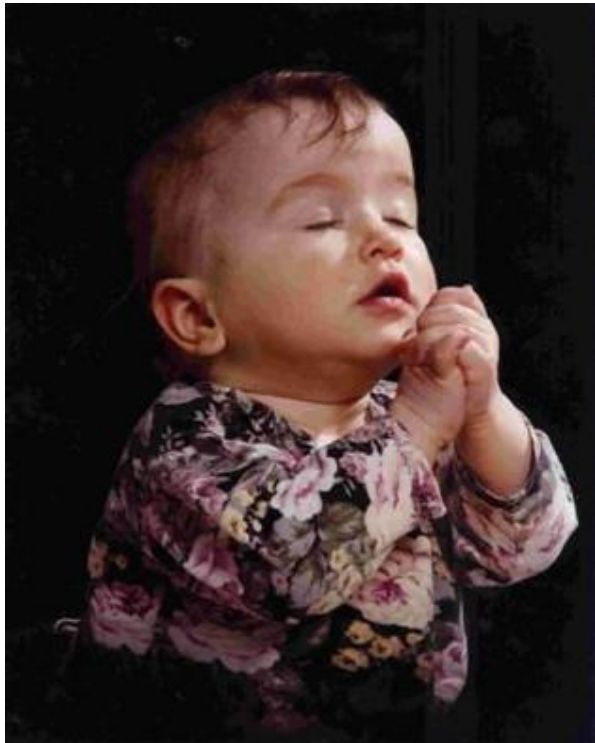


Teach me to pray



Teach me to pray



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PREFACE

For many people, prayer is a difficult or repetitive act, since they failed to truly understand what this means. There is no secret when we understand the difference between praying and read something that's written by someone (to recite a prayer).

This kind of thing is simply to repeat a prayer or supplication; however, without putting our being entirely in what we are doing. In other words, without the soul can express itself freely before God as it wants. When we only recite a prayer written by someone, there is a certain formality in our communication, because we only speak with the lips while the heart stays without expressing the distorted and sick emotions that need of healing. There is our true self. It is there that the Lord needs to touch, so that we feel whole again and may remove what is bringing us inner conflict.

The true prayer goes further: it leads us to a meditation on the Word of God, putting our thoughts and feelings in confrontation with it and thus, showing us where we need to change to get what we are seeking. Through the sincere opening of our heart before Him we reach His altar, and begin to know Him in His fullness. Prayer creates intimacy with the Lord, and makes Him, increasingly, a partaker in our lives.

Then, prayer allows us the free expression of our heart at that moment. The words written before us are nothing but guides so that our mouth can translate our feelings, and so that our mind can bring up our deepest thoughts. Prayer opens the doors of our hearts to God's throne.

This book was inspired by a simple prayer that I wrote one day when I was feeling very sad and in need of answers from the Lord. My heart opened to Him asking for what I wanted most, while His healing reached inside me, bringing me

certainty that I was being heard. It is the first prayer I put in this book.

I put in this work some biblical passages that will direct you in your prayer, while the Spirit of God opens the doors of your heart and mind to develop your own way to communicate with Him. It is like talking to a friend in whom we trust, unreservedly, and with the conviction that we will be helped.

I hope you understand the simplicity of God and start to take on you position as a child and friend of the Lord. I'm sure that you will discover the true source that feeds you.

I love you in Jesus.

Tânia Cristina



*“My house shall be called a house of prayer
for all the nations.” (Mk. 11: 17a)*



Sincere prayer

Heavenly Father!

Look at me and remember that it was you who created me and took me to be yours. Answer my deepest prayers, sometimes silent and incomprehensible, which spring from my heart. I wish to be heard by you as a child who has the father's attention. Show yourself to me so that I may truly know you and be thankful for have been born and have been chosen. Do not despise my simplest needs, for they make me feel humbly dependent on you and give me the certainty that you are bigger than anything that seems impossible to me. Give me a simple life where the strength of your love can quench my thirst, strengthening me to continue, and fill me with your wisdom to administer the great blessings that you have to pour out upon me. Deliver me from all evil and the bad memories of the past, teach me day by day so that I can tread the path of good and give me always the security to feel loved and approved by you. Preserve me in the innocence and purity of childhood. Grant me the joy of living in a united family and the privilege to have a recognized and honored work, because I consecrate everything to you, so that the glory of my accomplishments belongs only to you. I also thank you for the blessings you give me every day, and I know that I will receive what I ask. Amen.



To believe in the impossible
(Inspired by Lk. 24: 1-12 – the resurrection of Jesus)

Eternal and Almighty Father, yours is the power to make all things new. So I come to ask you to look at the dreams existing in my heart and that I see hindered to be performed. Perhaps, because I had let death enter into it through sin and now I feel lifeless and away from you. But I believe that with God all things are possible. Just as you raised your Son from the dead and rolled away the stone from the tomb to show everyone your power to remove barriers, act on my life today, removing all spiritual, emotional and material obstacles. Reveal yourself to me, just as happened with those women; may I also be a witness before men of the enlivening and restorative power of Jesus, in store for all those who receive Him with open and sincere heart. Forgive my sins and grant me victory over death and the destruction that they once brought to my soul. May your joy replace the weeping because of the losses, and teach me to leave behind what no longer edifies me. As of today I want to behave differently and live forever your resurrection in my being. My right attitudes will produce good fruit, and so I will increase my faith in you. I praise you and thank you for listening to me and for answering me. Amen.



Beloved and merciful God, I come to you to ask forgiveness for my mistakes and beg for your fair trial over everything that accuses me. Your mercy will be always available to all who have a contrite and sincere heart and it is new every morning on our lives. Because of your great love we are not consumed. I know that it was by your blood shed on the cross that I was forgiven, justified and freed from all condemnation. But I want something more than mere words. I want to feel your deep touch inside me, breaking the chains of iniquity, and closing the gaps created by the weakness of my carnal nature. You know the deepest of the heart of men, and takes pleasure in sincerity. This weakness of my soul needs to be treated and transformed in the fortress of your holiness. I give it today in the care of your Spirit, because I know that you'll teach me to have dominion over all that enslaves me. By faith I take possession of victory and the liberation and I put myself as a holy instrument in your sovereign hands. May your will be done forever. Amen.

Fair trial

(Inspired by Jn. 8: 1-11 – the adulteress)



The bread that feeds
(Inspired by Matt.14: 13-21
– the first multiplication of loaves and fish)

Abba Father, I have felt empty and powerless to live according to your purpose for me. I have sought food in the wrong sources, but today I discovered the fountain of life in you. Feed my soul like you fed your hungry people that afternoon by the merciful hands of Jesus. I know that in you lies the power to perform all the miracles that I need, hence I give you also the concern about my material life. I know that when I give you what is insufficient for me, you sustain me with your sufficiency, and what comes to my hands multiplies and is left over to feed others who are equally needy and hungry. Quench my thirst of your truth with the restorative waters of your Spirit and help me to free myself of selfishness and avarice so that He can flow as an inexhaustible spring through me. My dream is to get closer to your throne and have the strong food that I need for my spirit. I thank you for listening to me and for caring for me, despite the difficulties and tests that I go through. I'm sure that I'll overcome them and I'll be approved by you. I also know that your true prosperity will come to my life when I am able think and act like you. Make me a channel to feed your children. Amen.



The teaching that comes from the throne

(Inspired by Mk, 4: 1-20 – the parable of the sower)

Holy and mighty Lord, you are the sower, and I, the land where your word needs to fall and bear fruit. I also know that what a man sows he will also reap. Hence, I come to you to ask that the gift of your understanding may reach my soul, showing it the kind of seed I have planted. Perhaps for this reason I have not reaped the fruit that I want to see so much, for I sowed in the wrong way and in barren lands. Now I understand the value of being a good land, for when the fruit of your words of life and truth germinate in my heart, I'll also be able to be a sower of good lands. I want to be like your disciples, who had the privilege of knowing your mysteries, and bore great fruit for your harvest. Give me the same courage and the same perseverance that you have placed in their hearts, so that your Spirit rejoices with my life. I want to see your love in all things that I'll come to do, for I know that when I do your work with love, I do nothing to men, but to you; my reward will come only from you. In doing so, may my brothers understand what you wish for them and may learn that love is the greatest fertilizer for the seeds we sow. Give me a sowing, giving and blessing heart, above all, abundant. Lord, I do not want the seeds of selfishness, misery and greed to take root in it. Your Son said that we should be kind and merciful like our heavenly Father. So be it. Amen.



I want to see

(Inspired by Jn. 9: 1-41 – the healing of a man born blind)

Abba Father, by the name of your Son Jesus, release the healing over my inner blindness today, for I am aware of the need to grow in faith and reach the spiritual maturity that will lead me to take possession of your kingdom. Darkness has hindered my life, but it is by the faith in you that I can make way for the move of your Spirit. The worst blind is he who doesn't want to see. However, today I am willing to abandon the pride and fear that blind me to your truth. I need to see what I could not see until today. Only then I will know the truth, and the truth will make me free. So if your Son makes me free, I'll be free indeed and I shall truly testify before everyone the miracles you have done and will still do in my life. I'm sure that by obeying your will, I'll find true happiness and I'll no longer feel powerless and dependent on everything and everyone. On the contrary, you will act through me, making me a light for those who still find themselves in darkness. I want that others have the same joy than I, by having my eyes open for your wisdom and for eternal life. Amen.



Send me

(Inspired by Matt. 10: 5-42 – the instructions for the twelve)

Lord, you yourself said that you need workers to your harvest and that the Father has the power to bring them. So, I ask the Father in the name of Jesus, that He raises the workers of His harvest on earth and I offer myself as one of them. I know there are rules that you yourself gave to your chosen ones to follow, because one cannot work for you without obeying them. But I'm willing to give myself into your hands so that your project is fulfilled. I feel small and incapable of accomplishing something for you, because the immaturity of my soul brings me insecurity. However, I know that you do not choose the qualified, but you qualify your chosen, the willingness is there, the gift is acceptable according to what one has, not according to what he does not have. I am nothing, but with your strength I can everything. Forgive my omission in relation to your previous calls to my life and free me from self-indulgence, indecision, rebellion and selfishness, for they are obstacles to your move. Restore me to you, Lord, and I will return, cleanse me and I'll be purified, empower me and I'll be empowered to your work. I am willing to abandon what holds me to earth in order to be a carrier pigeon that carries your word and your release. Use me as you wish. Amen.



The priestly prayer of Jesus
(Jn. 17: 1-26)

Abba Father, you put your authority over your beloved Son to grant eternal life to all those who you gave Him and, thus, know you as the only true God. Your glory was seen through your Son, because He performed your work and left us your word of life and truth. Before dying, He prayed for us so that you protected us from evil and gave us your love as everlasting bond that ties us to you and to the brothers. Your word sanctifies us and protects us from evil. The desire of Jesus was that the love which was in Him is in all of us, and perfects us in the unity and maturity, therefore, pour your love on my life and make me a follower of this great work begun by Christ on earth. Through your love, may the world know that I am one with you. As the disciples were called friends of Jesus, may I too be called this way by being loyal and faithful to your call and for having the privilege to know the secrets of your heart. Perfect in me the true love, which becomes a protective shield around me against all the darts thrown by the enemy. You are this shield for me and you'll never forsake me, I know. Sanctify me in your word and make me a link between you and all my brothers. Amen.



Good eyes

(Inspired by Matt. 6: 22-23 – the light and the darkness)

Lord, you said that if our eyes are good, our body will be full of light; but if they are bad, our body will be in great darkness. I know that only you can give me your good view of life and of people because you are the only one able to open my spiritual eyes to the beauty of your truth and your holiness. Clean my eyes from the corruption of sin and the false teachings that make me waste my precious time on things that do not edify and still dirty my clothes. Beloved Father, lead me to know clearly your purpose for my life, because only then I'll find the accomplishment that I seek so much. Let the light of your face shine on me, that I may be saved. Perform the restoration of my inner temple and my walls destroyed by the dirt of my carnal eyes. May my eyes be strengthened and purified everyday by your truth and holiness, so that the abundance of God can fill my life. May I see myself in the mirror of your eyes and follow everything that you already planned for me. I thank you for your love and for your thoughts of peace for my ways. Amen.



The faith that move mountains

(Inspired by Matt. 8: 5-13

– the healing of the centurion's servant)

Abba Father, your word teaches us that faith can remove mountains and throw them into the sea. It also tells us that without faith it is impossible to please God, besides that faith without works is dead. Lord, just as that centurion believed the word of Jesus and saw his servant healed, may I receive with faith your promise in my heart, not just to please you, but to give me strength to act correctly all situations that seem impossible in my life. I am willing to perfect my faith in you through the tests you put before me. Thus, I'll see and live your miracles. With this understanding in my heart, I ask you for a bible verse that comes today to meet my pleas and needs so that, by prophesying it with faith, the word does not return empty; on the contrary, may show your power and bring into existence the things that do not exist. I believe in your answer and in your victory to me. Amen.



He never disappoints us
(Inspired by Lk. 24: 13-35
– the disciples on the road to Emmaus)

Lord, you have been my refuge and fortress, and I know you're by my side when everything seems dark and uncertain. Many may not believe in your promises, but I know that whatever you have spoken about me will be fulfilled. Like the disciples going to Emmaus felt helpless, frustrated and disappointed with your death, for all that you had preached and prophesied seemed a lie, I feel like them when I do not see a result in my petitions or when I realize the unbelief of those around me. However, the disciples' faith was revived when you showed yourself alive, fulfilling all the words of the prophets. They knew your fidelity and learned that you never forsake or disappoint those who are yours. Therefore, Lord, revive my perseverance and my faith in your promise. Show me that you are able to do immeasurably more than all I can ask or think, according to your power that works in me. And your Spirit is this generating power of life that makes me believe in the impossible. May He fill my spirit today and lead me to know the miracles that you separated for those who are faithful to you. Amen.



He calms every storm

(Inspired by Mk, 4: 35-41 – Jesus calms a storm)

Lord, during my tribulations I cry to you because only you can calm the turmoil around me. Even though everything around me seems confused and unsure, your presence with me will make me overcome the fear and will lead me to my safe harbor. Listen, Jesus, the cry of my heart, for I feel afflicted and needy of your love and your strength and direction. You were with your disciples in the boat when the storm came, so they did not perish, but knew that the faith in your word is a great weapon against the snares of the enemy. Thus, put today in my mouth the correct word to bring me back to the stillness, and firm your authority in my spirit so that I can see that greater is the one who is in me than the one who is in the world. I thank you for your protection and for your strong hand that guides me at all times. Give me your victory, put all my enemies to shame, and show me that your word has power to remove every obstacle that stands up against your will. Calm the waters ahead of me; move away the rain clouds and show the sun of righteousness shining brightly upon me. Amen.



With Him, everything is renewed
(Inspired by Matt. 1: 18-25 – the birth of Jesus Christ)

Beloved Father, I come to you with the praise in my heart, for the certainty that you are with me makes me see that I am no longer the same creature as before. You renewed everything and placed on my lips and a new song. Joseph regained hope and trust in God when he heard by the angel that the Holy Spirit performed the miracle in Mary. Therefore, I ask you that Jesus comes to be part of my life fully and show me what it is to live in newness of life. May all my days be in your hands and may my learning with you be constant and safe in the hands of your Spirit. Revive your gifts in me and gladden my soul with the full confidence in you, with the hope of a better future and with the harvest of the seeds that were planted. Amen.



*Blessed is he who comes in the
name of the Lord*

(Inspired by Matt. 21: 1-11

– the triumphal entry of Jesus into Jerusalem)

Lord Jesus, today I declare my faith in you and I surrender to your will, so that your Spirit fill my whole being with the light of your presence. My soul longs for you as in a dry and weary land where there is no water; so, come and quench my thirst. I found out that only in you there is eternal life, and I want to have it. I wish to be your instrument of blessing on earth and recognized as your son; and where I enter, may many say: “Blessed is he who comes in the name of the Lord”, for those who serve you are blessed and happy, because they are sent in your name as a ray of light where there is darkness. Let me just look up, for your eyes and your throne, and give me the revelation of your will, the understanding of your word and the wisdom to act according to it. Hold my mind, my will and my emotions to you, and purify my inner temple for your honor and glory. Amen.



*If you believe you will see
the glory of God*

(Inspired by Jn. 11:1-46 – the resurrection of Lazarus)

Abba Father, send your resurrection to the dead areas of my soul, which require the presence of your beloved Son in order to attain deliverance. So I shall know your mysteries and I'll see the defeat of the unbelief that affects my life. I know that many victories take time to be conquered and bring a greater struggle, because they put me in tests of faith and develop in me the authority that you want me to have. Lord, help me to be perseverant, faithful to you, and be a warrior of your love and your faith. May you use me the way you planned, and may you bring the victories that I need to remain firm and strong in your ways, as well as to show your power on earth. Meet the needs that I have put in prayer in your presence, for although they seem small and insignificant to men, I know that you care about the small things as well. Today I decide to rest in you in what I cannot do with my strength and I also decide to wait for your miracle in what seems impossible. Amen.



Nothing stops Him
(Inspired by Jn. 20: 1-9 – the resurrection of Jesus)

Sovereign God and Lord of all things, I bow before your power, and to you I commit my cause, because I know that nothing can stop your will from being done. Even if I have felt until today the difficulty of accomplishing the dreams of my heart, I am sure that there is a time determined by you for every purpose and that nothing can prevent it from being fulfilled. If this is your time in my life, act with strength, show the truth and deliver me from the chains that tried to arrest me in this stagnation. Release your angels to fight for me, open my ways and give me to know the joy and the freedom of your Spirit. You were not arrested at that tomb because the time for your resurrection had come. So I entrust my cause to you, in the faith that the victory is won and very close. Amen.



Abba Father, I praise and thank you for choosing me now to hear you and receive your revelations. Everything seems so different from what I've seen or lived until today, but I know that you are a creative God and that nothing is repeated with you. I receive your words with the innocence of a child, because the bible says that nothing will be impossible for you in all your promises. I also believe that all things work together for my good, because this is your will and the desire of your heart for all men. If in my heart there is no more the innocence and purity of childhood, make it pure again so it can shelter your dreams. Give me strength and boldness to break my own human limitations and the limits imposed by the world, because the same way your Son Jesus came to break them and show your power over all creation, my soul needs to get used to the visions of your miracles. I accept your call to me and I open myself to the new in my life. Amen.

Everything is possible
(Inspired by Lk. 1: 26-38 – birth of Jesus is predicted)



Stand up and walk

(Inspired by Mk, 2: 1-12

– the healing of a paralytic at Capernaum)

Lord, your word says that whoever believes in you shall not be ashamed and that everyone who calls on your name will be saved. You came to earth and performed many healings and deliverances, showing that neither sin nor sickness, nor the things in the world or of the darkness have power over you. You freed many children so that they could walk freely, without the chains of paralysis. Thus, Lord, I want to be freed from all that has held me to indecision and sin, preventing me from knowing your will for me. Without the touch of your hands I cannot feel myself a helpful person and accomplished as I want to be. Without the liberating power of your word, I will not be able to bear witness to you. I ask today that you have mercy on my life and tell me what I really need to do to free myself from these prisons. Help me to see that the faith in you opens the doors to the healing that I need. I believe that you can do all things, and that no plan of yours can be thwarted. Amen.



My Lord and God, forgive the unbelief and the lack of perseverance of my soul, for they have prevented me from enjoying the best of the land that you reserved for me. Just as Thomas believed only when he touched your wounds, I am ashamed of my fickle positioning before you and I know that you takes no pleasure in see me asking for signals to firm myself in faith. Help me to understand what unconditional surrender is; only this way I can actually be free and have the privilege of being called a child of God. Today I regret of what I have done, I ask your forgiveness and your strength to position myself as you have expected me to do. Justify me with your blood and dress me with the armor of a warrior. As of today I want to cheer your heart with the right attitudes of a true ambassador of Christ on earth. Thanks for your deliverance and your victory. Amen.

*Blessed are those who have not seen
and yet have come to believe*

*(Inspired by Jn. 20: 19-29
– Jesus appears to His disciples)*



Sovereign Lord and God! I know that today you come to me with a new opportunity to correct me from my sins, especially in relation to the spiritual area. I recognize in me the pride, rebellion, criticism, omission, prejudice and the lack of courage to assume your truth, because so far I resisted it and practiced what was disagreeable to your eyes. I know you don't take pleasure in rebellion or idolatry. When we insist with you we cannot go very far. Teach me the truth of your word and deliver me from all lying knowledge that stained my clothes with the color of sin and clouded my mind to your purpose. I give my soul in your hands because your judgment is fair and impartial, but I make the decision to throw down my old life and start to rebuild it upon other foundations. Jesus, I cannot deny your name before men anymore, for this would make you deny me also before the Father and His angels, as it's written in your word. Accept me as a child and be my Father. Amen.

Sincere repentance

(Inspired by Matt. 11: 7-19

– Jesus bears witness to John the Baptist)



Lord God, I have heard your voice, but only today I understood what you truly want of me. I give my attachments to you, especially regarding my financial life, because I understood that money can no longer be my god. Lord, other values besides it have occupied your place in my heart, but I decide to free myself from all this, surrendering my life to you and recognizing that all threats and lies I've heard until today moved me away from your presence and almost stole my salvation. That is why, after so much suffering that I have gone through, I surrender today to your sovereignty and your mercy, knowing that I will not be forsaken in any area of my life and that you'll take the government and the control over all of them. You shed your blood for me so that I received eternal life and realized my value to you. I make a covenant of faithfulness to you and ask you to give me the opportunity to serve you and be your instrument of blessing on earth. Forgive me and give me every day the understanding of your will. Amen.

Salvation came

(Inspired by Lk. 19: 1-9 – Zacchaeus the tax collector)



Forgiveness is the way
(Inspired by Matt. 5: 43-48 – the love of neighbor)

Jesus, you are the Savior of the world and He who came to teach us the true path to the Father. Take my heart in your hands and teach me to obey you in relation to the greatest commandment which is love. I have too much difficulty, Lord, to forgive and to love. I know that you alone are able to free me from these chains and to give me the freedom of your Spirit. Just this way I can walk with my head held high among my brothers. Heal my wounds and pains, and give me strength to overcome the temptations and not to repeat the same mistakes of the past. I know I can no longer blame others for my actions, because today you give me back the free will, which places on my hands the responsibility to decide my path and the authority to overcome evil. Help me to be meek and gentle on your hands, so that I can conquer a kingdom much bigger than I thought to have until today. I want to be like you. I know I can do nothing without you, because in my flesh there is no good, but by the power of your Spirit I'll be able to win. Receive my prayer and my surrender and take your lordship over me. Amen.

EPILOGUE

I hope that the Lord has touched your heart with healing and you have discovered in prayer a powerful weapon to win every battle, and a flat path to get to the altar. Now it's the practice that will improve you in this very sure way of communicating with God.

Jesus set us the example, as a man, going up the mount every night to talk to the Father. Through this dialogue, He received strength to work the next day and fulfill His mission.

He taught us a secret: "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him" (Matt. 6: 5-8).

He tells us that when we pray, we should 'go into our room', that is, to enter into the silence of our spirit and of our soul and there, in awe, talk to the Father. Even if He knows what we need, He wants hear us, because prayer, doesn't really matter for God if we say it with the mouth open or closed. However, it is important to us because when we verbalize what we think or feel, we know ourselves. This returns us the authority over our own lives. And what we ask, we can be certain that we will receive:

• Mk. 11: 24: "So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."

• Jn. 14: 13-14: "I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it."

• Jn. 15: 16: "You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name."

• 1 Jn. 5: 14-15: "And this is the boldness we have in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him."

That's why we pray to the Father in the name of Jesus. It is by the name of His Son that the Father gives us what we ask.

May the Lord bless you and grant your wishes in the name of Jesus.

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