to deliver us from evil. Deliverance means being set free from bondage, strongholds, or tormenting spirits in our life and mind. It may require us to get demonic forces ejected out of us or be healed from sickness or disease. Or deliverance could be a prayer for a miracle that helps us emerge from a defeated or frustrating place.

This type of prayer may not be popular because it is confrontational, and not everyone desires to fight against demonic forces. However, this may be wise if you do not feel confident to pray in this manner. Deliverance prayers from an anointed minister or team may be a course of action for freedom if you do not feel qualified or mature enough to pray for your or someone else's deliverance.

Demonic possession is rare, but we can be oppressed or tormented by demons. During Jesus' ministry, He cast spirits out of people on many occasions. God's Word validates deliverance.

In the 13th chapter of Luke, verse 16, one sees a woman with a spirit of infirmity for 18 years. Jesus loosed her by laying His hands on her and casting out the spirit. We know that this was a woman in the community of faith because she was a seed of Abraham who had a stronghold that resulted from an affliction by a demonic spirit.

The verse says:

and ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo these eighteen years, be loosed from this *bond* on the Sabbath day. (KJV)

The word *bond* signified a stronghold that this woman had for 18 years, but she was totally delivered, and God can also liberate us and completely set us free if we want deliverance from evil.

God's Word provides us with a way to overcome inner struggles, issues, and demonic spirits that require deliverance. When we identify the root of our issues and become willing to pray or seek prayer no matter what it looks like or no matter the cost, we can be set free— delivered from evil.

## CHAPTER NINE

### THIRD DIMENSION PRAYER

For thine is the kingdom, and the power, and the glory, forever. Amen.  
Ex 24, 25, & 26

#### Third (3<sup>rd</sup>) dimension Prayer

This prayer is labeled third dimension because Jesus tells His disciples to end the prayer with three declarations: thine is the **kingdom, power, and the glory**. This is a benediction or closing prayer that is perpetual, and intercessors can participate in praying for God's kingdom, power, and glory to manifest in the earth. This prayer excels from one level to the next according to our growth and willingness to surrender and become precise in our prayers.

If we desire, God will give us greater knowledge of what to pray and how to pray, which can transform a community, a nation, or the world. Third dimension prayers are when we pray prophetically as God gives utterance and insight. Third dimension prayer warriors feel called to intercession and sacrifice to pray consistently. This requires study of His Word, fasting when led, and specifically praying as you hear God.

As we mature in our walk, we can move beyond self-focused prayers to revelatory prayer dimensions that release God's **kingdom, power, and glory** in the earth. A recurrent pattern of three is evident in scripture and is the foundation of why this last chapter is called third dimension prayer. This principle demonstrates that we can move from the 1st level to a 2nd level and then to the 3rd level in our maturity, understanding, and prayer. Here are a few examples of three levels of growth.

Romans 12:1-2 says

*I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be*

*transformed by the renewing of your mind, that you may prove what is that **good** and **acceptable** and **perfect** will of God.*

1 Corinthians 13:13

*And now abide **faith**, **hope**, **love**, these three; but the greatest of these is love*

Matthew 13:23

*But he who received seed on the good ground is he who hears the Word and understands it, who indeed bears fruit and produces: some a **hundredfold**, **some sixty**, **some thirty**.*

God provides these dimensions of growth as an encouragement to know that there are greater levels to pursue in God. God never wants us to become stagnant; therefore, He continues to take us from one level of growth to another. The first level is not inadequate, and God even says it is good and it bears fruit at a thirty-fold level; however, ultimately, we should desire to bear fruit a hundredfold. Moses' tabernacle, also called The Tent of Meeting, shows a natural tabernacle including the outer court, the inner court, and the Holy of holies, which implies that we can move closer to God as we progress in Him. We start in an outer place, then we proceed to an inner, more intimate place and enter that holy place where His power can flow in a more significant way.

God gave us this scripture pattern, and it can guide us, so our prayer life will not remain one-dimensional. God shares His secrets and releases power to those who desire and avail themselves to this sacrificial level of prayer. God is no respecter of persons, and He does not show favoritism or select individuals at random. Quite the opposite, He extends His invitation to all of us, but we must choose to move into a deeper, truthful relationship with Christ—choosing to endure a spiritual process of growth and pruning. Become willing to take the journey as a disciple who executes the Lord's prayer, ushering in God's kingdom, power, and glory in the earth.

## Questions to Journal

1. What does it mean to "Hallow" God's name with words and your life?
2. How can you become a better listener in prayer?
3. What is prophetic and declarative prayer?
4. Do you desire to move to another dimension in your prayer life?

### **Exercise:**

For a full week, spend 30 minutes to 1 hour in prayer, just focusing on one instruction of "The Lord's Prayer" until you have prayed each principle.

## HOW TO PRAY THE LORD'S PRAYER

Once practiced, these kinds of prayers can be a catalyst of opening the door to revival or a new move of God in your life. God moves by His Spirit, and He honors His Word. When we begin to worship Him, pray His will in the earth, listen to His voice, repent, intercede for others, war in the spirit against assignments of the enemy—then we will see the power of God bring restoration and renewal to us and the world. Our prayers are needed, and we must strengthen our prayer life. This eBook provides tools to help you do that.

Write your favorite scriptures regarding prayer:

***WE HAVE TO SEIZE THE COURAGE TO PRAY AND BE WILLING TO ENDURE A GOD-GIVEN PROCESS TO BE THE MOST EFFECTIVE PRAYER WARRIOR!***

# PRAY WITH POWER

## PRAYING THE LORD'S PRAYER

Have you ever felt like you are constantly under the attack of the enemy in your life? And no matter how you try to break free, you just do not seem to be able to break through? Then, you need to reach out to someone gifted with the power of the Holy Spirit to break free to guide others into freedom through prayer.

Sonia A Adams and her team continue to help people struggling with spiritual strongholds or powerless prayers to help others walk in the freedom and power of Jesus Christ, intended for all His children. You will gain knowledge and insights into the fundamentals in this eBook and her other books. She will pray with you, counsel, and guide you through your freedom process.

For prayer and deliverance, please contact us via email at [soniasiampretty@gmail.com](mailto:soniasiampretty@gmail.com). You can also reach out to our team to schedule a prayer and an initial counseling session.

For ladies, if you'd like to read more about *Overcoming Strongholds and Soul Ties*, purchase the, *I Am Ready: Ready for Purpose, Ready to be Better, Ready for Love*, at [www.soniaadams.com](http://www.soniaadams.com) or on Amazon.

"I Am Pretty": *Purposed, Received, Earmarked, Tenacious, Triumphant, and Yielded* can also be purchased at [www.soniaadams.com](http://www.soniaadams.com) or on Amazon.

*I Am Pretty* is a club for women of all ages to have conversations about our purpose and how to walk in all that we were born to do. It will provide an atmosphere of vulnerability, sisterhood, and growth in our relationship with God. Mentorship, relationships, resources, and divine connections will happen in this club, leading to zoom conferences, clubhouse chats, and masterclasses.

Join The I Am Pretty Club by signing up on Sonia's link bio: <https://lnk.bio/soniaadams>

For MEN and WOMEN: *Only A Little Distance to Success* can be ordered on the website [www.soniaadams.com](http://www.soniaadams.com) or on Amazon.

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