

THE POWER OF PRAYER

HOW TO PRAY, WHY IT MATTERS, AND WHAT CHANGES WHEN YOU DO

Mary & Sebastian

- Prayer Ministers, KCM Canada



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RESOURCE
EP 22



EPISODE SUMMARY

Mary and Sebastian serve as Prayer Ministers at Kenneth Copeland Ministries Canada in Langley, BC. Together they bring decades of experience in faith-based prayer, intercession, and compassion-driven ministry, serving partners and friends through the KCM Canada prayer line every day.

“The disciples had a front-row seat to the most fascinating supernatural ministry ever. And the one thing they asked Jesus was: teach us how to pray.”

What if the most powerful thing you could do today costs nothing, requires no special training, and is available to you right now? In this episode, Angel and Sarai sit down with Mary and Sebastian — two prayer ministers who answer the phone every single day to pray with people through their hardest moments — to have an honest, heart-to-heart conversation about prayer.

Together they unpack what prayer really is (spoiler: it's simpler than you think), why praying God's Word changes everything, what to do when healing doesn't show up right away, and how praying in the Spirit can unlock wisdom your mind can't reach on its own. Whether you're brand new to faith or you've been walking with God for decades, this conversation will challenge you to move prayer from a religious routine to the most intimate, transformative part of your day.

KEY TAKEAWAYS

- Prayer is communication with God — it's about believing and receiving what He has already accomplished through Jesus, not begging for something new.
- Praying the Word of God aligns your words with His will. When you speak Scripture over your situation, you're putting God in remembrance of His covenant promises.
- When healing doesn't manifest immediately, don't abort the process. Stay in faith, keep declaring the Word, and walk out the miracle with persistence.
- Praying in tongues bypasses the limitations of your intellect and emotions, connecting you directly to the Holy Spirit for divine wisdom and direction.
- God's love language is time. The more you spend with Him — not out of duty but out of desire — the more His heart, His Word, and His provision become real in your life.

QUOTES & ENCOURAGEMENTS

FROM THIS EPISODE

“Compassion is such a key to prayer. If you look in the Gospels, Jesus was very often moved with compassion before He met a need.”

— Sebastian

When you pray, let compassion lead. Don't treat prayer like a checklist — let your heart feel what God feels for the people and situations you're lifting up.

“Knowing who you are in Christ is very important. If you know who you are in Christ, then you know God is there for you.”

— Mary

Your identity in Christ is the foundation of confident prayer. You don't have to earn God's attention — you already have it because of what Jesus did for you.

“I had to have bulldog faith. I had to be firm in what I believed. I had to have faith in Jesus Christ that He was not going to let me down.”

— Mary

Faith is not passive. When the diagnosis, the bill, or the circumstance stares you in the face, grab hold of God's Word and refuse to let go. That's bulldog faith — and it's the kind that moves mountains.

“There's no situation truly that is hopeless. Not to a praying body.”

— Sebastian

Whatever you're facing right now — in your health, your family, your finances, your nation — prayer changes things. God is looking for someone to stand in the gap. That someone can be you, starting today.

KEY SCRIPTURES

Mark 11:22-23 (NKJV)

“So Jesus answered and said to them, ‘Have faith in God. For assuredly, I say to you, whoever says to this mountain, “Be removed and be cast into the sea,” and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.’”

Romans 8:26-28 (NKJV)

“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. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

John 15:7 (NKJV)

“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”

Psalms 103:3 (NKJV)

“Who forgives all your iniquities, who heals all your diseases.”

THIS WEEK'S FAITH STEPS

- 1. Start with the Father:** Before you bring any request to God this week, begin your prayer time by simply acknowledging who He is. Worship Him. Thank Him. Let your prayer start with honour, not a to-do list.
- 2. Pray the Word over one area of your life:** Choose a Scripture that speaks to something you're believing for — healing, provision, peace — and speak it out loud daily. Write it on your mirror like Brother Copeland does.
- 3. Don't abort the process:** If you've been praying for something and nothing seems to be happening, recommit this week. Declare Mark 11:22-23 over your situation and refuse to let doubt pull you off the water.
- 4. Pray in the Spirit:** Set aside time to pray in tongues this week, even if it feels unfamiliar. Ask the Holy Spirit for direction and wisdom beyond what your mind can figure out on its own.
- 5. Give God your time:** Choose one day this week to come before the Father with no agenda — no requests, no list. Just spend time with Him. As Sebastian shared, when you spend time with the Father, you get access to everything He has.

RESOURCES & LINKS

- KCM Canada Prayer Resources – kcmcanada.ca
- Kenneth Copeland's teaching on "[Words of Prayer – Words of Faith](#)" – Free MP3 Teaching Audio
- [20 Step Spiritual Action Plan](#) for How to Get Your Prayers Answered PBBK

GET CONNECTED

If this conversation encouraged you, share it with someone who could use a fresh perspective on prayer today. Subscribe to Victory Podcast wherever you listen, and leave a review if this episode blessed you — it helps more people find these conversations.

Whatever you're facing, we're here to pray with you. Need prayer today? Call the KCM Canada prayer line at [1-877-480-3388](tel:1-877-480-3388) and connect with prayer ministers like Mary and Sebastian who are ready to stand in agreement with you.

You can also text [PRAYER](sms:1-833-533-3623) to [1-833-533-3623](tel:1-833-533-3623) and we will pray over text messaging as well.



THANK
YOU

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