

# LEARNING HOW TO PRAY

A FREE MINI COURSE

By Carol Graham

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Build confidence in prayer by aligning with God's promises instead of reacting from fear, urgency, or emotional pressure.

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Keep growing with deeper training to develop consistent, confident prayers that align with God's Word and timing.

# WELCOME *to* *the* COURSE!



This free course was created for believers who love God, believe His Word, and desire to see their prayers produce results.

Prayer was never meant to be confusing, emotionally draining, or uncertain. Scripture shows us that prayer is meant to be confident, grounded, and anchored in God's promises.

This course will not overwhelm you. It will begin correcting misunderstandings, restoring confidence, and laying the groundwork for a prayer life that produces answers.

## Course Format

- 4 short teaching lessons
- 1 closing invitation
- Each lesson includes teaching, reflection, and a simple practice/application section



## *About the Author*

# Carol Graham

PRAYER COACH, AUTHOR, SPEAKER

Carol Graham is a devoted follower of Christ, teacher of God's Word, and a living testimony to the power of prayer rooted in faith.

Her journey has been marked by seasons of deep hardship, personal loss, and circumstances that —by human standards—seemed impossible to overcome. It was in those very moments that Carol learned what it truly means to stand on God's promises, not merely repeat them.

Through years of walking closely with the Lord, Carol discovered that prayer is not about pleading with God or reminding Him of our problems, but about agreeing with His Word and trusting that He is faithful to perform it. As she learned to pray the answer instead of the problem, she witnessed God move in ways that strengthened her faith and reshaped her understanding of prayer.

Carol teaches from lived experience, not theory. Her desire is to help believers step out of fear-based praying and into confident, Scripture-centered prayer that rests in God's character and timing. She believes every believer can hear God's voice, trust His Word, and pray with assurance —regardless of their circumstances.

This course was written to encourage, equip, and strengthen your faith, so you too can approach God with confidence, knowing He hears you and responds to His Word.

# LESSON 1:

## Learning How to Pray with Confidence

### Purpose

- Remove doubt and confusion around prayer
- Manage emotional drama in prayer
- Conquer fear and uncertainty
- Shift from defeat to confidence

### Teaching

Many believers struggle in prayer not because God is silent, but because prayer has been shaped by emotion, habit, or desperation rather than understanding.

Prayer is not guessing.

Prayer is not hoping God might respond.

Prayer is learning how to come into agreement with Him.

When prayer feels inconsistent or heavy, it often reveals a lack of clarity—not a lack of faith. Scripture teaches us that prayer is meant to be confident and expectant.

### Key Truth

God's promises are already yours.

The timing belongs to Him—but confidence belongs to you.



# LESSON 2:

## What Prayer Was Never Meant to Feel Like



### **Purpose**

Release unhealthy prayer frameworks and replace them with truth.

### **Teaching**

Prayer was never meant to feel like striving, begging, or proving your faith. When prayer becomes heavy, it often means it has shifted away from truth and toward pressure.

Consider these contrasts:

- Prayer is not a performance — it is a relationship grounded in truth
- Prayer is not pressure — it is partnership with God
- Prayer is not fear-based — it is rooted in trust
- Prayer is not convincing God — it is agreeing with what He has already said

Powerful prayer flows from understanding, not emotional intensity.



# LESSON 3:

## How Prayer Produces Confident Expectation

### **Purpose**

Restore hope and introduce alignment without overwhelming detail.

### **Teaching**

Answered prayer flows from understanding how to align your prayers with God's will and promises.

Three foundational truths:

- You can be assured you are praying God's will by praying according to His Word
- You can rest in knowing God has heard you, even when answers unfold over time
- You can learn to hear God's voice, gaining clarity and direction rooted in Scripture

Prayer was never designed to create anxiety. Confidence replaces uncertainty when prayer is grounded in truth.



# LESSON 4:

## Pray the Answer — Not the Problem

### **Purpose**

Introduce a new way of praying that becomes a lifestyle.

### **Teaching**

Many prayers unintentionally magnify fear, lack, or delay. When prayer focuses primarily on the problem, it keeps attention on circumstances instead of God's Word.

Praying the answer means:

- Standing on what God has promised
- Speaking from agreement rather than desperation
- Anchoring prayer in truth instead of emotion

This is not a one-time prayer. It is a posture—a way of praying that shapes your entire prayer life.

### **Simple Practice**

Bring one situation before God today. Ask yourself:

What has God already promised regarding this situation?

Allow your prayer to align with His Word rather than reacting to circumstances.

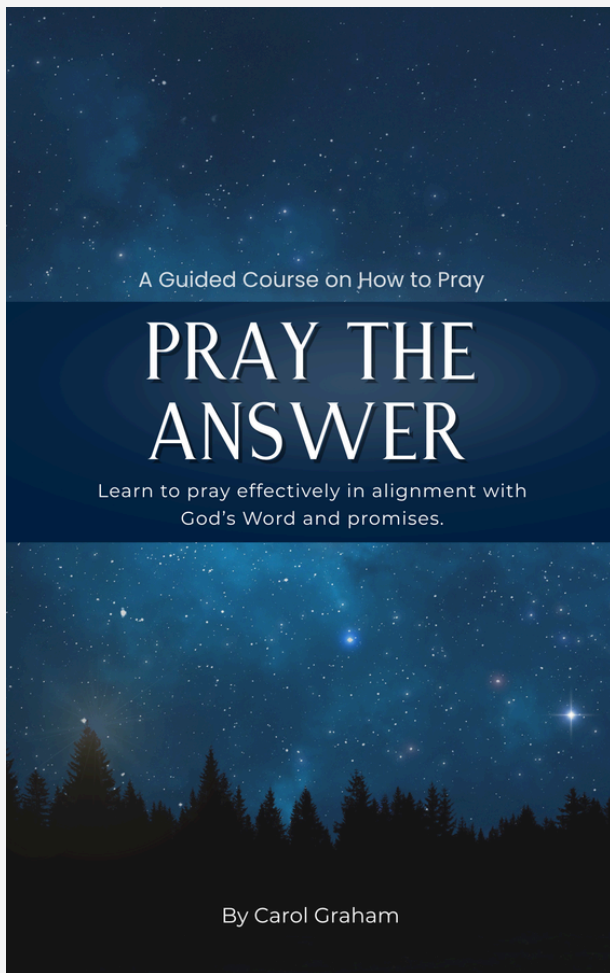


You've begun the  
FOUNDATION.

Now, let's go  
DEEPER...

# Your Next Step: Pray the Answer

You've started building a new understanding of prayer—one rooted in clarity, confidence, and truth. This free course is a small step into that deeper journey. If you feel led to continue, **Pray the Answer** offers a guided framework to help you continue growing in aligned, expectant prayer.



Pray the Answer is an in-depth, guided course created to help you move from uncertainty to confident, aligned prayer—step by step, grounded in Scripture and gentle guidance.

Inside the course, you'll learn how to:

- Pray in agreement with God's Word with clarity and assurance
- Trust God's timing without losing confidence or peace
- Build a consistent, sustainable prayer life that produces confident expectation
- Shift from reacting to problems to praying from God's promises

If you desire deeper understanding and personal guidance in your prayer life, Pray the Answer was created for you.

[» Learn more](#)

Thank you for beginning this journey. May your prayer life continue to grow in clarity, confidence, and expectation as you walk in agreement with God's Word.