

How to Pray With Authority: 12 Biblical Rules That Bring Breakthrough

Why do some prayers seem to carry power while others fall flat? According to Pastor Kap Chatfield, the difference is in understanding and applying biblical principles. Drawing from Mark 11:23, he outlines 12 Scriptural rules to help believers pray with the authority God intended, and to see results.

“Jesus said, ‘Whoever says to this mountain, be removed and be cast into the sea and does not doubt in his heart... he will have whatever he says.’ I don’t think Jesus was pulling any punches there,” Chatfield said.

Breaking News. Spirit-Filled Stories. Subscribe to Charisma on YouTube now!

These 12 rules offer practical, biblical insight into praying with power:

1. Believe in the Authority of Jesus

Many Christians believe in Jesus’ compassion but quietly question His power. Chatfield explains that faith must begin with full confidence in Christ’s absolute authority. “We need to make an agreement that He is actually able and has the authority to do these things,” he said, referencing Matthew 28:18. If you don’t believe He can move the mountain, you won’t pray like He will.

2. Receive the Authority of Jesus

It's not enough to believe Jesus has authority, we must also accept that He has shared it with us. Luke 10:19 makes this clear. "Jesus gave us this authority... to raise the dead, to heal the sick, to cast out devils," Chatfield said. Many Christians pray like powerless servants instead of authorized representatives. Recognizing our delegated authority changes the way we intercede.

3. Pray in Jesus' Name

Using the name of Jesus isn't a religious formality—it's a legal transaction in the Spirit. "When we pray in Jesus's name, what we're saying is, I'm praying as if Jesus were praying right now," Chatfield said. It's about carrying His character and commission into every prayer. He reminds us that true protocol is praying to the Father, in the name of Jesus, by the power of the Holy Spirit.



Pre-order Kap Chatfield's Newest Book, The Power to Prosper on !

4. Pray According to the Word

Prayers rooted in emotions or opinions often lack biblical alignment. Chatfield emphasizes the need to pray based on Scripture, which reveals God's will. "When we pray according to His Word, it's like being a lawyer in a courtroom," he said. "The judge is going to say, 'Let's go according to what the written law says.'" Citing 1 John 5:14-15, he encourages believers to claim God's promises with boldness.

5. Confess Sin

Even subtle sins, like bitterness or doubt, can hinder prayer. “If I regard iniquity in my heart, the Lord will not hear,” Chatfield quoted from Psalm 66:18. He shared personal examples where unrepented offenses disrupted his prayers. “You want to walk clean,” he said. Confession clears the line of communication and restores clarity and authority in prayer.

6. Envision the Prayer Answered

Faith includes spiritual sight. Chatfield teaches that visualizing the answer to prayer strengthens faith and brings alignment between the heart and the promise. “When you can see it... your prayers become more focused and more potent,” he said. He encourages journaling, meditating, and even imagining what it looks and feels like when the breakthrough happens, referencing Hebrews 11:1 and Genesis 15.

7. Fast

Fasting weakens the flesh and amplifies the Spirit. It sharpens spiritual discernment and breaks unbelief. “The fastest way to get into the presence of God is fasting,” Chatfield said, citing Matthew 17:21. He distinguishes biblical fasting as going without food—not just avoiding social media. Fasting is spiritual warfare preparation and one of the most direct ways to increase authority.

8. Fill Yourself With Testimonies

Hearing what God has done for others builds faith for what He can do for you. “The testimony of Jesus is the spirit of prophecy... what He did for one, He can do for you,” Chatfield said, quoting Revelation 19:10. He challenges believers to binge testimonies of healing, provision and deliverance,

because each one becomes a prophetic indicator of possibility.

Get your FREE CHARISMA NEWSLETTERS today! Stay up-to-date with current issues, Holy Spirit news, Christian teachings, Charisma videos & more!

9. Pray in Agreement With Others

There is multiplied power in corporate prayer. “One can chase a thousand, but two can put 10,000 to flight,” Chatfield quoted from Deuteronomy 32:30. Isolation weakens believers, while unity strengthens them. He encourages everyone to find prayer partners, join Bible studies and pray with others in faith. “Spiritual authority multiplies when believers unite.”

10. Pray Consistently

Breakthrough often comes to those who keep pressing. Quoting Luke 18:1 and Matthew 7:7-8, Chatfield said, “Sometimes you’ve got to wrestle for it.” He compared prayer to wrestling—intense, exhausting, and requiring endurance. “If Jesus needed to pray all night, how much more do we?” he asked. Persistence is the key to breakthrough.

11. Pray Fervently

Prayer should reflect the urgency and emotion behind the need. “God is not moved by religious reciting, He responds to real passion and desperation,” Chatfield said, citing Hebrews 5:7 and James 5:16. Jesus Himself prayed with “vehement cries and tears.” Lukewarm prayers reveal lukewarm faith. Fervent prayer engages the spirit, soul, and body.

12. Pray With Thanksgiving

Gratitude is evidence of faith. “Thanksgiving is the spiritual signal that says, ‘It’s done. I believe it,’” Chatfield said,

referencing Philippians 4:6-7 and Mark 11:24. Prayers should end with thanks, not repetition. When you truly believe God has heard and answered, thanksgiving becomes your response—even before the answer manifests.

These 12 rules aren't just guidelines, they're spiritual strategies rooted in Scripture. They're designed to align the believer's heart, mind and voice with God's will and power.

Join Charisma Magazine Online to follow everything the Holy Spirit is doing around the world!

"I want to hear the testimonies come through as you pray this way," Chatfield said.

Whether you're praying for healing, provision, deliverance or salvation, these biblical principles equip you to stand in the authority of Christ and see results. Your prayers matter, and when aligned with God's Word and empowered by faith, they can move mountains.

James Lasher *is staff writer for Charisma Media.*