

A scenic landscape featuring a calm lake in a mountain valley. The sky is overcast with grey clouds, and the mountains are covered in dense evergreen forests. The water of the lake is a clear, light blue-green color, reflecting the surrounding environment. In the foreground, the rocky shoreline is visible with several large, smooth stones.

# The Prayer Life Of JESUS

*H2O*  
A Prayer Journal

“pray without ceasing” I Thessalonians 5:17

When the Bible tells us to pray without ceasing, it’s not a suggestion but an instruction for living. Meaning that if we don’t pray we will lose out on many things including succeeding in our walk with God and our life’s assignment.

Since prayer is so vital how then do we pray and what do we pray about? This series we will explore the prayer life of Jesus as He is the pattern we should follow and we know there was a direct relationship between His prayer life and success in His assignment. As such it will be beneficial to us to understand His prayer life.

How did Jesus maintain an active prayer life with such a busy schedule? What did He pray about and how did He pray? Who did He pray with and why? We trust that the Holy Spirit will reveal the power of prayer to us, activate our prayer lives and help us pray so we get results.

## **Day 1**

### **Before Starting Any Assignment**

“...Jesus himself was baptized. As he was praying, the heavens opened, and the Holy Spirit, in bodily form, descended on him like a dove. And a voice from heaven said, “You are my dearly loved Son, and you bring me great joy.”” Luke 3:21-22

We know Jesus was baptised by John before starting His earthly ministry, but the Bible goes further to tell us that it's as He was praying that the heavens opened and He received not just the Holy Spirit but also the endorsement from the Lord. So, it's prayer that kickstarted His ministry.

“Immediately the Spirit drove Him into the wilderness. And He was there in the wilderness forty days, tempted by Satan...” Mark 1:12-13

This was clearly a pivotal period in the life of Jesus and one may have expected that Jesus would immediately start His ministry, knowing He didn't have much time. Interestingly, it was after this baptism experience that the Holy Spirit drove Him into the wilderness for 40 days. We don't have specifics of what happened each day, but we know Jesus fasted and would also have been engaging the Holy Spirit in prayer and receiving direction, instruction and the power required to fulfil His assignment. He also dealt in advance with the temptations from the enemy so He wouldn't be hindered in fulfilling His assignment.

“Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.” Luke 4:14

Oftentimes when we sense it's time to embark on a project, our response is to immediately swing into action. But Jesus shows us a different pattern that involves retreating to receive the “blueprint” for that project and the supernatural enablement to complete it successfully. When Jesus showed up after this experience He was full of power, supernatural projection so everyone knew about Him and accurate in His actions. The method and timing may differ for each of us, but it's in prayer we know what next steps to take.

**Prayer:** Lord help me be sensitive to Your promptings and direction so I receive both the blueprint and the power to succeed in the assignments You give me

## **Day 2**

### **Before Making Any Major Decision**

“One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles...”  
Luke 6:12-13

Jesus didn't make any major decisions before praying about it first and getting the go-ahead from God. He didn't rely on emotions, experience or the opinion of others. He focused on what God said about the matter knowing that God already knows the future and He alone knows how to align the present to the future. One of the major decisions He had to make was selecting the key people He would leave in charge of continuing His ministry once He was gone. Even though He knew all the disciples well, He didn't try and make this decision without getting direction from God.

“So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.”  
Colossians 1:9

God has a plan for every assignment He's prepared for us. He knows the right team for each assignment and how to orchestrate events and network people in order to achieve what He purposes. God also knows the specific wisdom and understanding required to excel in the assignment. Jesus clearly knew not to make any assumptions and that not taking the time to engage the Lord would leave Him open to error. This is why after spending all night in prayer, He knew who to select. We may not need to spend all night in prayer, but the critical thing is that we don't try and make any major decision based solely on our own understanding.

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

Any major decision we make will always involve an element of the unknown whether we are dealing with people, projects or other areas. When it comes to people God alone knows what's truly in a person's heart and what His plans are for that person (1 Sam 16:7). As such He guides us based on this insight and not what we think or the present circumstances.

**Prayer:** Lord, I acknowledge You alone know the best path to take and ask that You guide me in the decisions I am about to take so it aligns with Your will.

### Day 3

#### Avoiding the Success Trap

'About 5,000 men were fed that day, in addition to all the women and children!... After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.'  
Matthew 14:21,23

Success is great and God wants us to succeed, but let's be mindful that success can also bring with it self-satisfaction/reliance and pride. When Jesus performed the miracle of feeding the 5000+ people, He would have been justified in celebrating what God had done with His disciples. However, Jesus knew that it was important not just to pray before important events, but also afterwards for two major reasons.

'Pride ends in humiliation, while humility brings honor.' Proverbs 29:23

'Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.' John 15:5

Challenges keep us humble because we know we need God's help when things don't seem to be going well, but success can bring pride with it among other issues. Jesus knew that the glory should go to God and not to Him. By going back to God in prayer Jesus ensured that He stayed humble, so pride wouldn't arise in Him. It's very easy to fall into pride especially when work has gone into whatever the achievement was. The more achievements we have, the more the enemy tricks us into believing that we did it by ourselves rather than through God's help. Prayer ensures we give thanks, praise and glory to whom it's really due and positions us for Him to do more with/in/through us.

'He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name.' Psalms 23:2-3

Prayer after an achievement also brings refreshment. Oftentimes we can get so bogged down in working on something that at the end we are so spent we have very little left for ourselves talk less for others. Jesus understood this, especially as He had such a busy schedule. His prayer times were times of refreshing His connection to His supernatural source, restoring lost energy and renewing the focus on His assignment. Let's commit to taking a cue from Jesus and praying not just before achievements but also afterwards.

**Prayer:** Lord help me always remember that everything I do is by Your grace and not my strength. Restore and refresh me and renew my focus on You as my source.

## **Day 4**

### **Managing Life's Pressures**

'So Jesus healed many people who were sick with various diseases, and he cast out many demons... Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.' Mark 1:34-35

Life can get very busy and with each new day the pressures seem to mount. In the middle of this busyness one of the first things that tends to suffer is our prayer life as we feel that there's simply no time to pray. Sometimes the day ends so late and starts early, other times fatigue has simply set in so we just don't seem to have the energy to pray. Someone whose daily life was extremely busy and challenging was Jesus – sometimes it was so bad that He didn't even have time to eat. But we see that it was typically at His busiest that He ensured he prayed the most. What did Jesus know that informed this practice?

Your own ears will hear him. Right behind you a voice will say, "This is the way you should go," whether to the right or to the left. Isaiah 30:21

The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed. Isaiah 50:4

The danger of busyness is that we can get stuck in a cycle of constant activity without necessarily making progress. But God wants us to function productively, intentionally and accurately, which is why He makes counsel available to us. As we engage Him in prayer, the Holy Spirit activates the spirit of counsel in us, enabling us to receive divine direction to prioritize accurately such that we avoid dissipating energy unduly. We think we are so busy we don't have the time to pray, but the reality is that if we have a lot to do we can't afford not to pray. It's as we pray we receive wisdom, understanding, refreshment, capacity, direction, instruction and create room for God to orchestrate situations such that some issues resolve themselves. If we're consistently too busy to pray, then we're busier than God intends for us to be.

**Prayer:** Lord open my ears to hear Your instructions daily, rearrange my priorities so I focus on what really matters. Keep me energized and productive so everyday counts.

## **Day 5**

### **Resolving Issues in Advance**

“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

Jesus knew better than to wait for something to happen and then deal with the outcome. He would address issues ahead of their occurrence which kept Him steps ahead of Satan and His detractors. He knew that the enemy would try everything possible to hinder His progress and would also go through His disciples where possible. Recall it was one of His disciples that suggested going to the cross was a bad idea and another that betrayed Him. He knew those around Him weren't immune to Satan's attacks so He was intentional about praying for them.

“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 22:31-32

“... When you are tempted, he will show you a way out so that you can endure.” 1 Corinthians 10:13

Life can throw up challenges we didn't expect which often leaves us reacting after the fact rather than proactively responding to them. Not all issues can be avoided, there are some we will have to go through as part of our journey, but we can do so knowing God is with us and has given us the strategy for emerging stronger.

We're not supposed to be on the back foot when it comes to the issues of life. Prayer opens us up to the spiritual realm which is the 'engine room' for life. A consistent prayer life makes us more sensitive to what's happening in the realm of the spirit and creates an avenue for the Holy Spirit to give us insight into how to proactively deal with what is to come. It was in the place of prayer that Jesus received advance insight regarding Satan's plan for His disciples and the accurate strategy for response. Likewise we can also live in a manner that keeps us ahead of issues such that nothing takes us by surprise and we also know how to handle issues before they manifest.

**Prayer:** Lord open me up to spiritual insight about things to come and the strategy to deploy so I always come through successfully.

## **Day 6**

### **Commanding the Day**

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

Jesus understood that the spiritual realm controls the natural and He patterned His lifestyle 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. For us it means intentionally organizing our day such that we can consistently start the day early enough in prayer and also creating opportunities for prayer during the day as well.

“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 Jesus’s prayer time set the tone for what He did during the day which means in the place of prayer He received direction and the strategy for the day and dealt with possible hindrances in advance. Many of the issues Jesus had to resolve during the day had already been addressed in the place of private prayer, so He simply executed His already won victory. Likewise, when we spend time in prayer 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 emphasized 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 as a priority.



## **Day 7**

### **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 receiving instructions, it was also 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 8**

### **Investing In Longevity**

“One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night.”  
Luke 6:12

Jesus intentionally invested significant time in His personal prayer life, sometimes praying alone all night. For Jesus to have made this investment is a reflection of the revelation He had about the power of prayer in navigating the spiritual and physical realms and the place for both consistency and longevity in prayer. Let's pause and reflect on our personal prayer lives as our investment in prayer reflects our revelation of what prayer does for us.

“... We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.” Colossians 1:9-10

One of the primary benefits of praying long hours is access to knowing the will of God which is critical as it triggers many other aspects of our lives. Aligning with His will makes us beneficiaries of the benefits, protection and help required to fulfill His will. Prayer also gives us the supernatural enablement of the wisdom and understanding required to successfully execute His will.

“...For I always do what pleases him.” John 8:29

With all these actively and consistently at play in our lives transformation as an end result is guaranteed as we mature in knowing God which also connects to an increase in the fruit that we bear. We have the assurance that doing so equips us to live in a way that always honours and pleases the Lord. We can now see why Jesus could boldly say that He always did what pleased God.

Time spent with the intention of knowing God, not just getting something from Him is vital to our growth as believers. As with any relationship, if we want to get to know God better, time commitment is non-negotiable especially with the added benefit to us that no investment of time with God is ever wasted.

**Prayer:** Lord, I ask for a revelation of the benefits of prayer and for the grace to consistently be intentional about investing time in prayer

## Day 9

### Prayer Circles

'Five of you shall chase a hundred, and a hundred of you shall put ten thousand to flight; your enemies shall fall by the sword before you.' Leviticus 26:8

We know that Jesus prayed a lot and that majority of His prayers were in private but He also had a core team He engaged at critical times. Jesus stratified His disciples into different categories: the hundreds that moved around with Him, the seventy He sent on assignment and the 12 apostles. Even within these categories, when Jesus had something sensitive to deal with, He only prayed with 3 of them: Peter, James and John.

'Now it came to pass, about eight days after these sayings, that He took Peter, John, and James and went up on the mountain to pray' Luke 9:28

'Then they came to a place which was named Gethsemane; and He said to His disciples, "Sit here while I pray." And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed.' Mark 14:32-33

Jesus's prayer life teaches us a lesson in relationship management – not everyone should be privy to the issues closest to us and when it comes to achieving something of value, we need a core set of people supporting us. Jesus knew His core team was far from perfect, but He also knew the role they played in fulfilling His destiny. Likewise, we must discern those to draw close to us, especially when it comes to prayer.

'Can two walk together, unless they are agreed?' Amos 3:3

'As iron sharpens iron, so a friend sharpens a friend.' Proverbs 27:17

We need to have a prayer circle of people we can trust to pray with and for us as the need arises. This doesn't mean we're to outsource our prayer responsibility to others, but there's power in having a small circle where each person can lean on the other. These are people we can be vulnerable with and trust to encourage us and even bring rebuke where necessary. A prayer circle is also there to lift us up in prayer at the times when we're not able to pray for ourselves. If Jesus needed a prayer circle, then so do we.

**Prayer:** Lord reveal to me the roles of the people in my life and those to draw close to, especially the people to pray with.

## Day 10 Intimacy with the Father

'The Father and I are one.' John 10:30

One of the things that characterized the prayer life of Jesus was intimacy with the Father. We see through the Bible that Jesus was united with the Lord and was able to key into what God wanted done, at the time and in the manner that He wanted. Therefore, Jesus could boldly say He always did what pleased the Father because He was close enough to Him to know exactly what pleases Him.

"...Father, thank you for hearing me. You always hear me..." John 11:41-42

Jesus knew for a fact that the Father always heard Him and always answered His prayers. He also knew that it was important for Him to align with God's answer, trusting that God's way will always be the best. Sometimes we think God isn't answering our prayers because the answer doesn't come in the way we envisage or desire. But as we open ourselves up to intimacy with God, we also open ourselves to what He wants and allow His will to supersede ours. This requires trust which can only be built in a place of consistent communication and knowing that God only wants what's best for us from the perspective of eternity. This should make us pause and ask how to grow in intimacy with the Lord.

'If you love me, obey my commandments.' John 14:15

'[I always pray] that the God of our Lord Jesus Christ, the Father of glory, may grant you a spirit of wisdom and of revelation [that gives you a deep and personal and intimate insight] into the true knowledge of Him [for we know the Father through the Son].' Ephesians 1:17

Interestingly when we say we love God, He's not focused on our words but on whether we obey Him, so intimacy starts with obedience. When we know who He is and how He thinks then we will be more accepting of His instructions. Two critical things we must always pray about if we want to grow in intimacy with the Lord is that we may consistently receive a revelation of who God is and receive the grace to obey Him.

**Prayer:** Lord grant me the spirit of wisdom and revelation so I know you better and better. Give me the grace to always obey Your instructions so I grow in intimacy with You.

## Day 11

### Transgenerational Intercession

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

Prayer is interaction with the spiritual realm, a realm in which neither time nor distance are limiting factors. God's word is spirit and doesn't disappear when we leave this side of eternity – it stands until it achieves what it was sent to achieve. This means it's possible to pray in advance for things that may not even occur in our lifetime. Jesus knew this and was very strategic about praying for generations to come.

We know Jesus prayed a lot and John 17 gives us a unique insight into the content of the intercessory prayers of Jesus. One of the things that is quite striking about verse 20 is that it shows the transgenerational power of prayer. Even though Jesus would no longer physically be on earth, He knew His prayer would transcend thousands of years and still retain its potency.

'But because Jesus lives forever, his priesthood lasts forever. Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf.' Hebrews 7:24-25

As Jesus prayed in advance for us believers, we can also pray in advance for God's will to be done in generations to come. Spiritual things don't die, which gives us an assurance that when we pray for the generations to come, our prayers will come to pass, and God's kingdom will continue to expand. As we shift our focus from only meeting our own needs and become kingdom focused in the content of our prayers, we are preparing the ground for the full extent of God's transformational power to be available not just in our lifetime, but also in the generations to come.

**Prayer:** Lord let my prayers transform not just my life but also the lives of generations to come so my lineage will bring You great glory.

## Day 12 Eternity Minded

'Teach us to realize the brevity of life, so that we may grow in wisdom.' Psalms 90:12

The longest any of us may live may be 100 more years from today, which means a point will come when we exit this earth. However, a lot of the things that consume us are focused only on this side of life and this impacts what we pray for. Let's contrast this with the prayer life of Jesus which significantly impacted the way He functioned on earth.

Everything Jesus did was with eternity in perspective. His lifestyle, the people He surrounded Himself with, the actions He took and most importantly His prayer life. He knew He had a short period of time to do all that needed to be done and more importantly, that His actions would have eternal impact. This perspective serves as a guide for us as Jesus didn't discount the fact that we will face challenges in life or that we should ignore our legitimate needs. Rather He shows us that being eternity minded is the best way to deal with challenges and have our needs met.

Jesus knew that to keep eternity front and center, He needed to pray often, pray alone, pray with others, pray fervently, pray for Himself and for others. He knew that pleasing God, succeeding in His assignment, preparing others to succeed in God's kingdom assignments were all connected to His prayer life.

'[We pray that God] may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints' Ephesians 1:17-18

'But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.' Matthew 6:33-34

'Then I said, 'Behold, I have come— In the volume of the book it is written of Me— To do Your will, O God.' Hebrews 10:7

When we relegate prayer to a last resort or to only meeting our immediate needs, we miss out on the possibilities available in God and the power He's made available to us. We also run the risk of getting so caught up in the issues of life that we lose perspective of eternity. Prayer also helps us see how what we're going through lines up with God's agenda. Anyone seeing Jesus on the cross would have considered Him a failure for dying so disgracefully. But from the eyes of eternity, His death was a great victory as the turning point for reconciling us to God. If prayer was vital for Jesus, it's certainly so for us as well.

**Prayer:** Lord help me view life through the lens of eternity, reveal Your mind to me and the role I have to play in meeting Your eternal agenda.

Thanks for completing the study. We'll love to hear from you, connect with us on:

[Instagram](#)

[Facebook](#)

[YouTube](#)

**You can also listen to our Podcasts on:**

[Spotify](#)

[Anchor FM](#)

[Google Podcasts](#)

[Apple Podcasts](#)

Or send us an Email: [aheartofwisdom@gmail.com](mailto:aheartofwisdom@gmail.com)

©Aheartofwisdom