



1 Timothy 2:8

Therefore, I want the men in every place to pray, lifting up holy hands, without anger and disputing or quarrelling or doubt [in their mind].

Anchor of Faith: A Men's Prayer Handbook

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About Us



Tony and Elzaan are the founders and owners of the Quantum Academy & and Healthy Vibes. Healthy Vibes was founded because of their personal journey towards healing. Having faced abuse, trauma, and disappointment, they were desperate for a new approach to counselling. Tony battled with an autoimmune condition that was deemed incurable by doctors, and the prescribed treatments had no effect. However, by focusing on his deficiencies, trauma, and bloodline, he experienced complete healing within a year. Witnessing the transformative power of Quantum Counselling in their own lives, they pursued further education and training.

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Episode 1: The power of prayer

This manual is part of a YouTube series that you can follow on our YouTube channel – Playlist Name: Men’s Prayer Series.

[YouTube Playlist: Men's Prayer Series - Basic Prayer Principles](#)

When I met my wife, I was one of those spiritually passive men. I still clearly remember the day she told me that she is no longer going to stand in the gap and repent of my sins on my behalf, the LORD said to her it is time for me to start doing it myself. I was flabbergasted! I remember asking her: “Do I need to do that every day?”

I have come a long way since then! Something else I realized, is that I could not enter the Kingdom of God on the coattails of my wife’s faith. I truly believe that Satan has a masterplan when it comes to passivity in men. It is so easy for women to be spiritual, to pray, to read Bible, to believe. But for us as men, it sometimes is an uphill battle.

I hope that this series will inspire you to become spiritually aware, proactive, and awake! You will be amazed at the breakthroughs you will start to see in your marriage, your relationship with your children, your own life – when you start to implement these daily prayers into your life. And please don’t make the excuse that you do not have time! If you have time to take your phone and scroll on social media, to watch TV, to go and play golf or to watch the sport, then you have time to pray!

Extra prayer tools:

[Join the Telegram Channel with PDFs of prayers, called Prayers: Warfare and Renunciations](#)

[YouTube Video: Being Born Again](#)

[YouTube Video: Baptism by Water and Fire](#)

[YouTube Video: Bible Study](#)

[YouTube Video: Tabernacle Prayer Pattern](#)

[YouTube Video: Intercession and Praying the Psalms](#)

[YouTube Video: Fasting and Petitions](#)

Episode 2: Daily Prayer

Guys this is just an example of my daily prayer.

I always have a copy of the prayer on my computer, so as seasons change in my life, it is easy for me to adjust the prayer accordingly.

When I started praying, I was under the illusion that you only prayed once and then everything would just fall into place, but that is not the case. Prayer is a daily activity that you must discipline yourself in!

Oh, and I pray in the Name of Yeshua, that is the Hebrew Name for Jesus. You are welcome to pray in the Name of Yeshua or Jesus, as long as you start praying!

In the Name of Yeshua, I come before Your throne, and I call the cloud of witnesses as I pray.

I declare Father, that You are my King, my Creator and my Redeemer.

I thank You Father for Your provision and mercy over myself and my family.

Thank You for life.

Thank You for keeping me healthy and safe.

Thank You for family and friends.

Thank You for Your goodness, mercy and grace in my life.

Thank You that You sent Your Son to die for my sins.

Father may Your kingdom come, and Your will be done on earth as it is in heaven.

Father, please give me a sense of urgency when it comes to Your Kingdom so I will realise that You alone are the Way and Bread of Life. Change my perception of what is important, align my heart with Your heart. Help me to serve in Your Kingdom and not in the kingdom of darkness. Father, please download a Kingdom mindset into my mind and heart so that I will be able to do Your work on earth and that I will realise I have been chosen by You and that You have a plan for my life.

(Ask for things that you need help with at this stage of your life. Maybe you are struggling with an addiction? Or with anger. Whatever it is that you cannot overcome in your own human strength, repent for it and ask the LORD to help you.)

I declare LORD that You are worthy of all praise.

I ask that You put a guard before my mouth, and I that Your Holy Spirit will guide me in Your way of truth today.

Father, please help me to forgive (list the people that you know you are harbouring resentment, unforgiveness, bitterness towards). **Help me to let go of the past hurts and offences. I bless each one of these people now in the Name of Yeshua.**

I ask that You wash away any hatred I have towards (list any applicable names or groups of people here) **with Your Living Waters.**

Father forgive me for (list everything that comes up in your mind that may have been sin, remember sin creates distance between you and God).

Father, I pray that Your Holy Spirit will help me not to fall into temptation today!

Today I declare that I and my entire household, including my wife and children are in covenant with You, and covered by the Blood of Yeshua.

I pray all of this in the Name of Your Son Yeshua of Nazareth. Amen!

Episode 3: Praying for your home

This is a very important prayer that you should pray daily to keep you and your family safe.

Satan knows that if you, as the head of your household, are ensnared in sin, and not in covenant with God, he has a legal right to kill, steal and destroy in the life of your wife, children and in your own!

Father, thank You for the authority that I have through the Blood of Yeshua over my home and my family. Father, in my own strength I cannot protect them from harm, but I put my trust and my faith in You today. I ask LORD that You will teach me how to be a watchman on the wall of my family and my home. Give me Godly discernment through Your Holy Spirit to know what boundaries to enforce to keep them safe.

I repent Father where I have not taken up my authority, or where I have been passive in my role as the king and priest of my home. I repent for allowing the unholy and the profane to enter our home and our lives. Help me Father to discern when music, TV shows, games, toys, entertainment, etc. are not aligned with Your standard of holy. Help me to lead my family with the example that I set, that I will not expect one standard of holiness from them and have a different set of rules whereby I live.

Thank You Father that I can welcome You into our home and into our lives. Fill our home with Your peace, mend our broken relationships and teach us how to love each other. Today I make the same declaration as Joshua: As for me and my house, we will serve the LORD.

Today Father I ask for Your protection over my home and my family. I cover them with the Blood of Yeshua, and I ask Father that Your angels will guard us. May You surround us with Your favour like a shield.

I pray this in the Name of Yeshua. Amen.

Episode 4: Praying for your marriage and your wife

A Godly wife is the greatest gift any man will ever receive in his life.

Proverbs 18:22: "He who finds a wife finds what is good and receives favour from the Lord."

I would also like to encourage you to study the below, and to ask the LORD to help you to love like He expects you to love!

1 Corinthians 13:4-7: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

In the Name of Yeshua, I come before Your holy throne, and I bring (wife's name) before You. I want to give praise to You Lord for this amazing gift of a Godly wife that You have blessed me with.

I ask Father that You will help me to honour the covenant that I have with her, and to live in such a way that I will be in right standing with her.

Thank You that I can ask You to bless our marriage, to help me to be a Godly husband to her, to have sacrificial love for her and to honour and respect her. I ask Father that You will remove the walls between us that we have built because of offence, disappointment, etc. Father, take our heart strings and connect it again, restore our first love, and make us one. Seal off our covenant with the Blood of Yeshua.

Today I ask that You cover her with the Blood of Yeshua, and I ask that You bless the works of her hands in whatever her hands find to do today. Please keep her safe from any accidents, misfortune, sicknesses, and anyone / anything that wants to bring harm to her.

My King I come with a petition today against any entity from the kingdom of darkness that has an assignment against our marriage, and I ask for a restraining order in the Name of Yeshua.

I humbly ask Father that You will bless her with her heart's desires and that Your Holy Spirit will be a guide for her to follow in Your footsteps.

I ask Father for a download from Your heavenly Kingdom into her mind and heart of Your ways and steadfast love.

I pray this in the Name of Yeshua. Amen!

Episode 5: Praying for your children

I would like to encourage you to not be a “secret prayer” but to rather teach your children how to pray by praying in front of them. The best way to lead is by example. I also believe it makes a huge difference when they can hear the father of the home bless them and pray for them. This is part of establishing Godly identity in your children. So as often as you can, take oil, anoint them, bless them, and pray for them!

Maybe you have no clue how to pray for them and bless them while they are present, no worries, I am including some practical ideas below.

When I pray for my godchildren, I pray about the following areas of their lives:

- I pray for the LORD to bless the boys like Ephraim and Manasseh. And the girls like Sarah, Rachel, Leah, and Rebecca.
- Then I pray for God to plant the truth of His Word in their hearts.
- To fill them with His Holy Spirit.
- I declare Jeremiah 29:11 over them.
- I tell them that God created them with a purpose, with identity and with giftings and anointings that they will walk in.
- Then I pray for the LORD to hand pick their wife / husband, so that it will be a Godly person and that they will have a blessed and fruitful marriage.

The below prayer is a prayer that you can incorporate into your daily prayer life as you bring your children before God daily in prayer.

In the Name of Yeshua, I come before Your throne, and I call on You as Abba Father.

I bring my children before You and I offer them to You today. Father, please bless me with the knowledge and wisdom to be the best father I can possibly be. Help me to be a good example to my children, help me to teach them Your ways so that when they grow old, they will not depart from it.

I ask that Your Holy Spirit teach me to love them, protect them, provide for them, and establish identity in them.

I plead the blood of Yeshua over them today and I ask that You send Your angels to protect them during this day. Any assignments from the kingdom of darkness we declare null and void over their lives in the Name of Yeshua.

In the Name of Yeshua, I ask that You remove any ungodly friendships they have and replace them with friendships that You will bless. Remove all wrong influences from their lives, and protect them from deception, sin, and rebellion, in the Name of Yeshua.

In the name of Yeshua, I ask that You bless them with discipline, courage, faithfulness, kindness, and compassion.

I pray all this in the mighty Name of Yeshua. Amen!

Episode 6: Praying for your career

I did not have the opportunity after I finished school to go and study, although I really had a great desire to do so. Shortly after writing my final exam, I was shipped off to the big city and I started working long, back breaking hours! I really had to work my way from the bottom up. For the first 16 years of my life, I worked hard. I managed to grow in my career and ended up managing 86 staff and a 4500 square meter retail space. Things never just fell in my lap, it came with hard work, discipline, and perseverance. Later I would realize that there was a curse of toil on me, and self-inflicted curses because I was not living according to God's standard. As I started correcting this in my life, slowly I could see things changing, falling into place, doors opening and blessings starting to flow.

When it comes to your career, don't make the mistakes that I made. This is not your sole purpose why God created you and placed you on this earth. Yes, it is good to have passion and discipline, but remember that you are here to expand the Kingdom of God. You do not have to be in full time ministry to do that, wherever you are, be a light to a dark and broken world. You can minister to people at work through the example that you live; work with integrity, always respecting others, and honouring the Name of God in all you do.

In the Name of Yeshua, Father, I come to You, and I ask that You help me seek Your Kingdom and righteousness first. Forgive me for focussing on other things that are not as important, forgive me for allowing other desires to drive me. Help me to become Kingdom focussed and Kingdom minded in all I pursue.

Father, I ask that Your Holy Spirit help me to be a light to the dark and broken world. Help me to conduct my business affairs in a way that aligns with Your Word.

Father, I ask that You bless the works of my hands, give me favour with the managers that I submit under, and with my fellow workers. Give me favour with my clients. May Your favour surround me like a shield. Prosper me and bless me in all that I do.

I pray that You will help me to remain in Your perfect will and plan for my life and my career, to open the doors You want to open, and to close the doors You want to close. Father, please bless me with finding my purpose in life, reveal to me the scroll that You have over my life, so that I may walk in that purpose and destiny You have for me.

As I navigate daily life at the office, I pray that You will bless me with Godly knowledge, discernment, wisdom, and understanding.

In the Name of Yeshua, I ask that You put a guard over my mouth so I will not speak negatively over myself and others or speak words that bring death or dishonour.

I also ask Father that You will cancel any word curses people have spoken over me and my career I ask that You turn it into a blessing in the Name of Yeshua.

Please help me to stay calm when I am under pressure at work.

Please bless me with the same blessing that Joseph had: "HIS MASTER SAW HOW ADONAI WAS WITH HIM, THAT ADONAI PROSPERED EVERYTHING HE DID."

May everything I do today bring glory and honour to Your Kingdom. Amen!

Episode 7: Praying for your finances

When it comes to finances you need to remember that this may be something the enemy can use to totally consume you. All your thoughts, time, effort, and emotions can be influenced by how well, or how bad, you are doing financially. This is not what God intended for you as His child. God says He will provide. But the Word of God also says the enemy comes to kill, steal, and destroy.

I always tell people to do a little bit of investigation whenever there is an issue with finances. Two specific areas of your life may give an open door for the enemy to come in and steal, kill and destroy.

1. Your own life – does it align with God’s principles for blessing in His Word?
2. Bloodline curses.

Your own life may include Biblical principles like paying your tithe, honouring the Sabbath, keeping God’s feast days. All of these are directly related to His provision and blessing on one’s finances. I am a firm believer of paying my tithe, in fact I am living proof of how this changed my life. When I started paying my tithe, I could not afford to pay the whole tenth so I prayed and said to God as I receive more or must pay less on expenses that I would pay more until I get to a whole tenth. Even today I don’t know how this happened, but it was in the blink of an eye and suddenly I was able to do this! I still remember I had to sell my car and I had to receive a certain amount in order for me to cover other debt that I had. I prayed and asked the LORD for that certain amount I was looking for and guess what? I had only 2 offers on my vehicle, and the one was exactly what I was looking for! This is just one of many such miracles of provision that I can testify of since I started paying my tithe.

Malachi 3:10-12

¹⁰ Bring all the tithes (the tenth) into the storehouse, so that there may be food in My house, and test Me now in this,” says the Lord of hosts, “if I will not open for you the windows of heaven and pour out for you [so great] a blessing until there is no more room to receive it. ¹¹ Then I will rebuke the devourer (insects, plague) for your sake and he will not destroy the fruits of the ground, nor will your vine in the field drop its grapes [before harvest],” says the Lord of hosts. ¹² “All nations shall call you happy and blessed, for you shall be a land of delight,” says the Lord of hosts.

This is also amazingly the only place in the Bible where God says, "test Me, if I won't open the windows of Heaven upon you!"

I can also testify that spending the hours and hours of time working on my bloodline also produced amazing fruit in my life, not only in my finances but in many other areas. Not sure what a bloodline curse is or how it may influence you? Listen to the below podcast for more information.

[YouTube Video: Bloodlines](#)

In the Name of Yeshua, I come before You Father and I declare that You are my Provider! Today I dedicate every cent and every asset I own to You.

Father, I repent for all sins that I have committed that have brought a curse on my finances. Father, I repent for robbing You by not paying my tithe. I ask that You open the windows of heaven upon me as I start paying my tithes. I repent Father for using my finances to fund the kingdom of darkness or to pay for sinful things. Father, please forgive me and cleanse my finances from all defilement that came upon it due to sin. Please wash me clean with the Blood of Yeshua and help me not to commit the same sins again. Please forgive me for loving money more than anything else, please forgive me for serving Mammon. All temples and memorials I raised in the spirit by worshipping Mammon I ask that You destroy it now with the Fire of the Holy Spirit, and that You cancel all worship Mammon received from me and my bloodline in the Name of Yeshua. Help me not to give worship to earthly things but rather to store riches in heaven. Father, today I declare that I choose to serve You and not Mammon.

Father from Your hand I ask that You redeem back to me everything the destroyer has stolen from me. Please bless me so that I will have an open hand towards the needy. That I may be a cheerful giver!

In the Name of Yeshua, I ask that You give me the wisdom to manage my finances wisely. I declare You as Yahweh Jireh – My Provider! All praise to You my King!

I ask all this in the Mighty Name of Yeshua. Amen!

Conclusion

I truly hope that this series has been a blessing to you and your family. Remember, there is nothing more dangerous to the kingdom of darkness than a believer that is praying daily. The enemy will try to steal your prayer time. Unplanned emergencies may pop up, you may be tired, you may not feel like it, etc. But just persevere, be diligent and disciplined. Set a specific time aside every morning for prayer, and do not allow anything to interrupt your daily prayer time with the LORD!

I want to leave you with this final encouragement from the apostle Paul:

1 Thessalonians 5:16-17

Rejoice always and delight in your faith; ¹⁷ be unceasing and persistent in prayer;

May you truly delight in your faith, and in your relationship with Abba Father, and may you persevere so that you will be persistent and unceasing in your prayers. Remember, you are the watchman on the wall, you are the strongman of your house, and you are the king and priest over your family. I pray for the LORD to download on you the wisdom, counsel, understanding, power, knowledge and fear of the LORD so that you may stand up in this God-given role and responsibility and may the Spirit of the LORD be your guide.

Numbers 6:24-26

²⁴ *'Y'varekh'kha Adonai v'yishmerekha.*

[May Adonai bless you and keep you.]

²⁵ *Ya'er Adonai panav eleikha vichunekka.*

[May Adonai make His face shine on you and show you His favor.]

²⁶ *Yissa Adonai panav eleikha v'yasem l'kha shalom.*

[May Adonai lift up His face toward you and give you peace.]'