

DEEP DIVE INTO  
**THE  
PRAYER  
LIFE OF  
JESUS**



'Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray, just as John taught his disciples.'" Luke 11:1

During His earthly ministry Jesus lived a life of prayer, to the extent that His disciples had to ask Him to teach them to pray. This means they must have seen how prayer transformed Jesus and His ministry as a whole. Because of prayer Jesus healed all who came to Him, He was filled with wisdom, he was always at the right place at the right time, He fulfilled all He was meant to do.

We know that Jesus is our template so when it comes to an area as critical as prayer it will help us to understand a few things about what Jesus prayed about, how he prayed, when he prayed and much more.

We trust the Holy Spirit to guide and transform us through this series as we deep dive into Jesus' prayer life.

Stay connected!



## Day 1 Early Morning Prayer

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.”  
Mark 1:35

Jesus prioritized prayer to the extent that He always started His day with prayer and at times prayed during the day as well. His lifestyle was such that He would often get up very early in the morning to spend private quality time communing with His Father before starting the day. After His prayer time He was ready to face whatever laid ahead in the day.

“My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up.” Psalms 5:3

Granted we all have different pressures on our time, but we see Jesus prioritizing early morning prayers so He got up before daybreak (which would have been before 5am) to pray. This way He had sufficient time to pray and still face the activities of the day.

“So Jesus explained, “I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.”  
John 5:19

We see that His prayer time set the tone for what He did during the day. In the place of prayer He received direction and the strategy for the day and dealt with possible hindrances. Many of the issues Jesus had to resolve during the day had already been addressed in the place of private prayer. Likewise, when we spend time with our Father we receive supernatural insight, direction, empowerment and much more for the day. Seeing our early prayer time as the control room for the day will help us see how much more effective we can be when we pray ahead of the start of the day's activities.

“But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.” Matthew 6:6

We also see that Jesus emphasised private prayer because He understood that it's this type of prayer that produces intimacy with the Father which in turn provides access to God's mind and much more. There is a place for praying with people, but ideally this should be in addition to, and never replace our personal prayer time.

**Prayer:** Lord help me as I commit to starting my day with prayer a priority.



## Day 2 Decision Making

“Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. And when it was day, He called His disciples to Himself; and from them He chose twelve whom He also named apostles.”  
Luke 6:12-13

When it was time to select His core team, the people to whom He would entrust with the responsibility of driving God’s agenda after His physical ministry had come to an end, Jesus spent all night praying. Before selecting the 12 apostles, Jesus already had a large number of disciples who went everywhere with Him. Many would have demonstrated capacity in the natural, but Jesus knew better than to try and make such a critical decision on His own.

‘So we have stopped evaluating others from a human point of view...’ 2 Corinthians 5:16

Jesus understood two critical truths: life is spiritual and God looks at the heart. This meant that regardless of what anyone around Him said or did, He knew that what was really important was their heart. With this understanding we can see why He had to pray all night to ensure He wasn’t going to be moved by a human perspective when selecting the 12 apostles. A question for us is how do we evaluate our decisions? Do we look from a human point of view or do we consciously seek out God’s perspective?

‘When they arrived, Samuel took one look at Eliab and thought, “Surely this is the Lord’s anointed!” But the Lord said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”’ 1 Samuel 16:6-7

‘Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.’ Proverbs 3:5-6

Samuel was about to make a critical selection and as far as he was concerned, Eliab looked the part of a king, but God had rejected him. This means God considered, assessed, and decided that Eliab wasn’t what He was looking for in a king. There are many people, opportunities, businesses etc. that we accept and invest in because they look the part, but God may actually have rejected them for us. The only way we can know God’s mind for us is in the place of prayer. Do we subject our decisions to the ‘God test’ or do we decide by ourselves and expect God to align? We may not have to pray all night as Jesus did, but we must subject our decision-making to God’s review so we know that we’re on the right path.

**Prayer:** Lord help me to seek You first in my decision-making process so You can show me the choices to make.

### Day 3 Refreshing and Empowerment

“But Jesus often withdrew to the wilderness for prayer.” Luke 5:16

“And when He had sent the multitudes away, He went up on the mountain by Himself to pray...” Matthew 14:23

Jesus led a very busy life. every day was filled with various combinations of teaching, healing, preaching, traveling from town to town (often by foot) with a lot of demands being placed on Him wherever He went. It would have been easy to get burnt out constantly meeting these diverse needs, especially as He knew He had a relatively short time to do so. But He found a way to manage the constant demands and pressure by retreating often to pray.

Prayer for Jesus wasn't just a means for getting instructions, it was a place of retreat and refreshing. Jesus shows us that it is necessary to withdraw often to pray in order not to be overwhelmed by the pressures of the day. It's important to take short breaks through the day during which we fellowship with the Lord, tell Him how our day is going and ask for guidance for the rest of the day. We can be seated wherever we are as we take such breaks, but mentally shut everything out for a few minutes. This helps us stay connected to the Father throughout the day as Jesus was.

'Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness...Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region ' Luke 4:1,14

In addition to the short breaks, there's also a place for extended retreats as Jesus undertook after being baptized. The Bible tells us that after this extended retreat Jesus returned to Galilee full of the Holy Spirit's power. It was only after this empowerment that He began His ministry. This teaches us that there's a level of power that comes only after a period of separation so we can engage with the Holy Spirit without any distractions. We also see that Jesus added fasting to His time of separation so His flesh would also have been subdued which would have enhanced His capacity to respond to the promptings of the Holy Spirit. We see from this that prayer isn't just about getting our requests met, but about receiving refreshing, encouragement and empowerment by the Holy Spirit so we can successfully complete our assignments.

**Prayer:** Lord teach me how to stay connected to You through the day. Give me the grace for extended periods of undistracted fellowship with You.



## Day 4 Receiving Power

'Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region ' Luke 4:14

Jesus understood that the success of His earthly ministry and its physical manifestations were the outcome of an inward empowerment. Everything He did was powered by the Holy Spirit and prayer was the vehicle He used to engage the spiritual realm to ensure He had sufficient power for the task at hand.

'But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.'" Acts 1:8

Jesus taught His disciples two critical things He must have learnt from personal experience: lack of prayer means a lack of communion with the Holy Spirit and lack of communion means lack of power. When believers are not praying, power levels drop which opens the door to weariness, discouragement and so much more. Therefore, it means that more prayer equals more power and vice versa.

'that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man' Ephesians 3:16

It helps to remember that when He was on earth Jesus was a man just like us. The strength that powered Jesus to function in the wisdom He exhibited and miracles He performed wasn't located in His earthly body but in His inner man and this is what distinguished Him from everyone else.

Likewise, when we are strengthened in our inner man, we start functioning in the supernatural. Through prayer we sharpen our spiritual senses and are able to activate the gifts of the spirit which have already been made available to us to equip us for our walk here on earth. The extent to which we are empowered is directly connected to the extent we pray according to the leading of the Holy Spirit.

**Prayer:** Lord I ask that You strengthen me in my inner man. Let the grace to pray rest upon me and fill me with the power of the Holy Spirit so I always function in the supernatural.

## Day 5 Transformation

“About eight days later Jesus took Peter, John, and James up on a mountain to pray. And as he was praying, the appearance of his face was transformed, and his clothes became dazzling white.” Luke 9:28-29

The Bible tells us that as Jesus was praying, He began to transform physically in the presence of His disciples. This tells us that there’s something about prayer and transformation. In fact one of the most important things that happens when we pray is the transformation we go through.

“... yet the inward man is being renewed day by day.” II Corinthians 4:16

When a person starts a physical fitness regime and is consistent with it, transformation starts taking place internally immediately as the muscles, etc begin to respond to the regime. However the physical transformation may not be visible until much later. Similarly when we have an active prayer life, we’re being transformed each time we pray, though the extent of which is dependent on the depth and frequency of our prayer.

As we engage in prayer, our spiritual senses are awakened and our physical appetites start changing as we start placing more emphasis on things that have spiritual value. The impact of the transformation of our inner man starts showing up in our desires, speech, actions and so much more.

“So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.” 2 Corinthians 3:18

As we engage in prayer with the understanding that it’s a means for transformation, then the things we pray about will change. There will be a shift in focus from getting things from God, to becoming who He wants us to be. Jesus knew it would be impossible for the carpenter’s son to achieve all He was meant to without being transformed into they type of person that could carry such a destiny so He didn’t trifle with His prayer life and neither should we.

**Prayer:** Lord give me a personal revelation of the transformative power of prayer and help me become the person that will fulfil the destiny You have for me

## Day 6 Intercession

“Simon, Simon, Satan has asked to sift each of you like wheat. But I have pleaded in prayer for you, Simon, that your faith should not fail. So when you have repented and turned to me again, strengthen your brothers.” Luke 22:31

'...It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.' Romans 8:34

Intercession means pleading on behalf of another person and going through the prayer life of Jesus, we see intercession was a significant aspect of His prayer life. Jesus lived a selfless life and so His prayers were not just for Himself and His ministry but also His disciples, the sick, the unbelievers and so much more. Even now that He has ascended to heaven, Jesus continues to intercede for us because we have an enemy who is constantly raging against us and accusing us before the Lord, day and night.

'For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.' Hebrews 4:15

Because Jesus lived as a human being, He understands the things people go through and continues to strengthen us. Likewise, we are to go beyond ourselves as we pray and intercede for others. The Bible tells us that at a minimum we should pray for our brethren, for the lost, for the nation, for our leaders, to change adverse situations, strengthen people who have fallen and for the will of God to be done on earth.

'Bear one another's burdens, and so fulfill the law of Christ.' Galatians 6:2

'By this all will know that you are My disciples, if you have love for one another.' John 13:35

Our prayer life is meant to be filled not only with meeting our own needs alone, but also the needs of others. When we pray for others, we take our focus off ourselves and stand in the gap for them. Intercessory prayer is one of the ways we can demonstrate God's love to others and also obey Christ's command to love one another. As we partner with God to fulfil His will here on earth, our prayer focus shifts to asking Him to show us areas He wants addressed and receiving the enablement, direction, grace, etc, to fulfil them.

**Prayer:** Lord help me to walk in the love of Christ and be sensitive to your prompts to pray for others that Your will be done in their lives.



## Day 7

### Fulfilling God's Will

"So He said to them, "When you pray, say: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven." Luke 11:2

Fulfilling God's will was extremely important to Jesus. We see that at every point He was determined to do what would please God and expand God's kingdom here on earth. Understandably God's agenda would have formed a key part of Jesus's prayer focus. So much so that it was one of the first things mentioned when He discussed prayer with His disciples.

"saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." Luke 22:42

Jesus recognised that fulfilling God's will would come at a cost, yet this didn't deter Him from prioritising God's will over His own. He knew this was something to be prayed about because it is human to want your own will and make everything else secondary. To fulfil God's will and put Him and His agenda first therefore requires supernatural intervention by the Holy Spirit. This intervention comes through communion with Him in the word and in prayer.

"Now may the God of peace who brought up our Lord Jesus from the dead... make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen." Hebrews 13:20-21

"For this reason we also... do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding" Colossians 1:9

Prayer provides us with both the knowledge of God's will and the ability to do what He requires of us. It is through the prayer we receive insight into what God's will is per time, otherwise we would be walking in presumption. However knowledge alone isn't enough. It's also through prayer that we receive the equipment required to fulfil God's will. This way we're able to live in a way that pleases God and bring expansion to His kingdom here on earth.

**Prayer:** Lord show me Your will in every situation and equip me to fulfil it. Let me be a part of the expansion of Your kingdom here on earth.

## Day 8 Fervent Prayer – His Assignment

“While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God.” Hebrews 5:7

We know Jesus prayed frequently because He needed to be equipped daily for the task ahead, but the scripture above gives us insight into how He prayed. The Bible tells us that Jesus prayed aloud, with tears fervency and deep reverence for God. He was passionate about what He prayed about and reverential towards His Father in heaven.

“The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord , And the day of vengeance of our God; To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness... that He may be glorified.” Isaiah 61:1-3

'...And the pleasure of the Lord shall prosper in His hand' Isaiah 53:10

Jesus prayed fervently, consistently and passionately about His assignment to preach, heal, deliver, comfort and transform the lives of those he was called to. He knew all that needed to be done could only happen by supernatural enablement. But beyond that He had a heart that desired to see God glorified. In all he did, His primary objective was to ensure God got the glory.

'And He said to them, “Why did you seek Me? Did you not know that I must be about My Father’s business?”' Luke 2:49

Jesus treated His assignment with the urgency it required, not slacking in any way. Likewise when we focus on putting God’s glory first the nature and content of our prayer life will reflect this desire. God’s agenda may start with us, but He wants to work with/in/through us to reach as many people as possible. There is always something that needs to be done to fulfil God’s agenda and as we choose to participate, we will find that the more committed we are, the more passionate we become about what matters to God and the broader our scope of prayer becomes.

**Prayer:** Lord help me to be committed and passionate about the things that matter to You.

## Day 9 Unity of Believers

“...Holy Father, you have given me your name; now protect them by the power of your name so that they will be united just as we are. During my time here, I protected them by the power of the name you gave me.?” John 17:11-12

We see from the scripture above that one of the things Jesus prayed about was protection for those that are His. He recognised the danger of them being discouraged, fearful, faithless and so much more which could result in division among them, so the prayer was critical.

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. 1 Peter 5:8

The prayer was necessary because Jesus knew we have an enemy who is constantly looking for a way to attack believers. It would be naive of us to acknowledge this. We see from Jesus's prayer that one of the ways the enemy attacks is to bring disunity. Wherever there is strife, discord, disunity, disobedience of any form, it's an indicator that the enemy is at work.

“I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.” John 17:20-21

“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.” Matthew 18:19

Unity is so important to the Lord that His prayer wasn't just for the believers with Him at the time, but for all who would ever believe in Him. Because the enemy understands the power available when believers are united, he does everything possible to sow seeds of discord which can lead to offence, unforgiveness and more. This is why we as believers must recognise who and what is really at work behind the scenes when we see situations that cause any type of disunity and address it first in the place of prayer.

**Prayer:** Lord thank You for showing me the power of unity and help me to be an agent of Your peace.

## Day 10 Banking Prayers Ahead

“I am praying not only for these disciples but also for all who will ever believe in me through their message...” John 17:20

Through prayer the physical connects with the spiritual, and because the spiritual isn't bound by time or location prayer can actually be “banked” for the future. Meaning we don't have to wait for a situation, circumstance or time to happen before we pray about it. Prayer can be made ahead and will still apply when what we're praying for comes to be. We see that the content of Jesus's prayers wasn't just for His disciples at the time but all who would ever believe in Him. So this prayer is valid as long as there are those who believe in Him.

“And may You hear the supplication of Your servant and of Your people Israel, when they pray toward this place. Hear in heaven Your dwelling place; and when You hear, forgive.” 1 Kings 8:30

“Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.” Daniel 6:10

Solomon employed a similar principle when the temple was dedicated (1 Kings 8:22-66) asking the Lord to hear and answer anyone praying toward the temple. This prayer wasn't limited to those who were present at the time alone and Daniel understood this, so even while in exile he prayed towards the temple. It's not necessarily about the location as God can answer prayers at any time or location, but it's the principle that Solomon prayed not just for the present but also for the future.

“And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.” Deuteronomy 31:8

“Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared.” Exodus 23:20

“The Lord will perfect that which concerns me; Your mercy, O Lord, endures forever; Do not forsake the works of Your hands.” Psalms 138:8

God is eternal, His word and His ways are eternal. When we align with His nature, it helps us understand that the Lord has the capacity to go ahead of us, so we don't have to wait until something happens before we pray about it. This means we can pray in advance for the things that already exist and even things yet to be: the year, our families, children present and yet unborn, our careers, health and so much more. By praying in advance we're exercising our faith because we're saying in effect that we believe He has no limitations and trust He's gone ahead of us.

**Prayer:** Lord thank you for showing me that I can pray about everything in advance so I am always victorious.



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