

## **SATURATION PRAYING**

### **I. Saturation Praying**

Saturation praying is praying in which we share, then unite our hearts with other believers, and zero in on the target with specific and full coverage of prayer. The apostles asked Jesus, “Lord, teach us to pray.” (Luke 11:1). Since we are commanded to pray (1 Thessalonians. 5:17), and we are invited to pray (John 14:14), let us take seriously our prayer calling. We miss so much blessing if we do not pray (James 4:2b). We can talk to God simply and naturally. So let us talk to God the Father through Jesus Christ the Son, by the enabling of the Holy Spirit. It may be hard to change old habit patterns and adopt others. But they could very well prove to be more effective in seeking answers for ourselves and others. Seek to involve the whole family or group in praying—no one needs to be merely a spectator—all should try to participate. This way we can move from panic or crisis praying to strategic protective praying. God loves us, accepts us and cares for us. He is especially willing to forgive and cleanse us as we go to him in repentance. “We are his workmanship” (Ephesians. 2:10). He is our living Father who hears and answers us when we call upon him.

### **II. General Guidelines for Saturation Praying**

1. Have only one formal opening and one formal closing.
2. Saturate only one subject at a time.
3. Try to be brief and flow back and forth.
4. Avoid saying simply “Lord bless so and so ...”
5. Agree with all who are praying, both silently and audibly.
6. Be specific, targeting in on the request (Luke 11:5, 6).
7. Use everyday language.
8. Be honest and open with God our Father.

When one target has been saturated with prayer, move on to another. An example of saturation praying for a missionary coming home on furlough: Items for prayer could include: strength for all that needs to be done before leaving the field; handing the work over to others; health; travel; safety in travel; family needs (change in schools, friends, culture); relationships with family members at home; a place to live; ministry in the home church; deputation opportunities; need for a car; furlough studies; ability to communicate the challenges of the field, etc. You can use this example and ask the Lord to show you how to pray for one another.

Evelyn Christenson, in her excellent book on prayer, suggests these six simple steps:

1. Pray subject by subject.
2. Keep your prayers short.
3. Keep prayers simple.
4. Be specific.
5. Pray silently.

6. Pray in small groups.

### **III. Five Suggested Steps for Saturation Praying:**

Feel free to move back and forth between the steps.

1. Be tuned in to the Father: who he is; what he has done for us; all that we are in him and all that is ours in him.
2. Have an attitude of worship, praise and thankfulness for: who he is; all that he has done for me; all that I am in him; and all that I have because of him. Pray specifically, giving thanks for new life, health, your family and friends, answers to prayer, etc.
3. Share personal needs in all honesty and openness. When asking for forgiveness or asking for a specific need, use the first person—"I" not "we."
4. Bear one another's burdens. Ask God for his kind of compassion for others and for guidance and understanding about how to pray for one another. Be open to being used by him as a possible answer to the need.
5. Reach out earnestly and specifically with in-depth prayer for other Christians and for those without Christ in your neighborhood, nation and world. Again, be open to being a possible answer to these prayers.

### **IV. Benefits of Saturation Praying:**

1. It leads to a deeper relationship with God.
2. It gives us a new awareness of the needs of others.
3. We have a new sense of being loved—by God and by our prayer partners.
4. Those who are timid feel more freedom to pray.
5. Praying is thorough, specific and targeted, and can be much more effective.