

*10 Minutes*  
TO  
POWERFUL  
PRAYER

STORMIE  
OMARTIAN



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## 10 MINUTES TO POWERFUL PRAYER

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10 11 12 13 14 15 16 17 18 /VP-NI/ 10 9 8 7 6 5 4 3 2 1

# CONTENTS



ANSWERS TO YOUR QUESTIONS  
BEFORE YOU EVEN ASK

7

*Prayer Focus 1*

WORSHIP AND PRAISE GOD FOR WHO HE IS

13

*Prayer Focus 2*

DECLARE GOD TO BE LORD OVER YOUR LIFE

27

*Prayer Focus 3*

INVITE GOD TO BE IN CHARGE OF YOUR DAY

35

*Prayer Focus 4*

SUBMIT YOUR BODY, HEART, AND MIND TO GOD

43

*Prayer Focus 5*

CONFESS ANY SIN OF THOUGHT OR ACTION

53

*Prayer Focus 6*

SEEK GOD'S PROTECTION AND COVERING

61

*Prayer Focus 7*

TELL GOD THE DESIRES OF YOUR HEART

69

*Prayer Focus 8*

PRAY FOR THE PEOPLE IN YOUR LIFE

77

*Prayer Focus 9*

INTERCEDE FOR THE WORLD AROUND YOU

89

*Prayer Focus 10*

ASK FOR GOD'S WILL TO BE DONE

99

CONDENSED VERSION OF THE  
10 AREAS OF PRAYER FOCUS

107

ANSWERS TO PRAYER

109

*Draw near to God  
and He will draw near to you.*

JAMES 4:8

## ANSWERS TO YOUR QUESTIONS BEFORE YOU EVEN ASK

No, this is not a misguided attempt to reduce prayer to a formula. Nor am I trying to minimize the time we need to spend in prayer down to 10 minutes. And I certainly don't want to trivialize prayer to merely a "quick fix" for what ails us, or an "on-the-run" kind of praying so we can do our "duty" and get on to the many "more interesting" things we have to do in our lives.

First of all, I think prayer *is* interesting. In fact, I think it's fascinating. That's because prayer is communicating with God, and *He* is fascinating. And what He wants to do through your prayers and mine is amazing. When you understand that prayer is building a relationship with God and partnering with Him to see His will done in your life and situation—and in the lives and situations of

others—you will find yourself wanting to pray as much as possible.

What I hope to do in this little book is give you a practical tool to help meet what I believe may be a need in your life. The reason I think you might have this need is because it is a need *I* have. If you're like me, there are things you pray about over and over—such as your health, the safety of family members, blessings over your work and finances, and guidance for decisions that have to be made. But it's hard to find time to pray about the many other important people and situations in your life. In addition to that, it is often easy to neglect such vital kinds of prayer as worship or confession. We don't mean to overlook these important areas of prayer focus and concerns, but there is always so much to pray about, and we can't think of everything.

Well, now *you* don't have to think of everything because *I* have provided the framework—the most important areas of prayer focus—that can help you have clear direction when you pray. While your most pressing needs are easy to focus on because they occupy your mind, this book will serve as a reminder of the other important things you don't want to forget.

Personally, I pray every day about many things, yet I still feel the need for a previously thought-out checklist that will prompt me to include certain people, situations, and

issues in my life and in my world that I might not otherwise remember to pray about on my own. All of us can get busy in our day and feel that we don't have the time to pray adequately about certain things, so we end up not praying about them at all. I know. I've been there. In fact, I'm there now. I need this book too.

## How This Book Works for You

Instead of having ten *chapters*, this book is divided into ten *areas of prayer focus*. Every paragraph in each of these ten areas of prayer focus is a complete thought and is, therefore, separated by a space from the others. That way, once you have read the book clear through, *you can choose a paragraph anywhere if you are pressed for time and need encouragement or inspiration.*

I have included a list of possible prayer concerns in each of the ten areas of prayer focus. You can check one or more of these items to pray about or you can let them stir your mind to remind you of other personal concerns. Blank spaces are provided below each list of prayer suggestions so you can write in a few words to remind you of any particular prayer needs you don't want to forget. If you fill in those blank spaces with a pencil, as your prayers are answered you can erase what you have written and write in new prayer reminders.



At the end of each area of prayer focus (or chapter), I have provided a sample prayer for you to pray. This prayer can be a beginning point to jumpstart your own prayers as you think of other things to add to it, or it can be the complete prayer in itself.

There are also Scriptures at the end of each prayer that can be read over, proclaimed, spoken aloud, memorized, pondered, meditated on, or simply kept in your heart, however time and inclination lead. Choose one or two or as many as you have time for. I know these Scriptures will be especially encouraging, uplifting, and edifying to you.

If you are pressed for time yet do have a few moments, it is possible to spend 60 seconds on each one of these 10 areas of prayer focus and complete them all in 10 minutes. Trust me, it feels good when you can cover so much ground with the Lord, instead of neglecting certain areas of prayer altogether. But no one is saying you have to limit your praying to 10 minutes. You could spend 10 or 20 minutes on a single area of prayer focus if you want. You could spend an hour on worship alone. No one—especially not God—is holding up a stopwatch and timing you. I am just saying that this *can* be done in 10 minutes, so you will have the peace of knowing you have lifted these important concerns before God's throne. Then you

are able to go about the rest of your day and pray for whatever else is pressing on your heart when you have found the right time to do so.

For your convenience, near the end of the book is a condensed version of these ten areas of prayer focus, so that once you have read the book and filled in the blanks with your own personal concerns, you can just flip to this section at the end if you are especially pressed for time, and go through it in however many minutes you have.

At the very end of the book are blank pages under the title of “Answers to Prayer” for you to write in. I pray that you will soon have those pages filled to overflowing. Shall we begin?

## WORSHIP AND PRAISE GOD FOR WHO HE IS

**W**orshipping God is one of the most powerful things we can do. Praising Him takes the focus off of ourselves and puts it entirely on Him. And that is always the best way to approach God and begin to pray.

Prayer is communicating with God. And communicating your love, gratitude, worship, and praise to God is the best way to start any prayer. It is also healthy for your mind and soul, as well as your physical body. Too often in our busy day we don't worship and praise God to the extent we should. He desires more praise than we give Him because He has so much more He wants to give *us*. When we praise Him, He reveals Himself to us. And He wants to reveal as much of Himself to us as we can

receive. Great things happen when we worship God—far more than we even realize.

### **Worship Is...**

opening your heart to God  
inviting the presence of God to dwell with you  
praising God as your Creator  
exalting Him as the God of love  
honoring and thanking God for all He has  
done  
thanking Jesus for all He accomplished on the  
cross  
coming in contact with all that God is  
allowing God's holiness to touch you  
offering yourself to the Lord  
demonstrating your love for God  
affirming your loyalty to the Lord  
lifting your heart and mind to God  
preparing to receive all God has for you  
acknowledging God as almighty and all-  
powerful  
letting go of all else and embracing only the  
Lord

No matter what is happening in your life, God is always worthy of your praise. That's why worship must be your

first reaction to everything. It should become a way of life—a priority. You can decide to wake up in the morning thankful to God, because you know He loves you more than you can ever fully understand. Start your day by praising and worshipping Him for all that He is. And remember some of the many ways that worshipping God affects your life.

### **Ten of the Countless Ways Worshipping God Affects Me**

- Worship requires an act of my will.
- Worship is a choice I make every day.
- Worship softens my heart and builds my faith.
- Worship enables me to become more like the Lord.
- Worship is a powerful weapon of my spiritual warfare.
- Worship helps me to hear God speaking to my heart.
- Worship evaporates all my fears.
- Worship invites God to pour Himself into me.
- Worship deepens my relationship with the Lord.
- Worship changes my mind, heart, and attitude.

There are countless reasons why you should praise God. Even remembering just one of them will be motivation

enough for you to worship and praise Him many times throughout your day—especially each time you pray.

## Ten Good Reasons Why I Give Praise to God

*I praise God because He is worthy of my praise.*

“Give to the LORD the glory due His name; bring an offering, and come into His courts. Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth” (Psalm 96:8-9).

*I praise God because it brings me into His Presence.*

“Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms. For the LORD is the great God, and the great King above all gods” (Psalm 95:1-3).

*I praise God because He hears my prayers.*

“Now we know that God does not hear sinners; but if anyone is a worshiper of God and does His will, He hears him” (John 9:31).

*I praise God because it brings pleasure to my soul.*

“Praise the LORD! For it is good to sing praises to our God; for it is pleasant, and praise is beautiful” (Psalm 147:1).

*I praise God because He does so much for me.*

“He heals the brokenhearted and binds up their wounds. He counts the number of the stars; He calls them all

by name. Great is our Lord, and mighty in power; His understanding is infinite. The LORD lifts up the humble; He casts the wicked down to the ground. Sing to the LORD with thanksgiving; sing praises on the harp to our God” (Psalm 147:3-7).

*I praise God because He guides me in all things.*

“I will bless the LORD who has given me counsel; my heart also instructs me in the night seasons. I have set the LORD always before me; because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope” (Psalm 16:7-9).

*I praise God because He delivers me and sets me free.*

“Offer to God thanksgiving, and pay your vows to the Most High. Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me” (Psalm 50:14-15).

*I praise God because He saves me in every way possible.*

“Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God” (Psalm 50:23).

*I praise God because He protects me in times of trouble.*

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the LORD, ‘He is my refuge and my fortress; my God, in Him I will trust.’ Surely He shall deliver you from the snare of the fowler and from the perilous pestilence...

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, and show him My salvation” (Psalm 91:1-3, 15-16).

*I praise God because He heals me and gives me life.*

“I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me. O LORD my God, I cried out to You, and You healed me. O LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. Sing praise to the LORD, you saints of His, and give thanks at the remembrance of His holy name” (Psalm 30:1-4).

## Calling on God by Name

In the Bible, God is referred to by many names. And there are also many words that describe His attributes. I believe the reason for this is that we cannot begin to understand all of who God is without these names and descriptions. The Bible was written to help us know God and understand His ways. The more we know about God, the more we will be able to praise, worship, appreciate, and thank Him in the passionate way He should be acknowledged.

Each of the names of the Lord shows us an aspect of His nature and His attributes. When we acknowledge and praise Him for who He is, our faith in His ability and



desire to be that to us increases. The Bible says, “The name of the LORD is a strong tower; the righteous run to it and are safe” (Proverbs 18:10). “Our help is in the name of the LORD, who made heaven and earth” (Psalm 124:8).

The first name you should thank God for being to you is your *heavenly Father*. When the disciples asked Jesus to teach them how to pray, Jesus gave them the Lord’s Prayer, which begins by acknowledging God as our Father in heaven. When you begin your prayer that way, it helps you to remember that you are truly one of His children. And this is an extremely important aspect of your relationship with God.

The second most important name to remember is *Jesus*. Never underestimate the power resident in His name. Jesus said, “If you ask anything in My name, I will do it” (John 14:14). If you want to see answers to your prayers, ask in Jesus’ name—which is the name above all names.

Below are some of the names and attributes of God that are found in the Bible. Read them all and then choose at least one or more of them each time you pray, and thank Him for being that to you.

## Names and Attributes of God

“Lord, I praise You and thank You for being my...”

### *Mighty God and Everlasting Father*

“Unto us a Child is born, unto us a Son is given; and the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace” (Isaiah 9:6).

### *Healer*

To you who fear My name the Sun of Righteousness shall arise with healing in His wings” (Malachi 4:2).

### *Peace*

“He Himself is our peace, who has made both one, and has broken down the middle wall of separation” (Ephesians 2:14).

### *Deliverer*

“I am poor and needy; make haste to me, O God! You are my help and my deliverer; O LORD, do not delay” (Psalm 70:5).

### *Counselor*

“I will bless the LORD who has given me counsel; my heart also instructs me in the night seasons” (Psalm 16:7).

### *Restorer*

“He restores my soul; He leads me in the paths of righteousness for His name’s sake” (Psalm 23:3).

### *Redeemer*

“The Redeemer will come to Zion, and to those who turn from transgression in Jacob,’ says the Lord” (Isaiah 59:20).

### *Power of God*

“To those who are called, both Jews and Greeks, Christ [is] the power of God and the wisdom of God” (1 Corinthians 1:24).

### *Resting Place*

“My people have been lost sheep. Their shepherds have led them astray; they have turned them away on the mountains. They have gone from mountain to hill; they have forgotten their resting place” (Jeremiah 50:6).

### *A Strength to the Poor and a Refuge from the Storm*

“You have been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shade from the heat; for the blast of the terrible ones is as a storm against the wall” (Isaiah 25:4).

### *God of Gods who is Mighty and Awesome*

“The LORD your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality nor takes a bribe” (Deuteronomy 10:17).

### *King of Kings and Lord of Lords*

“These will make war with the Lamb, and the Lamb will overcome them, for He is Lord of lords and King of kings; and those who are with Him are called, chosen, and faithful” (Revelation 17:14).

### *Stronghold in the Day of Trouble*

“The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him” (Nahum 1:7).

### *Shield*

“Our soul waits for the LORD; He is our help and our shield” (Psalm 33:20).

### *Hiding Place*

“You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance” (Psalm 32:7).

### *Hope*

“You are my hope, O Lord GOD; You are my trust from my youth” (Psalm 71:5).

### *Savior*

“My spirit has rejoiced in God my Savior” (Luke 1:47).

### *Strength and Song*

“Behold, God is my salvation, I will trust and not be afraid; ‘for YAH, the LORD, is my strength and song; He also has become my salvation’” (Isaiah 12:2).

### *Helper*

“I will pray the Father, and He will give you another Helper, that He may abide with you forever” (John 14:16).

### *Lifter of My Head*

“You, O LORD, are a shield for me, my glory and the One who lifts up my head” (Psalm 3:3).

### *Holy Spirit and Teacher*

“The Holy Spirit will teach you in that very hour what you ought to say” (Luke 12:12).

### *Comforter and Giver of Mercy*

“Sing, O heavens! Be joyful, O earth! And break out in singing, O mountains! For the Lord has comforted His people, and will have mercy on His afflicted” (Isaiah 49:13).

### *Provider*

“My God shall supply all your need according to His riches in glory by Christ Jesus” (Philippians 4:19).

You will find that there is a name for God that answers to every need you have. Write down a list of things you need in your life on the lines provided. Then next to each one write a name of God that answers to that need. You can choose from the list above or choose another name or attribute of God that you have found elsewhere in the Bible.

WHAT I NEED

GOD'S NAME THAT ANSWERS  
TO MY NEED

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## PRAYER POWER

Lord, I come before Your presence with thanksgiving. I worship You this day as the almighty Creator of heaven and earth. You are the all-powerful God of the universe for whom nothing is impossible. I exalt You as my Creator, and I praise You as my heavenly Father. I thank You that You are the God of love, peace, and joy. "I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High" (Psalm 9:1-2). I thank You for all that You are.

Thank You for sending Your Son Jesus to be my Savior and Redeemer. Thank You, Jesus, for the price You paid to save me. Thank You for rescuing me, forgiving me, and giving me new life. Thank You for the gift of Your

Holy Spirit in me. Thank You, Holy Spirit, for guiding me, comforting me, and filling me afresh with love, peace, and power. Thank You for Your Word that gives me life. I praise You, Lord, for Your goodness, grace, and mercy that endure forever.

In Jesus' name I pray.

## WORD POWER

*By Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.*

HEBREWS 13:15

*The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.*

JOHN 4:23

*Vows made to You are binding upon me, O God; I will render praises to You, for You have delivered my soul from death. Have You not kept my feet from falling, that I may walk before God in the light of the living?*

PSALM 56:12-13

*Whoever confesses Me before men, him I will also  
confess before My Father who is in heaven.*

MATTHEW 10:32

*You are a chosen generation, a royal priesthood, a  
holy nation, His own special people, that you  
may proclaim the praises of Him who called  
you out of darkness into His marvelous light.*

1 PETER 2:9

*Because he has set his love upon Me, therefore  
I will deliver him; I will set him on high,  
because he has known My name.*

PSALM 91:14

*They will call on My name, and I will answer  
them. I will say, 'This is My people'; and each  
one will say, 'The LORD is my God.'*

ZECHARIAH 13:9