

Prayer
— And —
THE BELIEVER



PHILIP CEPHAS

Prayer And **THE BELIEVER**



PHILIP CEPHAS

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THE LIFE OF GOD

1st Edition,

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Published by



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DEDICATION

I dedicate this book to The Lord Jesus Himself! Jesus, I really do want to pour out my life on You! You are the lover of my soul— how I long for your courts and to enter into Your presence. I am a ruined man before you met me and first loved me! Thank you, Jesus!

Philip Cephas

ACKNOWLEDGMENT

Over the years, I have had the high privilege of being impacted by some of the greatest teachers and generals of prayer. Their deposits into my life have been enormous and irreplaceable. I thank The Lord for all those sacrificial servants who have helped to hold up my arms as we continue with endurance to run the race that is set before us. I want to acknowledge my friends and brothers, who we have been labouring together for the kingdom in Zoe rain ministries and spirit barracks intercessors. I also want to thank the pioneers who have gone before us, where would we be without them? Books and sermons have been my mentors. Thanks to all those who laid the foundation that we get to build on.

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Prayer
&

THE BELIEVER



PRAYER & THE BELIEVER

What you can say to God in prayer is limitless from the basic to the most trivial everyday duties or thoughts that can be related to God in this conversation.

Prayer and The Believer

The Body of Christ has become better in many things except tarrying enough in the place of prayer. Somehow, the apostolic culture of praying is fading away; because of the many revelations that seek to excuse the necessity of sustaining prayer. Many people speak about prayer but never truly pray. Sometimes, I go for meetings and notice that even some genuine ministers lack fire because they no longer pray. Many a time, I am shocked when I went for prayer meetings, and I find out that no true travelling goes on in the meetings. There is no excuse for not praying because God is able to supply you with grace and strength to pray if you ask. If you lack fire in any level of your walk with God, it does not mean that you have passed a stage or level in God; it means that you need to ask The Lord to quicken you afresh to pray; no

one is above prayer. I was in a meeting some time ago, and I noticed that so many were not really praying but allowing distractions. You cannot be too big to pray; humble yourself before God. If prayer brought you this far, prayer will take you further. You must indeed add up so many things as you advance in life but, you can't take away prayer.

The basic definition of prayer is, having a conversation with God. What you can say to God in prayer is limitless from the basic to the most trivial everyday duties or thoughts that can be related to God in this conversation. Prayer is a hard thing for most people because; many see it as a chore and not a delightful thing. Therefore, many have accepted the deception that there are special people anointed to pray. When you purpose in your heart to pray, God will help you. You pray to the degree to which God helps you, and as long as the help keeps coming; you should keep on praying. Of a truth, God is always willing to help, "*He is our ever-present help in times of need*" (Psalm 46:1). If you pray from your strength, you will be weak but, if you pray from your weakness: you will be strengthened by God. The Holy Spirit is always and will always be willing to quicken you to pray, and the quickening work of The Spirit is upon the heart of weak men, not strong men. *Romans 8:11 (KJV)*, "*But if the Spirit of him that raised Jesus from the dead dwell in you, he that raised Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.*" No one can pray for long without being helped by God, and only a fool becomes proud even after being aided of his infirmities.

The pulpit may bring you to the place of recognition and influence faster, but prayer is what will keep you there and even take you further. One of the core purposes of praying is brokenness. Brokenness makes you continually useable and yielded to God. Your level of submission and yielding in prayer determines the level of access you will get in the realm of the spirit. The key place where the conflict of submission takes place is in the mind. Many people have not still learned how to win the warfare of the mind while praying. When we pray, we must first win the warfare of the mind by bringing it into the current focus that is God even when praying in tongues. Praying in tongues does not excuse your mind from being present. In 1 Corinthians 14: 15, Apostle Paul said, *What is it then? I will pray with the spirit, and I will pray with the understanding*

also: *I will sing with the spirit, and I will sing with the understanding also.* The understanding in this scripture refers to the mind. In Matthew 22:37 which is also a repetition of the first commandment, Jesus said, we must love The Lord with all our mind, and this takes precedent in prayer. When having a conversation with God (prayer), you must be focused both in spirit, soul, and mind so that you do not lose or miss anything He might show you or say to you. When your mind wanders, the devil steals information without your knowledge. The way to keep your mind focused is by talking out loud during prayer and not thinking the prayer. Always ensure you are praying louder than the thought in your mind. To pray effectively your mind, heart, soul, spirit, and entire being must be engaged, with your heart being paramount, your gaze has to be upon The Christ for strength, and The Holy Spirit Who quickens you to pray. True prayer is in the quality, not the quantity. If you are aligned and deliberate, it can be both qualitative and quantitative.

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Prayer Posture

There is such a thing as a posture of prayer. Many people are unaware of this truth, but it sure exists. All men that truly travail in prayer have a unique posture that fits them as they travail, and such posture gives them confidence, freedom, and an advantage of being themselves to tarry for long in prayer. Many people sleep and are weak while praying because they are unaware of the posture that fits their person, find which prayer posture is best suitable to you, and be yourself in the place of prayer. Prayer is not something you copy and do mechanically; because if you do, you will be disappointed in no time. While praying, never yield to your body no matter what it suggests to you, as your body will never agree to pray. You have to insist and decide to pray. You must ensure to pray at all-cause whether standing, sitting, lying down, walking, or anything you feel like doing, just ensure you pray. There are two prayer postures as seen through scripture we must be aware of as we pray- body and heart posture.

There are many body postures of prayer. Nothing is birthed by chance everything is birthed; by a deliberate and sustained posture. Like a woman who is in labor and wants to give birth, there is a particular posture she must assume to be able to birth the child. The same is needed for us if we must pray effectively and sustained hours of prayer.

**“ when you
pray from a
pure heart,
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boldness.**

The different postures are standing, walking around, holding a hand with someone, lying with the face down, sitting, kneeling, bowing the head, etc. When one has taken the right posture and is praying long, an onlooker might assume the person is in pain but, they are enjoying their payer and can tarry longer. Many people pray better when they are standing; if you tell them to sit down and pray, they may either sleep or get weary in

no time. The same applies to all the other postures. I have found out that you can engage in multiple postures depending on what you feel comfortable with within the moment.

I prefer to walk or stand while I pray because sitting always makes me weak and sleepy. When I stand or walk, I can pray for 10 hours stretch non-stop. Prayer cannot kill a man. The way of praying is the way of life, not death. You will subscribe more to life while praying, and death will have no power over you. Try as much as possible to engage the perfect posture in prayers so that you can tarry long. History has it that Apostle Babalola's best-praying posture among many is kneeling. When he kneels, he can pray for hours and days without feeling a thing; kneeling was his advantage. It was reported that the mountain where he prayed has the imprint of his knees upon it. When you pray with the wrong posture, you might not be able to pray for long hours. You do not need a revelation to know this, but an understanding of your body and how it works.

The last posture of prayer is the heart posture. The first thing that must be sustained in your heart always as you pray is burden and purity. You cannot pray without a burden in your heart. Your burden is the fuel for your intercession. Let there be a burden in your heart else you will not last long praying. The quality of your prayer is dependent on your

burden. The will of God can impart a burden in your heart, and your hunger and desires can impart a burden in your hearts. Intercessors pray that which is the burden of God upon their heart while prayer warriors enjoy praying their hearts out. The first prays from alignment while the other prays from the will. Don't pray from a vacuum; let there be a burden to fuel your heart as you travail. The burden can either be for people or a particular situation that The Lord wants to deal with. The burden for others helps you be a great intercessor. The burden can be for a friend that needs: help, a sick person, a sister or brother that is living a wayward life, nations, pastors, churches, etc. All these help your heart to pray. You must always make sure that at all times your heart must stay pure and uncontaminated because when you pray from a pure heart, you pray from a place of peace and boldness. I tell people I pray because I want to be close to God, know him more, bend my will to God amid many other reasons. Most times, when I remember my past failures, it makes me pray more. I have had my failures and sometimes delays before getting the answers to my prayers, but that has never stopped me from praying. I pray because, in it, I find grace to stay humble and access more in God.

You can also have a heart posture full of expectations. There is nothing wrong with praying with expectations, but your expectations should not define God or you. The faithfulness of God has nothing to do with whether He answers your prayers or not. Nevertheless, a heart full of expectation is good a posture of the heart while you come. It is said, "expectation is the mother of manifestation". Truly, we are supposed to be expectant when we come before God; who is our Father – no child comes to his father without being expectant because he knows what his father will be able to do. Many are expectant of a blessing from God, deliverance, healing, etc these are good expectations but let it grow you in patience and faith.

Another heart posture is a heart free from all kinds of worries. Many come to God full of worries and depression, with issues, and these become weights that pull them back in the place of prayer moreover; these are not healthy for anyone. When you have freed your mind and heart of all heaviness, you will be able to pray better. No amount of your worries will solve your problems; why not forget about them and pray. We are

demanding not to worry according to Jesus but in everything; we are demanded to pray. From today decide not to be weary in the heart as you come to pray; because it will take away all your strength to pray thereby,

“ When you have freed your mind and heart of all heaviness, you will be able to pray better.

limiting God by your prayerlessness. You must purpose in your heart to pray at all-cause and in all seasons. Many complain to me about things that; only prayer can solve. No matter how much counsel you receive, you will still have to rise and pray. You can only learn how to pray by praying. Join the pool; the earlier, the better, or else you will still have to pray later in life.

It is not given to us to pray by ourselves, we need to be helped by God. I have come to realize a profound truth early in my life; that a man God helps is always better than a man that helps himself. You will require The Holy Spirit to pray effectively, as you cannot pray effectively without Him. Neglecting Him in your sojourning is a suicide mission. This journey will weary you if you are not helped by God.

Likewise, the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

Romans 8:26

Pulpits don't build great men, it is in the caves that men are built. Your cave is the place you retreat to pray and having such a place is wisdom for a man that wants to walk with God and be strong in God. People do complain at prayer meetings about not having enough time to pray, but you have to create the time to pray. As a people and a ministry, Zoe Rain Ministry, we traveled to distant locations and diverse states for days to retreat and engage in prayers and also engage others in prayers. Before we go for any kingdom work, we pray for 24 hours stretch and maintain an average of 10 to 15 hours praying during the work. This is to ensure that we are consistently aligned, active, and able to be transported to the realm of light. We have seen the benefits of engaging in this realm, such as signs and wonders following the Word, miracles, and healing amongst even the least of us. We have been doing this since 2011 till today as a

people, and this has preserved our journey. Assuredly, prayer is a mother of a thousand blessings, and prayer always proceeds manifestation.

Not too long again, we had to engage another dimension of praying as people within a community in Workers Village Avenue, Lafia, Nasarawa State. Spirit Barracks Intercessors become a crucible and a barrack of prayers where destinies are mined. There are no modalities or order of engagement because we want to give our spirit freedom to find expression in prayer. We have seen the grace of God revealed in a measure, and we can't be thankful enough. Truly, you can pray only to the degree to which you are helped by God. I have watched children pray with no just reason for days and enjoy doing it. Prayer can be addictive, and I think every believer should have a season in his life where he subscribes to praying. If it becomes an addiction, it is good because the devil will never become an issue again to you. Also, your life will be a standard unto many.

“ you must have a season in your life when you prayed more than you talked and fasted more than you ate.

As a people and a ministry, we have continued to pray daily and weekly. We have realized that we can retreat for days. We began by retreating for 24 hours. We found out that it was not enough, so we went from 30 hours to 50 hours and then days. This has become a quarterly program in a year. We went for seven days prayer retreat isolated from society and the distractions around us to pray. We spend most of such days praying and less time teaching. I believe that as a believer, you must have a season in your life when you prayed more than you talked and fasted more than you ate. If you continue to have issues with prayer as a believer, you will surely backslide.

You can't be living a fake life of pray, that is dangerous. Many even live a hypocritical life of prayerlessness and profess prayer, such a person can't be helped until he repents. You are not praying for men you are praying for yourself and unto God. No one in Spirit Barracks Intercessors or Zoe Rain Ministry thought they were praying for the ministry at the time we started, but we later came to realize that the ministry was us as individuals. The more we prayed and changed, the better the ministry

became. If prayer is not part of your template for building and equipping believers, I assure you, you are building not according to the apostolic pattern.

Lukewarmness is bondage, but carrying prayer fire is liberation. If you must carry prayer fire then you must pray and pray enough. That you pray too much does not make you stupid, you are just a man with infirmities seeking help from The God of your salvation. You will always look stupid to people while praying until your prayer begins to produce results and then, you become a wonder. Prayer is one of those realities that is very hard to teach people because it is supposed to be

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practical, you can only teach people to pray by praying. Nevertheless, perspectives can be given to help the sojourner as he journeys. Jesus Christ was a practical teacher. He taught His apostles so much but when it was time to pray, He took them yonder and demanded they wait with Him for at least an hour. When Jesus told them to tarry until they were endued with power from on high, He meant that they should tarry. There is no much revelation in prayer because the more

you try to understand it without practicing it, the more you have excuses. Never find an excuse not to pray, rather find reasons to pray. Truth be told, it pains me so much when I hear people say, it is not by prayer. I know we are sincere and trying to make a point to establish some kind of balance to prayer, but anytime I hear such, I feel unhappy knowing fully well that so many people are just looking and seeking a reason not to pray. An endorsement from you can make them careless with prayer leading to demonization. You don't have to hate prayer; love it. Consistency in prayer pays my friends. A man of consistent prayer love praying. I see on daily basis people who have no capacity nor stature whatsoever in prayer talk against prayer and that is a wrong mindset.

But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.

Jude 1:20

A believer will be deformed even in faith without sufficient prayers. Prayer is also a builder of your faith. Faith comes by hearing the Word but, faith is built by praying the Word. If you have a problem with praying you may never grow spiritually. The first line of attack of the enemy is your prayer life. A wise man told us many years ago that, “if you have not prayed consistently for ten years; you don’t even know the power of prayer.” Speak no more such lies about prayer again as prayer has made men great in this journey. Prayer is pivotal in the journey of a believer; into exploring the realities of God inside of Christ Jesus. Nevertheless, praying people must also learn to establish the balance by realizing one ingredient is not enough to guarantee a nice meal no matter the quantity.

You may have a better revelation beyond prayer now, but that will never excuse prayerlessness. Allow those that are just starting in God to invest quality time praying as this is essential for their spiritual growth. I know that it is not the hours we prayed that matters because an intercessor should never glory in the length of time he prays rather the results produced from the little time he makes contact with divinity when he travails. Nonetheless, the quality of our prayers is also related to the hours spent in prayers if aligned. No matter our revelations, we can’t replace the need and the necessity to pray. This apostolic culture has beforehand been part of the foundation of our journey as believers in the kingdom. I have never read anywhere that someone died because he prayed too much. You can decide to fast enough, study books enough, but you can never decide to pray enough. Prayer is a continuous program in the journey of a believer. Don’t fight it; embrace it.

Prayer is innocent

*I believe in prayer.
I love prayer.
I am guilty of praying
I will pray prayer
I am prayer personify
I will continue to pray
Prayer is my love language
I pray for a living
I will keep praying
If I die, I die praying.*

Nuggets on Prayer

- The cure for prayerlessness is prayer.
- Don't waste too much time talking about prayer; pray by example.
- It is very dangerous and risky to live a prayerless life.
- Prayer is our place of advantage in God.
- The greatest blessing God can bless you with is The Spirit of prayer. This will activate all other blessings.
- A man deprived of prayer is deprived of blessings.
- Prayer is the cure for your many worries.
- Any revelation that excuses prayer is a time bomb on your head about to explode.
- Any sermon that doesn't bring you to the place of prayer may not be effective in your life.
- God can be limited; by your prayerlessness.
- If we pray more, God will do more for us.
- If you can pray enough, God will work enough for you.
- Every great man is known first as a man of prayer.
- Prayer proceed before a manifestation.
- You have to be willing to pray for God to help you pray.
- Favour is not just wishful thinking; prayer facilitates it.
- When it comes to prayer, God can't help an unwilling man.
- If you can't turn your worries into prayers then you just worry in vain.
- If you can pray very well, you will have nothing to worry about.
- Do not worry about anything but in everything by prayer, pray.
- Whenever a situation is detected, prayer is applicable.
- Prayer is the mother of a thousand blessings.
- If you can turn all your worries into prayer, you will have nothing to worry about.
- Your life has never been a failure until you stop praying.
- Men of prayer can turn an evil forest into a heavenly Forest.
- Prayer is an investment that guarantees a reward.
- All human sickness and diseases are traceable to worries and anxiety. Let your worries and anxiety drive you to pray.
- The time of nothing is the time of the process when heaven is silent over your prayer. It may be that something is being processed regarding you. Be patient!!!

- Every promise of God has a time factor to it; prayer facilitates that factor, and the factor facilitates the promise.
- Prayer Was Never Design to Be An Exercise In Futility, Although It Can Be, If Done In The Flesh
- Prayer takes you to your tribe in the spirit where your clan belongs. In the clan, you function like them in their ordination and not necessarily having their mantles.
- In the Spirit, there are diverse mantles, you journey into them by prayers. Every possibility you see men express lies in the spirit. The possibility in the spirit is so vast beyond searching.
- Prayers in themselves are powerless except the heart posture is aligned through obedience. God may not measure the number of prayers, but the quality of the prayer.
- When you pray, you employ God to work for you always.
- The way God appears to you is the same way He will appear to your generation. The pathway of seeking God through prayer has not changed.

-----Get involve, Get engaged. The master calls unto you-----

Cheers.
Godspeed.
Much love.
Philip Cephas

ABOUT THE AUTHOR



PHILIP CEPHAS

Philip Cephas is a seasoned apostolic and prophetic teacher of the gospel. He is a man of love, wisdom, revelation and prayer. He is cantered on effective balancing of Kingdom principles, doctrine and revelations to equip the Body of Christ apostolically and prophetically into its full manifestation of Christ. His love for the Body of Christ is endless. This drive has led him to evangelize and conduct outreach programs in different cities and villages so as to reach the lost souls and administer the gospel of Christ within those environments. He is interested in raising and mentoring youths in prayer, leadership, influence, anointing and investment. He is also a prolific writer. He has authored many books such as *The Prophetic and Vision, Pathway to The Anointing, The Vision of a Great People* and many others. He has been an instrument in the revival movement within Nigeria. He is resident in Lafia, Nasarawa State.

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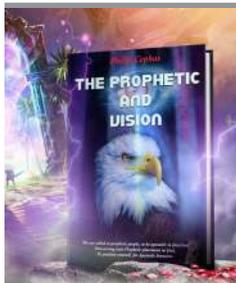
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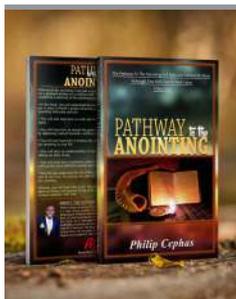
BOOKS BY THE SAME AUTHOR

THE PROPHETIC AND VISION



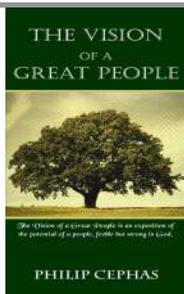
The prophetic and vision is a revelation from The Holy Spirit, and a clarion called into the experiences of the prophetic. You don't have to be a prophet called into the office of the prophetic to function in the prophetic. The speaking and dealings of God is prophetic in nature.

PATHWAY TO THE ANOINTING



Pathway to the anointing is not just a product of a research done in the flesh, but a personal dealing of walking with The Holy Spirit over time which has resulted to a smearing of the anointing upon my life by God.

VISION OF A GREAT PEOPLE



The vision of a great people is a lile story and a fiction of a family who has been helped by God and still being helped by Him. Among many systems of God expansion upon the face of the earth, a man is pivotal.

For More Information & Feedback

Contact;



My heart bursts its banks, spilling beauty and goodness. I pour it out in a poem to the king, shaping the river into words:

Ps 45:1 MSG

The Lord gave the word: great was the company of those that published it.

Ps 68:11 KJV

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We will be glad to hear from!

