

# The Garden Of Gethsemane Prayer Newsletter

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# FAITH

(F) FORWARDING  
(A) ALL  
(I) ISSUES  
(T) TO  
(H) HEAVEN



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## JESUS PRAYS

What happened? When they got to the olive garden a familiar retreat Jesus took Peter, James, and John and moved further up the hill from the larger group of disciples. Along with his three closest friends. He let his feelings show. He was horribly aware of what was to come— he had seen other men tortured and crucified, and he staggered with shuddering horror what lay ahead. He was sorrowful even until death.



### Cleansing Prayer:

I cleanse myself of all selfishness, resentment, critical feelings for my fellow beings, self-condemnation, and misinterpretation of my life experiences.

I bathe myself in generosity, appreciation, praise and gratitude for my fellow beings, self-acceptance, and enlightened understanding of my life experiences.

By Lidia Frederico

## HOW TO PRAY POWERFUL EFFECTIVE PRAYERS

### *Do you ever feel like you don't know what to pray for?*

You may feel like your prayers are useless and instead of reaching up to the heavens— like a deflating balloon they lose air and plummet to the ground. My brothers and sisters we all feel this way sometimes. I think if we are all being honest our prayer life can get a little dry, leaving us disconnected from God and unqualified to pray for someone who really needs it. It can be intimidating, scary even. You ask your self what if I didn't know what to say? What if I prayer wrong? Insecured thoughts may race thorough our minds as we may think this is a difficult task.

Rather than being intimidated by praying the enemy tries to convince us that our prayers won't work or that will declare something and it won't come to pass. Why is that? Why does the enemy try so hard to stop us from praying? **PRAYER IS POWERFUL!** God knows it. The enemy knows it. Usually the only one who does not it is us! Believing is the central key to powerful prayers.

The Bible says “Confess your trespasses to one another that you may be healed. The effective, fervent prayer of the righteous man avails much.” (*James 5:16*)

### 3 Words that characterize Powerful prayers

- **EFFECTIVE**— to be powerful in action, It actually stems from the word **”WORK”**. We want our prayers to work.
- **ERNEST**-means diligent, in other words prayers should be carefully crafted. Be intentional.
- **AVAIL**— to be of force, to be effective, capable of producing results. It also means to be strong or have power.

### So what does this all means?

We can all have prayers that are all powerful in action, that work and produce results I we carefully craft them.

### There are 4 key parts to prayer

1. **Begin with thanksgiving** - Thanking God. We enter his presence when we thank him.
2. **Pray/Declare God's word** -Praying God's word as if God himself is speaking the words.
3. **Believe you will receive** - Your faith or believing what your speaking is essential to receiving.
4. **Close in Jesus name** - Everything must bow to the name of Jesus— it's a done deal.

*Praise The Name Of Jesus !*

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## Matters That Concern People

### Corruption, injustice

Isaiah 9:6, 7;  
2 Peter 3:13

### Crime, violence

Psalm 37:10, 11;  
Proverbs 2:21, 22

### Death, mourning

Isaiah 25:8;  
Revelation 21:3, 4

### Depression

Psalm 34:8;  
Isaiah 65:17-19

### Food Shortages, malnutrition

Psalm 72:16;  
Isaiah 25:6

### Housing, economic problems

Isaiah 65:21, 22

### Ineffective government

Psalm 146:3, 4;  
Daniel 2:44

### Mistreatment of animals

Proverbs 12:10

### Moral breakdown

2 Timothy 3:1-5

### Poverty, oppression

Psalm 72:12-14;  
Ecclesiastes 8:9

### Prejudice, inequality

Isaiah 11:3-5;  
Acts 10:34, 35

### Ruining of the earth

Revelation 11:18

### Sickness, disability

Isaiah 33:24; 35:5, 6

### War, terrorism

Psalm 46:8, 9;  
Micah 4:3, 4

# TRANSFORM YOUR PRAYER LIFE

## Do These Three Things

### PRAY BEFORE YOU PRAY

Ask God for these things before you start your prayer time. (Based on 2 Peter 1:3)

- for the proper inner response (humility, an open heart)
- for His divine power to help you as you pray (giving focus and discernment)
- that you would know His character, nature, and attributes (so you can trust and rely on Him)
- that you would receive His glory and goodness (because His love is a gift, not something that you can earn)
- that He would enrich your life through your prayer time (so you can then go out and share Him with others)

### PRAISE AND WORSHIP

Invite the power of praise into your life by meditating on and repeating Bible verses that focus on the character of God. Here are a few to get you started!

- Jeremiah 10:6 - No one is like Him. His name is mighty.
- Jeremiah 32:17 - Nothing is too hard for Him.
- Isaiah 40:28 - His understanding is unsearchable.
- Isaiah 41:10 - He is with you. He will uphold you.
- Isaiah 57:15 - His name is Holy. He will revive you.
- Psalm 18:30 - His way is perfect. He is your shield.
- Psalm 28:6-7 - He hears you. He is your strength.

### PRAY THE SCRIPTURES

Choose a Bible verse that relates to your situation. Meditate on the verse, then do any or all of the following.

- Claim the verse by repeating the verse out loud.
- Personalize the verse by adding a name or personal pronoun.
- Pray the verse by repeating it in your own words as a prayer.

Find out more about prayer and letting go of perfectionism at [www.journeytoimperfect.com](http://www.journeytoimperfect.com)

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**We are here to pray with you**



**The Garden of Gethsemane Prayer line**

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**THIS NEWSLETTER WAS CREATED IN HONOR OF  
MR. CURTIS WARREN, FORMER BWC PRAYER ADVOCATE**

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**We are seeking prayer warriors all across the  
Baltimore – Washington Conference to help us  
on our prayer lines. It is said that prayer changes  
Things. Can you help make that change?**

**For more information on how you can help make  
That change. Please contact;**

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