

The Power of Prayer

What Is Prayer?

Steps to Christ, p. 93. “Prayer is the opening of the heart to God as to a friend...Prayer does not bring God down to us, but brings us up to Him.”

Steps to Christ, p. 94. “...Prayer is the key in the hand of faith to unlock heaven’s storehouse...”

Child Guidance, p. 518. “Prayer is communion with God, the Fountain of wisdom, the Source of strength, and peace, and happiness.”

In Heavenly Places, p. 75. “Prayer is the expression of the desires of a soul hungering and thirsting for righteousness.”

Conditions to Answered Prayers

1. Faith

(Read Hebrews 11:6)

Steps to Christ, p. 96. “He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him... “When we do not receive the very things we asked for, at the time we ask, we are still to believe that the Lord hears and that He will answer our prayers.”

Faith and Promises

Steps to Christ, p. 96. “When our prayers seem not to be answered, we are to cling to the promise; for the time of answering will surely come, and we shall receive the blessing we need most.”

Matthew 7:7 “Ask, and it shall be given you.”

Faith and Prayer

Education, p. 253. “ Faith is trusting God--believing that He loves us and knows best what is for our good. Thus, instead of our own, it leads us to choose His way. In place of our ignorance, it accepts His wisdom; in place of our weakness, His strength; in place of our sinfulness, His righteousness.

How to Exercise Faith

Education, p. 253. “If we are willing to do His will, all His strength is ours.”

Education, p. 253. “In order to strengthen faith, we must often bring it in contact with the word.”

Search the Word for Examples of Exercised Faith

Education, p. 254.

- Enoch, pure in heart, holy in life, holding fast his faith in the triumph of righteousness against a corrupt and scoffing generation
- Noah and his household against the men of his time
- The children of Israel at the Red Sea
- David, a shepherd lad, having God's promise of the throne

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Search the Word for Promises to Claim

Education, pp. 256, 257.

- "I can do all things through Christ which strengtheneth me." Philippians 4:13. {Ed 256.2}
- "For he that toucheth you toucheth the apple of His eye." Zechariah 2:8. {Ed 257.1}
- "Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. . . . He shall bring forth thy righteousness as the light, and thy judgment as the noonday." Psalm 37:5, 6. {Ed 257.2}

Search the Word for Duties to Fulfill

Education, p. 257. "The compassion that God manifests toward us, He bids us manifest toward others. Let the impulsive, the self-sufficient, the revengeful, behold the meek and lowly One, led as a lamb to the slaughter, unretaliating as a sheep dumb before her shearers. Let them look upon Him whom our sins have pierced and our sorrows burdened, and they will learn to endure, to forbear, and to forgive."

Exercise of Faith Develops Character

Education, p. 257.

- "Through faith in Christ, every deficiency of character may be supplied, every defilement cleansed, every fault corrected, every excellence developed."
- "Ye are complete in Him." Colossians 2:10.

Studying the Science of Prayer

Education, p. 257. "Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand."

Conditions to Answered Prayer

2. Asking

But the prayer that comes from an earnest heart, when the simple wants of the soul are expressed just as we would ask an earthly friend for a favor, expecting that it would be granted--this is the prayer of faith. MLT-19

How Hard Can It Be?

Matthew 7:7 "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:..."

Education, p. 258 "...for any gift He has promised, we may ask;"

Great Controversy, p. 525 "It is a 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."

Asking Properly

Education, p. 258. "Our asking must be according to God's will..."

Matthew 26:39. "Not as I will, but as Thou wilt."

Education, p. 257, 258. "Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand. Christ says, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark

11:24. He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal...

For the pardon of sin, for the Holy Spirit, for a Christlike temper, for wisdom and strength to do His work, for any gift He has promised, we may ask; then we are to believe that we receive, and return thanks to God that we have received.

We need look for no outward evidence of the blessing. The gift is in the promise, and we may go about our work assured that what God has promised He is able to perform, and that the gift, which we already possess, will be realized when we need it most.”

Steps to Christ, p. 51. “...It is the will of God to cleanse us from sin, to make us His children, and to enable us to live a holy life. So we may ask for these blessings...”

Education, p. 253. “To every promise of God there are conditions. If we are willing to do His will, all His strength is ours. Whatever gift He promises, is in the promise itself. "The seed is the word of God." Luke 8:11. As surely as the oak is in the acorn, so surely is the gift of God in His promise. If we receive the promise, we have the gift.”

Asking for What?

Thoughts from the Mount of Blessings, p. 133. “Every promise in the word of God furnishes us with subject matter for prayer, presenting the pledged word of Jehovah as our assurance.”

3. Believing

(Read Mark 11:24.)

Education, p. 258. ...then we are to believe that we receive ...(See also SC 51)

Believing by Faith

Education, p. 258. “We need look for no outward evidence of the blessing. The gift is in the promise, and we may go about our work assured that what God has promised He is able to perform, and that the gift, which we already possess, will be realized when we need it most.”

The nobleman wanted to see the fulfillment of his prayer before he should believe; but he had to accept the word of Jesus that his request was heard and the blessing granted. This lesson we also have to learn.

Desire of Ages, p. 200. “Not because we see or feel that God hears us are we to believe. We are to trust in His promises. When we come to Him in faith, every petition enters the heart of God. When we have asked for His blessing, we should believe that we receive it...”

4. Thankfulness

A Vital Part of the Prayer of Faith

Steps to Chris, p. 51. (We are to) “thank God that we have received them.”

Education, p. 258. (We are to) “return thanks to God that we have received.”

(Read 1 Thessalonias 5:18.)

5. Our Need of Him

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Steps to Christ, p. 95. “One of the first of these (conditions) is that we feel our need of help from Him.”

(Read Isaiah 44:3.)

Our Need

Thoughts from the Mount of Blessing, p. 110. “When you have thus made God's service your first interest, you may ask with confidence that your own needs may be supplied.”

Steps to Christ, p. 95. “Our great need is itself an argument and pleads most eloquently in our behalf. But the Lord is to be sought unto to do these things for us.

Knowing Our Need

8 Testimonies, p. 329. “The knowledge of God that works transformation of character is our great need.”

2 Testimonies, p. 83. “The Lord is ready to help all who need help and feel that need. If you see your poverty and wretchedness before God, and earnestly take hold of His strength, He will help...”

Desire of Ages, p. 317. “We have nothing to recommend us to God; but the plea that we may urge now and ever is our utterly helpless condition that makes His redeeming power a necessity.”

Rock of Ages
Nothing in my hand I bring,
Simply to Thy cross I cling;
Naked come to Thee for dress,
Helpless, look to Thee for grace;
Foul I to the fountain fly;
Wash me, Saviour, or I die.

6. Renounce Sin

(Read 1 Peter 3:10-12.)

Steps to Christ, p. 95. “If we regard iniquity in our hearts, if we cling to any known sin, the Lord will not hear us; but the prayer of the penitent, contrite soul is always accepted.”

Restitution for Evil Done

7. Perseverance

Ministry of Healing, p. 196. “We can do nothing without courage and perseverance.”

5 Testimonies, p. 312. “While our kind heavenly Father has given us so many things to promote our happiness, He has given us also blessings in disguise. He understands the necessities of fallen man; and while He has given us advantages on the one hand, on the other there are inconveniences which are designed to stimulate us to use the ability He has given us. These develop patient industry, perseverance, and courage.

An Active Virtue

Steps to Christ, p. 97. “Perseverance in prayer has been made a condition of receiving. We must pray always if we would grow in faith and experience... Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God.”

Persevere in Proportion to the Value of the Object Pursued

We are to be "instant in prayer," to "continue in prayer, and watch in the same with thanksgiving." Romans 12:12;

Colossians 4:2. Peter exhorts believers to be "sober, and watch unto prayer." 1 Peter 4:7. Paul directs, "In everything by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6.

8. Diligence

Steps to Christ, p. 98. “There is necessity for diligence in prayer; let nothing hinder you. Make every effort to keep open the communion between Jesus and your own soul. Seek every opportunity to go where prayer is wont to be made.”

How to Be Diligent in Prayer

Steps to Christ, p. 98. “Those who are really seeking for communion with God will be seen in the prayer meeting...”
“We should pray in the family circle... Above all we must not neglect secret prayer, for this is the life of the soul.”

Places of Secret Prayer

Steps to Christ, p. 99.

- In your closet,
- As you go about your daily labor...
- In the crowds of the street,
- In the midst of ...business...
- We should have the door of the heart open continually...

4 - Prayer and Obedience

God’s Heartfelt Plea

9. Obedience (Read Deuteronomy 5:29,32-33)

How Are Prayer and Obedience Connected?

(Read I John 3:22.)

The Test of Discipleship

Thoughts from the Mount of Blessing, p. 146. “Obedience is the test of discipleship. It is the keeping of the commandments that proves the sincerity of our professions of love. When the doctrine we accept kills sin in the heart, purifies the soul from defilement, bears fruit unto holiness, we may know that it is the truth of God. When benevolence, kindness, tenderheartedness, sympathy, are manifest in our lives; when the joy of right doing is in our hearts; when we exalt Christ, and not self, we may know that our faith is of the right order. "Hereby we do know that we know Him, if we keep His commandments." 1 John 2:3.

In His Name

Steps to Christ, pp. 100, 101. Jesus said, "Ye shall ask in My name: and I say not unto you, that I will pray the Father for you: for the Father Himself loveth you." "I have chosen you: . . . that whatsoever ye shall ask of the Father in My name, He may give it you." John 16:26, 27; 15:16. But to pray in the name of Jesus is something more than a mere

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mention of that name at the beginning and the ending of a prayer. It is to pray in the mind and spirit of Jesus, while we believe His promises, rely upon His grace, and work His works.

God does not mean that any of us should become hermits or monks and retire from the world in order to devote ourselves to acts of worship. The life must be like Christ's life--between the mountain and the multitude. He who does nothing but pray will soon cease to pray, or his prayers will become a formal routine. When men take themselves out of social life, away from the sphere of Christian duty and cross bearing; when they cease to work earnestly for the Master, who worked earnestly for them, they lose the subject matter of prayer and have no incentive to devotion. Their prayers become personal and selfish. They cannot pray in regard to the wants of humanity or the upbuilding of Christ's kingdom, pleading for strength wherewith to work.

What Do We Obey?

Christ's Object Lessons, p. 289. “In obedience to His moral law the hearts of the people were to reflect the attributes of His character. Even the heathen would recognize the superiority of those who served and worshiped the living God.”

Moral Law = The Commandments

Christ's Object Lessons, p. 312. “Christ was obedient to every requirement of the law. He said of Himself, "I delight to do Thy will, O My God; yea, Thy law is within My heart." Ps. 40:8. When on earth, He said to His disciples, "I have kept My Father's commandments." John 15:10. By His perfect obedience He has made it possible for every human being to obey God's commandments.”

The Spirituality of the Law

Thoughts from the Mount of Blessing, p. 56. “The spirit of hatred and revenge originated with Satan, and it led him to put to death the Son of God. Whoever cherishes malice or unkindness is cherishing the same spirit, and its fruit will be unto death. In the revengeful thought the evil deed lies enfolded, as the plant in the seed. "Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him." 1 John 3:15.

Thoughts from the Mount of Blessing, p. 60. “When the thought of evil is loved and cherished, however secretly, said Jesus, it shows that sin still reigns in the heart. The soul is still in the gall of bitterness and in the bond of iniquity. He who finds pleasure in dwelling upon scenes of impurity, who indulges the evil thought, the lustful look, may behold in the open sin, with its burden of shame and heart-breaking grief, the true nature of the evil which he has hidden in the chambers of the soul.”

Prayer Does Not Eliminate Obedience

Messages to Young People, p. 248. “Prayer is not intended to work any change in God; it brings us into harmony with God. It does not take the place of duty. Prayer offered ever so often and ever so earnestly will never be accepted by God in the place of our tithe. Prayer will not pay our debts to God. . . .”

5 – Motives in Prayer

10. Motives

Secrets?

5 Testimonies, p. 147. “His all-seeing eye is ever upon them and the most secret thought is known to Him. The character, the motives, the desires and purposes, are as clear as the light of the sun to the eye of the Omnipotent.”

(Read 1 Sam 16:7.)

What is the Real Reason?

(Read James 4:3.)

Christ's Object Lessons, p. 142. “Our prayers are not to be a selfish asking, merely for our own benefit. We are to ask that we may give.”

Selfish or Impulsive Motives

4 Testimonies, p. 458. “Can Christians contemplate this wonderful exhibition of the love of God to man without emotions of love and a realizing sense of the fact that we are not our own? Such a Master should not be served from grudging, covetous, selfish motives.”

7 Testimonies, p. 202. “Impulsive motives, fitful actions, must be put aside. Those who cannot distinguish between the sacred and the common are not safe stewards of high responsibilities. When tempted, they will betray their trust.”

2 Testimonies, p. 512. “The Searcher of hearts inspects motives, and often the deeds which are highly applauded by men are recorded by Him as springing from selfish motives and base hypocrisy.”

Education, p. 225. “At such a time as this, what is the trend of the education given? To what motive is appeal most often made? To self-seeking. Much of the education given is a perversion of the name.”

Antagonistic Motives

Education, p. 190. “He should understand the nature of the two principles that are contending for supremacy, and should learn to trace their working through the records of history... (The student) should see how this controversy enters into every phase of human experience; how in every act of life he himself reveals the one or the other of the two antagonistic motives; and how, whether he will or not, he is even now deciding upon which side of the controversy he will be found.”

God Weighs Men's Motives

(Read Proverbs 12:22 and John 2:24)

Presumption is the Result of Wrong Motives

Thoughts from the Mount of Blessing, p. 147. “A belief that does not lead to obedience is presumption.”

(Read 1 John 2:4)

Satan's Counterfeit

Desire of Ages, p. 126. “He who has true faith is secure against presumption. For presumption is Satan's counterfeit of faith. Faith claims God's promises, and brings forth fruit in obedience. Presumption also claims the promises, Faith is in no sense allied to presumption. Only but uses them as Satan did, to excuse transgression....”

Guard Against Presumption

Desire of Ages, p. 126. “Faith would have led our first parents to trust the love of God, and to obey His commands. Presumption led them to transgress His law, believing that His great love would save them from the consequence of their sin. It is not faith that claims the favor of Heaven without complying with the conditions on which mercy is to be granted. Genuine faith has its foundation in the promises and provisions of the Scriptures.”

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Letting God Be God

Steps to Christ, p. 96. “When we do not receive the very things we asked for, at the time we ask, we are still to believe that the Lord hears and that He will answer our prayers. We are so erring and short-sighted that we sometimes ask for things that would not be a blessing to us, and our heavenly Father in love answers our prayers by giving us that which will be for our highest good... But to claim that prayer will always be answered in the very way and for the particular thing that we desire, is presumption. God is too wise to err, and too good to withhold any good thing from them that walk uprightly.”

6 - Praying for What?

Special Conditions

(Read John 16:23, 24.)

1. Asking in Jesus' Name

Desire of Ages, p. 668. “But to pray in Christ's name means much. It means that we are to accept His character, manifest His spirit, and work His works. The Saviour's promise is given on condition. "If ye love Me," He says, "keep My commandments." He saves men, not in sin, but from sin; and those who love Him will show their love by obedience.”

8 Testimonies, p. 178. “In Christ's name our petitions ascend to the Father. He intercedes in our behalf, and the Father lays open all the treasures of His grace... for us to enjoy and impart to others. "Ask in My name," Christ says.... Make use of My name. This will give your prayers efficiency, and the Father will give you the riches of His grace. Wherefore ask, and ye shall receive, that your joy may be full.”

Christ's Object Lessons, p. 147. “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.

Fulfill the Conditions in the Text

(Examples are found in I John 1:9, Isaiah 26:3, and James 1:2-4.)

Procedure for Presenting Promises

Christ's Object Lessons, p. 147. “God stands back of every promise He has made. With your Bible in your hands say, I have done as Thou hast said. I present Thy promise...”

Factors to Consider In Claiming

Our Inability to Fulfill Conditions

(Read Jeremiah 13:23)

Only God Can Change Our Attitudes and Actions

(Read Ezekiel 36:26, 27.)

We Must Cooperate

(Read John 15:5.)

Thoughts from the Mount of Blessing, p. 142. “You are not able, of yourself, to bring your purposes and desires and inclinations into submission to the will of God; but if you are "willing to be made willing," God will accomplish the work for you...”

What Do We Do With All Those Conditions? We need to learn to treat Them As Promises

Conditions=Commands=Promises

Education, p. 126. “The creative energy that called the worlds into existence is in the word of God. This word imparts power; it begets life. Every command is a promise; accepted by the will, received into the soul, it brings with it the life of the Infinite One.”

7 - God’s Promises, Prayer, and Power

Claiming His Promises

His Promises Are Our Assurance

“God stands back of every promise He has made.”

(Read 2 Corinthians 1:20.)

What Is In God’s Promises?

We can become better acquainted with God, and trust Him. (See Romans 10:17.)

(Read Psalm 118:8)

Growing Trust

Great Controversy, p. 622. “Those who exercise but little faith now, are in the greatest danger of falling under the power of satanic delusions and the decree to compel the conscience. And even if they endure the test they will be plunged into deeper distress and anguish in the time of trouble, because they have never made it a habit to trust in God. The lessons of faith which they have neglected they will be forced to learn under a terrible pressure of discouragement.”

Growing Character

We can develop a character like Christ’s by praying, working, and claiming promises like Christ.

(Read 2 Peter 1:4.)

Growing Soul-Winning Capacity

(Read Proverbs 11:25)

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Steps to Christ, p. 80. “The spirit of unselfish labor for others gives depth, stability, and Christlike loveliness to the character,... Those who thus exercise the Christian graces will grow and will become strong to work for God.”

And Other Blessings

(Read John 16:24; James 5:11,

Steps to Christ, p. 100. “Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds...”

More Subject Matter for Prayer

Steps to Christ, p. 101. “He who does nothing but pray will soon cease to pray, or his prayers will become a formal routine. When men take themselves out of social life, away from the sphere of Christian duty and cross bearing; when they cease to work earnestly for the Master, who worked earnestly for them, they lose the subject matter of prayer and have no incentive to devotion.”

Precious Privilege

Steps to Christ, p. 100. “The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son.”

Abundance of Promises

There are said to be at least 3,573 promises in the Scriptures. What can we do with them? Claim them for others and for ourselves.

Ministry of Healing, p. 159. “The humblest workers, in co-operation with Christ, may touch chords whose vibrations shall ring to the ends of the earth and make melody throughout eternal ages.”

8 - Prayers and Praise

Praise as Much as You Ask

Steps to Christ, p. 102. “If we would but think of God as often as we have evidence of His care for us we should keep Him ever in our thoughts and should delight to talk of Him and to praise Him.”

(Read Psalm 107:8.)

Praise as Much as You Receive

Steps to Christ, p. 102. “Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us.”

Praise Him Together

(Read Deuteronomy 12:7.)

Steps to Christ, p. 101. “We sustain a loss when we neglect the privilege of associating together to strengthen and encourage one another in the service of God.”

Praise, Prayer, and Joy

Steps to Christ, p. 116. “If we do represent Christ, we shall make His service appear attractive, as it really is. Christians who gather up gloom and sadness to their souls, and murmur and complain, are giving to others a false representation of God and the Christian life. They give the impression that God is not pleased to have His children happy, and in this they bear false witness against our heavenly Father.”

Praise List

Steps to Christ, p. 118. “Thank God for the bright pictures which He has presented to us. Let us group together the blessed assurances of His love, that we may look upon them continually:

- The Son of God leaving His Father's throne, clothing His divinity with humanity
- His triumph in our behalf, opening heaven to men,
- The fallen race uplifted from the pit of ruin into which sin had plunged it {SC 118}

Child Guidance, p. 148. “Thanksgiving and praise should be expressed to God for temporal blessings and for whatever comforts He bestows upon us.”

Ministry of Healing, p. 253. “Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King...”

5 Testimonies, p. 316. “Then cease to complain as though you were bond servants under a hard taskmaster. Jesus is good. Praise Him. Praise Him who is the health of your countenance, and your God.”

5 Testimonies, p. 312. “Let the fresh glories of each new morning awaken praise in your hearts for these tokens of His loving care.”

Praise Him Even When...

- Praise the Lord even when you fall into darkness. (See 2 Testimonies, p. 593)
- Praise Him even in temptation. (See 2 Testimonies, p. 593)

Praise Continued

Steps to Christ, pp. 119, 120. “Let your conversation be of Him who liveth to make intercession for you before the Father. When you take the hand of a friend, let praise to God be on your lips and in your heart... Make it a rule never to utter one word of doubt or discouragement. You can do much to brighten the life of others and strengthen their efforts, by words of hope and holy cheer.”

Praise and Power - Again

(Read Psalm 50:23.)

5 Testimonies, p. 317. “If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer.”

Praise All The Way To Heaven

Education, p. 161. “The melody of praise is the atmosphere of heaven; and when heaven comes in touch with the earth, there is music and song--"thanksgiving, and the voice of melody." Isaiah 51:3.

9 - The Prayer of Commitment

Trust in God’s Wisdom and Love

(Read Matthew 26:39.)

The Place of Submission

6 Bible Commentary, p. 1076. “The soul is surrendered to God. The will, and even the thoughts, are brought into subjection to the will of Christ.”

1 Testimonies, p. 240. “And when you think that the way is too strait, that there is too much self-denial in this narrow path; when you say, How hard to give up all, ask yourselves the question, What did Christ give up for me?”

Jesus Submitted –So Should We

2 Testimonies, p. 73. “The bitter cup was apportioned to us to drink. Our sins mingled it. But our dear Saviour took the cup from our lips and drank it Himself, and in its stead He presents to us a cup of mercy, blessing, and salvation...After all this manifestation of suffering to show His love, shall we shrink from the small trials we have to bear?”

The Origin of an Unsubmitted Will

Desire of Ages, p 761. “Understanding the character of God, knowing His goodness, Satan chose to follow his own selfish, independent will. This choice was final. There was no more that God could do to save him. But man was deceived; his mind was darkened by Satan's sophistry. The height and depth of the love of God he did not know. For him there was hope in a knowledge of God's love. By beholding His character he might be drawn back to God.”

When to Pray This Prayer

1. When we are not sure of God’s will; there is no specific promise in the Scriptures. Examples include...
 - What house to buy
 - Choosing a lifework
 - Whom to marry
2. In praying for the sick
Counsels on Health, p. 375. “But it is not always safe to ask for unconditional healing. Let your prayer include this thought: “Lord, Thou knowest every secret of the soul. ..If, therefore, it is for Thy glory and the good of these afflicted ones to raise them up to health, we ask Thee in the name of Jesus, that health may be given them at this time.” In a petition of this kind, no lack of faith is manifested.”

Allowing God to Be God

Counsels on Health, p. 376. “Like as a father pitieth his children, so the Lord pitieth them that fear Him;... He remembereth that we are dust.” Psalm 103:13, 14... He reads every secret of the soul. He knows whether or not those for whom petitions are offered would be able to endure the trial and test that would come upon them if they lived.... Many will be laid away to sleep before the fiery ordeal of the time of trouble shall come upon our world.”

How to Submit

Counsels on Health, p. 376. “In praying for the sick, we are to pray that, if it is God's will, they may be raised to health; but if not, that He will give them His grace to comfort, His presence to sustain them in their suffering.”

Dangers of Lack of Submission

Counsels on Health, p. 376. “Many who should set their house in order neglect to do it when they have hope that they will be raised to health in answer to prayer. Buoyed up by a false hope, they do not feel the need of giving words of exhortation and counsel to their children, parents, or friends, and it is a great misfortune. Accepting the assurance that they would be healed when prayed for, they dare not make a reference as to how their property shall be disposed of, how their family is to be cared for, or express any wish concerning matters of which they would speak if they thought they would be removed by death... In this way disasters are brought upon the family and friends, for many things that should be understood are left unmentioned because they fear expression on these points would be denial of their faith. Believing they will be raised to health by prayer, they fail to use hygienic measures which are within their power to use, fearing it would be a denial of their faith.”

Principles Regarding Prayer and Healing

(Read Galatians 6:7-8.)

Education, p. 108. “By the laws of God in nature, effect follows cause with unvarying certainty. The reaping testifies to the sowing. Here no pretense is tolerated. Men may deceive their fellow men and may receive praise and compensation for service which they have not rendered. But in nature there can be no deception.”

Christ’s Object Lessons, p. 84. “Every seed sown produces a harvest of its kind. So it is in human life. We all need to sow the seeds of compassion, sympathy, and love; for we shall reap what we sow. Every characteristic of selfishness, self-love, self-esteem, every act of self-indulgence, will bring forth a like harvest. He who lives for self is sowing to the flesh, and of the flesh he will reap corruption.”

Christ’s Object Lessons, p. 84. “God destroys no man. Everyone who is destroyed will have destroyed himself. Everyone who stifles the admonitions of conscience is sowing the seeds of unbelief, and these will produce a sure harvest.”

Sickness and Health

Desire of Ages, p. 824. “To many of the afflicted ones who received healing, Christ said, “Sin no more, lest a worse thing come unto thee.” John 5:14. Thus He taught that disease is the result of violating God’s laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator’s plan.”

Sickness Results from Transgression

Counsels on Health, p. 37. “All sickness is the result of transgression. Many are suffering in consequence of the transgression of their parents. They cannot be censured for their parents’ sin; but it is nevertheless their duty to ascertain wherein their parents violated the laws of their being, which has entailed upon their offspring so miserable an inheritance; and wherein their parents’ habits were wrong, they should change their course, and place themselves by correct habits in a better relation to health.”

Sickness and the Mind

Counsels on Health, p. 324. “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.”

Ministry of Healing, p. 241. “The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.”

The Place of Cheer

Science of Prayer

“Communion With God”

(Read Proverbs 17:22 and Nehemiah 8:10)

Obey the Laws of Health

Counsels on Health, p. 37. “Many have inquired of me, “What course shall I take to best preserve my health?” My answer is, Cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food; dress healthfully, which will require modest simplicity; work healthfully; and you will not be sick.”

10 - Interceding in Prayer for Others

Prayer Warriors Must Be Prayer Livers

Ministry of Healing, p. 509. “We do not value the power and efficacy of prayer as we should. Prayer and faith will do what no power on earth can accomplish. We are seldom, in all respects, placed in the same position twice. We continually have new scenes and new trials to pass through, where past . experience cannot be a sufficient guide. We must have the continual light that comes from God.”

Learning to Live Our Prayers

Ministry of Healing, pp. 509, 510. “Christ is ever sending messages to those who listen for His voice.... The temptations to which we are daily exposed make prayer a necessity. Dangers beset every path. Those who are seeking to rescue others from vice and ruin are especially exposed to temptation. In constant contact with evil, they need a strong hold upon God lest they themselves be corrupted.”

Set the Lord Before You

Ministry of Healing, p. 510. “The reason why so many are left to themselves in places of temptation is that they do not set the Lord always before them. When we permit our communion with God to be broken, our defense is departed from us.”

Identify with Jesus

Ministry of Healing, pp. 510. “Cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor. Let the heart be continually uplifted in silent petition for help, for light, for strength, for knowledge. Let every breath be a prayer.”

Ministry of Healing, pp. 511. “The atmosphere of His presence will fill the soul with abhorrence of all that is evil. Our spirit may be so identified with His that in thought and aim we shall be one with Him.”

We Need Jesus

Ministry of Healing, pp. 511. “All are pressed with urgent cares, burdens, and duties, but the more difficult your position and the heavier your burdens, the more you need Jesus.”

Jesus Sends the Spirit to Help

(Read John 16:7-8.)

God Sends You

(Read Matthew 5:13-14.)

You Are His Channels of Light

Desire of Ages, p. 306. “Hearts that respond to the influence of the Holy Spirit are the channels through which God's blessing flows.”

Desire of Ages, p. 672. “Through the Spirit God works in His people “to will and to do of His good pleasure.” Phil. 2:13. But many will not submit to this. They want to manage themselves. This is why they do not receive the heavenly gift. Only to those who wait humbly upon God, who watch for His guidance and grace, is the Spirit given.”

We Receive the Spirit by Asking

(Read Luke 11:13.)

The Promise Belongs to Us

Desire of Ages, p. 672. “Christ has promised the gift of the Holy Spirit to His church, and the promise belongs to us as much as to the first disciples. But like every other promise, it is given on conditions. There are many who believe and profess to claim the Lord's promise; they talk about Christ and about the Holy Spirit, yet receive no benefit. They do not surrender the soul to be guided and controlled by the divine agencies. We cannot use the Holy Spirit. The Spirit is to use us.”

We Take It To Others

(Read John 6:44)

Thoughts from the Mount of Blessing, p. 36. “Salt must be mingled with the substance to which it is added; it must penetrate and infuse in order to preserve. So it is through personal contact and association that men are reached by the saving power of the gospel. ..We must come close to those whom we desire to benefit.”

11 - Kingdom Growth Results from Prayer

Make Jesus the Focus

(Read John 1:29.)

9 Testimonies, p. 38. “Tell them how you found Jesus and how blessed you have been since you gained an experience in His service.”

Teach Them How to Sit at Jesus' Feet

9 Testimonies, p. 38. “Tell them what blessing comes to you as you sit at the feet of Jesus and learn precious lessons from His word. Tell them of the gladness and joy that there is in the Christian life. Your warm, fervent words will convince them that you have found the pearl of great price.”

Express Confidence in Them

(Read John 1:47.)

Testimonies to Ministers, p. 190. “He (Jesus) disturbed as little as possible their accustomed train of thought by abrupt actions or prescribed rules. He honored man with His confidence, and thus placed him on his honor. He introduced old truths in a new and precious light.”

Science of Prayer

“Communion With God”

Christ's Object Lessons, p. 197. “If you are in communion with Christ, you will place His estimate upon every human being. You will feel for others the same deep love that Christ has felt for you. Then you will be able to win, not drive, to attract, not repulse, those for whom He died... You will watch over and encourage them, and your sympathy and confidence will make it hard for them to fall from their steadfastness.”

Express and Teach Joy

(Read Nehemiah 8:10.)

Christ's Object Lessons, p. 162. “Christ dwelling in the soul is a wellspring of joy. For all who receive Him, the very keynote of the word of God is rejoicing.”

9 Testimonies, p. 38. “Tell them of the gladness and joy that there is in the Christian life.”

Education, p. 296. “To honor Christ, to become like Him, to work for Him, is the life's highest ambition and its greatest joy.”

Your Acceptance Can Inspire Hope

(Read Romans 8:24)

Ministry of Healing, p. 165. As we partake of His Spirit, we shall regard all men as brethren, with similar temptations and trials, often falling and struggling to rise again... craving sympathy and help. Then we shall meet them in such a way as not to discourage or repel them, but to awaken hope in their hearts. {MH 165}

3 Bible Commentary, p. 1163. “The true friends who will counsel, who will impart magnetic hopefulness, the calming faith that uplifts the soul,—oh, such help is worth more than precious pearls.”

Encourage them with this thought:

Christ's Object Lessons, p. 327. “Not more surely is the place prepared for us in the heavenly mansions than is the special place designated on earth where we are to work for God.”

Love Them for Jesus

(Read 1 Corinthians 13:4-7.)

(Read I John 3:18.)

3 Bible Commentary, p. 1164. “Let the law of kindness be upon your lips and the oil of grace in your heart. This will produce wonderful results... The Holy Spirit must be received and brought into your character; then it will be as holy fire, giving forth incense which will rise up to God, ...No sharp, critical, blunt, or severe words should be spoken. This is common fire, and must be left out of all our councils and intercourse...”

Be Humble

(Read Philippians 2:3-7)

Desire of Ages, p. 250. “The first thing to be learned by all who would become workers together with God is the lesson of self-distrust; then they are prepared to have imparted to them the character of Christ.”

Recognize the God-given Power of Choice

(Read Joshua 24:15.)

God Gave Freedom to Choose

3 Testimonies, p. 456. “But Christ saves none against their choice; He compels none to obedience. He made the infinite sacrifice that they might overcome in His name and His righteousness be imputed unto them.”

Desire of Ages, p. 22. “The exercise of force is contrary to the principles of God's government; He desires only the service of love; and love cannot be commanded; it cannot be won by force or authority.”

Examples of Autonomy

(Read Daniel 10:1-3, 13)

The Limitations of Prayer

Adventist Review, August 10, 1989, p. 11. “Behold the mightiest beings in heaven frustrated by human will! Neither Gabriel nor Jesus Christ Himself could force the will of Cambyses...After the hostile prince met his end, God found a cooperative king to carry out His purpose – Darius I...But...every earnest prayer is heard...and...through prayer we cooperate with God Himself in His struggle against evil.” Beatrice S. Neall

12 - Prayer, Faith, and Peace

Do Not Waver

(Read James 1:6-7)

1 Testimonies, p. 121. “I saw that if we do not feel immediate answers to our prayers, we should hold fast our faith, not allowing distrust to come in, for that will separate us from God. If our faith wavers, we shall receive nothing from Him. Our confidence in God should be strong...”

Prayer and Faith Are Partners

Education, pp. 257, 258. “Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand...Prayer is a necessity; for it is the life of the soul.”

What Weakens Faith?

- Cherishing secret sin... Psalm 66:18 If I regard iniquity in my heart, the Lord will not hear me:
- Studying the Bible without prayer... Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given. {Steps to Christ, p. 90} (See also 1 Corinthians 2:14)
- Neglecting to pray...Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God. The spiritual faculties lose their vitality... {Gospel Workers, p. 255.}
- Telling our troubles to others... (See Psalm 118:8)

Science of Prayer

“Communion With God”

Christ’s Object Lessons, p. 146. “When perplexities arise, and difficulties confront you, look not for help to humanity. Trust all with God. The practice of telling our difficulties to others only makes us weak, and brings no strength to them. It lays upon them the burden of our spiritual infirmities, which they cannot relieve.”

Strengthening Faith

- Study God’s word and pray for the light of the Holy Spirit... faith must be kept in constant exercise through the diligent, persevering study of the word. {FE 433}
- Claiming God’s promises in little and big matters... 1 Pet 5:7 Casting all your care upon him; for he careth for you.

5 Testimonies, p. 200. “We should go to Jesus and tell Him all our needs. We may bring Him our little cares and perplexities as well as our greater troubles. Whatever arises to disturb or distress us, we should take it to the Lord in prayer.”

- *Christ’s Object Lessons, p. 147.* “Talk and act with invincible faith... By looking at appearances and complaining when difficulties and pressure come, you give evidence of a sickly, enfeebled faith. Talk and act as if your faith was invincible. The Lord is rich in resources; He owns the world. Look heavenward...”

Ministry of Healing, p. 251. “It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance.”

- Speak encouraging words... (See Isaiah 35:4 and Psalm 145:2)
- Work for other’s salvation. *Steps to Christ, p. 80.* “If you will go to work as Christ designs that His disciples shall, and win souls for Him, you will feel the need of a deeper experience and a greater knowledge in divine things, and will hunger and thirst after righteousness. You will plead with God, and your faith will be strengthened, and your soul will drink deeper drafts at the well of salvation. Encountering opposition and trials will drive you to the Bible and prayer. You will grow in grace and the knowledge of Christ, and will develop a rich experience.”

13 - Promises to Claim for the Last Days

Believe God

(Read 2 Chronicles 20:20)

And You Can Never Perish

Ministry of Healing, p. 65. “Grasp His promises as leaves from the tree of life: “Him that cometh to Me I will in no wise cast out.” John 6:37. As you come to Him, believe that He accepts you, because He has promised. You can never perish while you do this--never.”

Endure – It Will Be Worth It All

(Read 1 Corinthians 2:9.)

There Will Be A Crown

(Read James 1:12.)

Protection from Temptation

(Read Revelation 3:10.)

Through Christ, We Shall Overcome the Devil

Great Controversy, p. 560. “Those who are earnestly seeking a knowledge of the truth and are striving to purify their souls through obedience, thus doing what they can to prepare for the conflict, will find, in the God of truth, a sure defense... He would sooner send every angel out of heaven to protect His people than leave one soul that trusts in Him to be overcome by Satan.”

And Be Delivered

(Read Psalm 91:15.)

God’s Despised Ones are Honored at His Advent

2 Testimonies, p. 41. “Then kings and nobles, the mighty man, and the poor man, and the mean man, alike, cry there most bitterly. They who in the days of their prosperity despised Christ and the humble ones who followed in His footsteps, men who would not humble their dignity to bow to Christ, who hated His despised cross, are now prostrate in the mire of the earth. Their greatness has all at once left them, and they do not hesitate to bow to the earth at the feet of the saints.”

Safe in the Time of Trouble

(Read Daniel 12:1)

God Will Not Forsake You

Evangelism, p. 241. “Poverty is coming upon this world, and there will be a time of trouble such as never was since there was a nation. There will be wars and rumors of wars, and the faces of men will gather paleness. You may have to suffer distress; you may go hungry sometimes; but God will not forsake you in your suffering. He will test your faith. We are not to live to please ourselves. We are here to manifest Christ to the world, to represent Him and His power to mankind.”

Learn to Trust Him Now

(Read Jeremiah 30:5-7)

And Love His Truth

Great Controversy, p. 625. “Only those who have been diligent students of the Scriptures and who have received the love of the truth will be shielded from the powerful delusion that takes the world captive... By the Bible testimony these will detect the deceiver in his disguise. To all the testing time will come. Are the people of God now so firmly established upon His word that they would not yield to the evidence of their senses? Would they, in such a crisis, cling to the Bible and the Bible only?”