

**Question:** How can I become a dedicated prayer warrior who prays for long periods, rather than just someone who prays casually when necessary?

**Answer:** In any spiritual battle, it's important to recognize the true source of our struggle. The Bible teaches us that our primary enemy is not always an external force like Satan, but often our own flesh — our physical bodies and desires. This is reflected in the words of Jesus in the Gospels:

*Matthew 26:40-41 (NIV):*

*[40] He returned to His disciples and found them sleeping.  
“Couldn’t you men keep watch with Me for one hour?” He asked Peter.*

*[41] “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

In this passage, Jesus was preparing for His crucifixion and asked His disciples to stay awake and pray with Him in the garden of Gethsemane.

However, they struggled with fatigue and fell asleep. Jesus pointed out that although their spirits were willing to follow His lead, their bodies were weak. This passage illustrates the fundamental challenge in prayer: while we may have a strong desire to connect with God spiritually, our physical limitations often hinder us.

## **The Flesh vs. The Spirit**

This is a key theological point. Jesus is teaching that there is an ongoing conflict between the spirit (our inner desire to pray and seek God) and the flesh (our physical limitations and distractions). The apostle Paul expounds on this

*in Romans 7:18 (NIV):*

*“For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.”*

This illustrates the struggle between the spirit’s desire to follow God and the flesh’s inclination toward weakness and sin.

## How Can We Overcome the Flesh?

Just like athletes train their bodies to improve their physical endurance, we must train our spiritual lives to grow in prayer. The Bible calls us to be disciplined and persistent in our spiritual practices.

*1 Corinthians 9:27 (NIV) says:*

*“No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”*

Here, Paul describes the process of subduing the flesh and training ourselves spiritually, just as an athlete prepares for a race. Just as athletes gradually increase their training, we must start small in prayer and build our stamina over time.

If you want to be a long-distance prayer warrior, begin with short prayer sessions and increase the time gradually. Start by praying for just 15 minutes on the first day. The next day, add 5 more minutes, and the day after that, another 5 minutes. Keep increasing your prayer time

and stay consistent. Over time, you'll find it easier to pray for longer periods because your spiritual stamina will grow.

*in Luke 18:1 (NIV) emphasizes the importance of persistence in prayer:*

*"Then Jesus told His disciples a parable to show them that they should always pray and not give up."*

**Persistence in prayer is key.** The more you practice, the stronger your prayer life will become.

At first, it may be difficult to pray for an hour. But if you make prayer a regular part of your life, you will find that it becomes easier over time, just like exercising a muscle. As you grow in prayer, you won't have to force yourself to continue; your spiritual endurance will carry you.

## **The Joy of Long Prayer**

It's important to understand that someone who prays for long periods isn't necessarily struggling more than someone who prays for a few

minutes. In fact, when you reach a certain point in prayer, it becomes a joy rather than a struggle. Jesus Himself experienced this joy in His own prayers.

*Hebrews 12:2 (NIV) says:*

*“For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”*

Similarly, as we grow in prayer, we eventually experience a deep sense of joy in God’s presence, making long prayer sessions much easier to endure.

## **Fighting Against the Flesh**

As you develop your prayer life, don’t be discouraged when you feel tired or distracted. Remember, your struggle is not with Satan alone but with your own flesh.

*Romans 8:13 (NIV) reminds us:*

*“For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”*

We must fight against the desires of the flesh, including laziness and distractions, in order to grow in our spiritual life.

### **Praying With Purpose and Focus**

To deepen your prayer life, it's important to approach prayer with intentionality. **Here's a simple structure you can follow to get the most out of your prayer time:**

**Prepare your heart:** Before you begin praying, take a few minutes to sit quietly, close your eyes, and reflect on all the good things God has done for you. Consider His blessings from your childhood to the present. Thank Him for His faithfulness and goodness.

**Praise and worship:** Spend some time praising and worshiping God for

who He is. Sing a few songs or speak words of thanksgiving.

*Psalm 100:4 (NIV) encourages us:*

*“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.”*

**Repentance and confession:** After reflecting on God’s goodness, take time to confess any sins and ask for God’s forgiveness.

*1 John 1:9 (NIV) assures us:*

*“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

**bring your petitions:** Once you’ve praised, worshiped, and confessed, you can then bring your specific prayer requests before God.

*Philippians 4:6 (NIV) reminds us:*

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

By following this structure, you will grow in your ability to pray with focus and purpose, and God will strengthen your prayer life.

## **Conclusion**

If you want to be a long-distance prayer warrior, remember that growth in prayer requires discipline, persistence, and the willingness to fight against the flesh. As you practice regularly, you'll find that prayer becomes easier, more joyful, and more powerful. May God strengthen you as you deepen your walk with Him in prayer.

God bless you.

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