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## Helms' "Prayer 101: What every intercessor needs to know" (book review)

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# Book Reviews

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Helms, E. (2008) *Prayer 101: What every intercessor needs to know*. Birmingham, AL: New Hope Publishers. 192 pp. ISBN 9781563092459

Elaine Helms presents a masterful book on prayer, defined as “a force that releases the power of God for the purposes of God.” Prayer begins and ends with God. An important biblical principle of prayer is that prayer is God’s idea – prayer originates with God. He initiates or prompts people to pray. He equips and empowers these prayers and then He answers.

This book was written for Christians who want to grow in their personal prayer lives and be better prepared to participate with others in their churches’ prayer ministries. I believe Helms achieves her goal, through beautifully combining practical instruction with a very comprehensive biblical treatment of the doctrine of prayer.

*Prayer 101* has eight chapters. Chapter one discusses the why of prayer and clarifies position for prayer. For example, a child of the King is heard by virtue of his position as a child and heir.

Chapter two is about the priority of prayer. Spending time with the Lover of your soul is not so much a discipline as it is the building of a relationship.

Chapter three introduces patterns or what to include in a prayer time, and why. Patterns for prayer include the acrostics ACTS and PRAY, and the Lord’s Prayer. “Praising God Through the Alphabet” is an exercise to increase awareness of who God is and His many attributes. For example, A. Lord. You are Almighty, Adonai, Awesome. B. You are our Beautiful Savior, the Bright and morning star, the Beloved of the Father, the only Begotten Son of the Father, the Bridegroom, You are the Best! The Bread of Life.

Chapter four focuses on listening to God and increasing in persistence through prayer.

Chapter five discusses the pleasure of prayer. This means simply enjoying being in the company of our Father who loves us.

Chapter six teaches how to pray and make supplication for personal needs and the needs of others.

Chapter seven explains the relationship of spiritual warfare to prayer. When we become intercessors, we are sent to the front lines. We need to be ready!

Chapter eight introduces many ways to put prayer into action, both alone and with others. Prayerwalks, plus praying for groups such as police, firefighters, military are recommended.

To conclude, the author recommends memorizing foundational scripture, including, Matthew 6:33 “But seek first his kingdom and his righteousness and all these things shall be added unto you.” John 15: 7-8, “If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and so prove to be My disciples.”

This resource is inspirational. It is strongly recommended for purchase by libraries engaged in biblical studies, especially where practical lay leadership and discipleship resources are in demand.

### **Reviewer**

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