



THE CHRISTIAN VITALITY™ REVIVAL SERIES

THE CHRISTIAN
VITALITY™
Prayer

Achieving Christian Vitality™ &
Abundance Through Prayer

DAN MATEJSEK

CHRISTIAN VITALITY™ PRAYER

*ACHIEVING CHRISTIAN VITALITY™ & ABUNDANCE
THROUGH PRAYER*

By

DAN MATEJSEK

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DEDICATION

To God: Thank you for being my best friend in good and bad times. Thank you for entrusting me with the stewardship of these revelations of wisdom that you've given me in prayer and your living word. May my work be worthy of your "Job well done, good and faithful servant" at the end of my life.

To Readers: May the Lord Jesus use the Christian Vitality™ Prayer to awaken and instill a dream so BIG for your life that only He can make it come true. May He also bless you richly and abundantly on your journey to fulfill God's perfect will for YOUR life. In Jesus' Name, AMEN!

To Diana: For being my best friend in everything, in pursuit of a Christ-centered Life and for your constant encouragement and support.

To Rachel, Jonathan, Ellie, Leo, and Grace: May my work for the Lord make you proud some day, but more importantly may it lead you closer in your own relationship with Jesus Christ.

PREFACE

Dear Sister/Brother,

Thank you for investing in yourself and purchasing this book/program. If it were up to me, I would have given it to you for free as I believe I am simply a steward of the revelations of wisdom that God gave me to assemble this for you. Unfortunately, getting the word out costs lots of money these days. I have to charge for this book/program quite simply so I can afford to get it in front of more believers. Just know that your money is going towards introducing this little miracle to another believer down the line. Along those lines, if after completing this book/program you find it would be a blessing to a family member or loved one, I would be honored if you would introduce it to them or maybe even buy them a gift copy. Together we can start a revival in the body of believers that will help us achieve the great commission in a bigger and better way. The greatest compliment any author can get from a reader is a referral after all. Thank you in advance.

My goal for this training is that it is received as something beautifully inspiring. That you will not only go through this training and get warm fuzzies and an uplift in your prayer life (and life overall) for the moment, but that you will take action on this material today and integrate it into your life long term. **My goal is to help YOU produce a life change in and for**

you—one that would allow you to increase your level of maturity in Christ and increase your level of Christian Vitality™ & Abundance. A Revival.

I believe God's greatest expression of his love to humanity is allowing us a free will. A free will to choose: to choose Him, to choose to have an abundant life or a life of lack, to choose his plan for our lives or the plan of the enemy, and to choose to follow the teachings of Jesus Christ or follow the ways of the world. Thank you for exercising your free will in your purchase, but more importantly, please do so and take action on what this book reveals to you. I sincerely know that if you do, you will bring about a revival in your life—your Spiritual life, your Soul, and your Body.

Please join me in applying this prayer to your life today. Don't file it away to be forgotten. You are worth it. After all, **God made You, Christ saved you, and that, my sister or brother, makes YOU a believer of TREMENDOUS worth.** You are a Vital Christian to God's Mission and Purposes on earth.

When you use and affirm the Christian Vitality™ Prayer, it will start to change your thoughts, your thoughts will then start to change your beliefs, your beliefs will start to change your expectations, your expectations will then change your actions, and your actions then will change your outcomes. Everything in your life will start to align with God's will for

your life, and I believe you'll experience a revival in all areas of your life.

Romans 8:28 (ESV) says “And we know that for those who love God all things work together for good, for those who are called according to His purpose.”

I am going to boldly proclaim that God is calling you to a greater purpose in your life—one that requires you to make changes in how you approach your spiritual, physical, and mental health.

Christian Vitality™ is not a destination. It is a journey, and when you achieve it, your adventure finally begins. You then become the hero who has achieved this great transformation and are then sent off into the world on your own individual mission to help bring along other believers to the promise of being a Vital Christian and fulfilling God's mission in your life—one who lives their life on purpose at a capacity of service that was never before possible for them.

May the Lord Jesus use the Christian Vitality™ Prayer to awaken and instill a dream so BIG for your life that only He can make it come true. May he also bless you richly and abundantly on your journey to fulfill God's perfect will for YOUR life. In Jesus' Name, AMEN!

Sincerely and Faithfully Yours,

Pastor Dan Matejsek

Pastor Dan Matejsek, AE, BS, EIT, CPT, CSNC

(pronounced ma-tay-sek)

Ordained Christian Minister (License #689912412)

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About The Author

CHAPTER 1. ENCOUNTER GOD EVERY DAY!

The Christian Vitality™ Prayer has absolutely changed my life on all levels. To give you a glimpse of my prayer and my vision for how it will impact you personally, I'll share with you a personal experience of what it has done for me in my life. In doing so, I pray that it instills a desire in you that is sufficient to motivate you to take action on what you'll learn in this book. I want the result to be for you to say, "I want that in my life too, Lord." I'll also share another affirmation/prayer that I use in addition to the Christian Vitality™ Prayer. You'll also learn a simple trick that Harvard research scientists have proved will benefit you in your prayer and worship life. So the story begins....

I started off my day much like any other by hopping straight out of bed half asleep with the temptation of my pillow calling my name. "Yell a loud No" James tells me (James 4:7 MSG) so, I ignore the calling of my comfortable little friend. "God's going to do some cool things today...gotta get to it," I told myself as I walked away from my bed.

I paused for a moment with outstretched arms up to heaven (I stand as if being held up in a bank heist). I call this the Power Pose. I'll talk in more detail about the science behind why this has a huge impact on our bodies physically in the

future. The short version is that Harvard doctors have proven that if you stand feet shoulder width apart, hands outstretched, and reach for the sky—then hold that for an extended amount of time (like 2+ minutes)—it will actually change your body's chemistry. The hormones that produce the feelings of **power, confidence, and certainty** will go up in your body. I do this throughout the day when I feel fatigued and tired, and it works like a charm. Is it coincidental that the Bible suggests that we lift up our hands to heaven? I don't think so. Now science proves that it is good for us. Go figure. Yet another ancient biblical principal proven by science to be good for us.

With eyes closed and an open heart, I say the Christian Vitality™ Prayer (this is only a portion of it, the rest of the prayer is in Chapter 5): Oh God, Creator and Sustainer of the whole Universe, YOU are MY loving Father and interested in every detail of my life. You only have GOOD for ME and desire to give me healing, wholeness, and forgiveness. Everything over which You've given ME authority I place at YOUR feet.

I then rattle off all the things that may tempt me to worry on any given day. They are all HIS now to worry about and take care of, releasing me of the responsibility. There's an immense amount of freedom to be had here.

Diana and I are the stewards of five beautiful little people whom we love very much, which comes with the responsibility of making sure they have breakfast and lunch for the day. This being a school day, that was my mission at the moment.

So, careful not to stumble while walking with only one eye open, I made my way down the stairs to the kitchen to get breakfast and school lunches ready.

I've been at this place spiritually, mentally, and physically where I feel I am closer to God than I have ever been. The Christian Vitality™ Prayer combined with the Power Pose and another affirmation are what I give credit to for this phenomenal life experience.

Not out of a religious habit or in a manipulative way, I was verbalizing this to God, myself, and the kitchen cabinets:

[“Thank you, God, for this place you brought me to. I don't want this feeling to ever end.”](#)

I've been feeling a sense of synchronicity (like God is laying out every step of the day to work for my good, not in a selfish I want this or I want that way), where I take one step and another; sometimes the step I am taking doesn't make sense, but by the end of the day or the end of the week, it seems they were all well laid out plans for his purposes in

my life to prevail. It's like every detail of my life is part His plan and on purpose.

There's a song inspired by scripture that describes God being a lamp unto my feet. Well, what most people don't know is that in ancient times, they actually wore little lamps around their feet at night that would light each step they took. Unlike today's flood lamps, those lamps of ancient times forced them to take one step at a time. This synchronicity is like that. I just take what I feel are Spirit-led steps (fully surrendered to God's will in the moment), and God takes care of the rest. I focus solely in that moment...in the now...in the present moment. This is exactly what I'll teach you here in this book.

Back to the moment in the kitchen now...so I had just finished telling God thank you for the place I was in. Then I felt a feeling of calmness, oneness, and then awareness when these words came out of my mouth:

“God, I appreciate you! [PAUSE] I'm proud of you!”

I started to tear up and was overcome by that feeling of happiness that you experience when you're at a great movie that has a happy ending. I realized that was the first time I

had said those exact words. What you don't know, which brings even more meaning to me personally, is that four days before I had that exact same moment with my oldest daughter, Rachel (12 years old at that time).

We had one of those moments where I felt God was using me to speak truth into her life—words with deep meaning and hopefully long lasting effects on her life. At the end of that 45 minute talk she said:

“I'm proud of you, Dad. [PAUSE] I appreciate you!”

This was the first time she's ever told me that. Coincidentally, this morning was the first time I told God the Father essentially the same thing. I apologized to God and then told him, “Thank you, God, for revealing that to me today. I promise to share this epiphany with everyone you send my way and to do a better job of letting you know I'm proud of you and appreciate you.”

Why not make every day a God appreciation day? Why don't we have a God appreciation day on the calendar...or a God appreciation week like the nurses, teachers, and office managers have? It likely won't ever happen on a national level; that would be just too darn silly to those not so well

enlightened ones. But for you and I, sister or brother, we can do it at a personal level every day. Please join me. Tell me by sending me an email about your encounter with God today: dan@christianvitality.com.

I believe at least part of the reason why I am at this place of awareness of God's presence is the fact that, in addition to the Christian Vitality™ Prayer, I've also reintroduced a practice of saying an affirmation prayer I learned from Joseph Murphy from the book [Think Yourself Rich](#). He's not a traditional pastor, and many Christians who have not read much about him may even think of him of as a person more on the outside of the Christian faith than on the inside. I'd disagree to some extent because I've read that book at least a dozen times, and it is full of Bible excerpts cover to cover. He was an expert on just about every human religion and, I believe, a fellow of many colleges when he passed away. He was also an expert on the subconscious mind of man and metaphysics. I believe by meditating on the Bible, every man or woman, independent of their religion, will be impacted by what Christians call God's living word (the Bible). I think he was also enlightened in this way.

I'm not suggesting that you lead yourself astray by chasing after what some may call false prophets by adopting all of what Joseph Murphy reveals in that book. But if you feel yourself grounded in your Christian faith, at least allow yourself to be open to the fact that many scholars that study

the Bible for many, many years are impacted in a profound way, and what they share of what they learned has been touched by God through His living word.

That being said, I want to reveal to you a practice I've reintroduced into my life during the last several days that has had an immense impact on my life and brought me to where I am today. I've reintroduced a prayer/affirmation that Joseph Murphy taught me and am currently saying it throughout the day. He instructed that you say it first thing in the morning when you get up and then say it a few times right before you go to sleep. The reason for this is that your subconscious mind is more open to suggestion (proven by science and research) at those times, and you can essentially reprogram your brain. I've personally made it a prayer/affirmation and memorized it years ago. It goes like this:

“Right now, I am writing in my subconscious mind the idea of **God's** wealth. **God** is the source of **my** supply, and all my needs are met at every moment of time and point of space (circumstance). **God's** wealth flows freely, joyously, and ceaselessly into my experience and I thank **God** for His riches forever circulating into **my** life.” – Joseph Murphy PH.D, D.D. from Think Yourself Rich (I emphasize the bold words when I say it.)

Through this practice of praying that affirmation every day—morning and night (and even throughout the day)—I have

reached a level of awareness, synchronicity, and oneness with God the Father. The Creator. The Sustainer of the Universe. I am so, so blessed and thankful.

So how do we encounter God EVERY day? Out of prayer and submission to him, I've been led (I believe divinely) to a practice that can be summarized with this acronym—
SOAPP:

Synchronicity + Oneness + Awareness = (come from) Prayer
+ Power Pose

So, sister or brother, I challenge you today to integrate SOAPP into your life and watch your encounters with God come.

It is my sincere and genuine prayer that this message will be a blessing to you and your loved ones. May it allow God to use you in a bigger way in the circle of influence he's placed you in. In Jesus' Name, Amen!

CHAPTER 2. THE NEED FOR PRAYER

YOUR SOUL'S THIRST TO BE A VITAL CHRISTIAN ON FIRE FOR GOD

I hope you come to realize now, like I did, that you've been thinking too small and limiting the amount of God's wealth and abundance that can and will enter your life.

You can now have a degree of clarity and focus that makes you feel attuned to what God's purposes for your life are. This will allow you to operate in a place where you are truly and genuinely 100% you and 100% present in the moment while being the person who God wants you to be and allowing yourself to be used by him to change the world we live in.

You can and will (if you follow the advice in this book) start to feel like you are on fire, in a permanent state of "flow," like you've been possessed by God and just need to step out of His way and let Him do absolutely amazing things—things you could never do yourself—and start fulfilling a dream so big for your life that only God Himself can make it happen.

You will be your only limitation if you get in the way of what He has planned by letting your "self" or your ego get in the way. I want you to commit to God to never again allow

yourself to operate at the ground level of life; instead, you will only operate in a place where you are flying high in the clouds on God's coattails and having a significant impact on humanity by being 100% present at all times and 100% surrendered to the fact that God is your source and supply and guides you in all your steps, if you'll let Him. That is what living a Vital Christian's Life is all about...living with Christian Vitality™.

Imagine what your life will be like when you've reached that level of awareness, synchronicity, and oneness with God the Father, when you truly feel in-step with God, the Creator, the Sustainer of the whole universe. Having a powerful, empowering daily encounter with God and being flooded with a feeling of being blessed. Having confidence that God is laying out the steps you need to take on a daily basis...literally directing your path. It's a place of freedom to be 100% you while God is 100% in charge. The level of gratitude you'll feel will be overwhelming.

I think every believer wants to be that close to God, and if they had even a small taste of it, they would never want anything else.

The secret to having these powerful experiences is what this book is all about—laying out the foundation in prayer and affirmation so that you, too, can obtain this and become the empowered believer God wants you to be. The believer that

deep-down in your soul you thirst to become...that you need to become.

THE NEED FOR REGULAR PRAYER AND THE CHALLENGES CHRISTIANS FACE TODAY

According to a Pew Research Study in 2013, 55% of Americans say they pray every day. Twenty-three percent said they pray weekly or monthly, and 21% said they pray seldom or never. The stats historically have been typically higher for those that consider themselves born-again, but I theorize that with the digital age and the proliferation of mobile devices and distractions that inherently come with them, the trend is on the decline.

Recently, I read a statistic that the average mobile-connected American is interrupted on an average about every 11 seconds with some form of communication. With all this outside communication, it's no wonder there's less communication going on with the most important person in our lives (God). Most Christians today would agree that there is a need for scheduled (and secluded), consistent prayer (communication) with God.

Most Christians would recognize what many call the Lord's Prayer, found in Matthew 6:5–15. The fact of the matter is that most seminaries label it as the Disciples Example for Prayer. The Lord Jesus laid out the perfect example for us all to follow. Most seminaries would say the actual Lord's Prayer is actually John 17. Anecdotal I know, but the main

point is that Jesus laid out the perfect example for us on how to pray, and the Christian Vitality™ Prayer also follows this model.

THE NEED TO KNOW HOW TO PRAY

When I was leading a small group of men and women through a study on prayer, it seemed that the way born-again Christians pray varies in two ways for the most part.

The first is a constant, throughout-the-day acknowledgment of God through communication, such as: “Thank you, God, for my kids,” “Thank you, God, for this great parking spot,” “Lord, help me get through this,” and many others like that. That’s awesome. We should have a constant level of communication with our best friend.

The second type of prayer is one that is a regular, focused, and dedicated time of prayer. This is the one that most of them said they do not do often, if at all. Reasons for not doing so varied, but mainly it was that they got out of the habit and have allowed the other priorities and interruptions of life to take over.

The Christian Vitality™ Prayer is a simple-to-apply solution to this part of your prayer life. The book/program (audios & videos) make it easier to integrate it into your life and should remove many of the obstacles that might hold you back.

I will make the case later in this book for you, but I am confident that when you finish this book, you will be inspired,

motivated, equipped, and empowered to make this part of your daily life.

THE NEED TO KNOW WHAT TO PRAY

After you've been equipped with the Christian Vitality™ Prayer (in Chapter 5), you'll have a great template as to what, how, and when to pray. I will then encourage you to customize and personalize the prayer to fit your individual needs and walk with Christ, but the prayer as it stands covers most of your bases and are described in the following scriptures.

These are several scriptures that I'd like to highlight for you to help you know what we are to pray about. By no means are they all inclusive, but I think you'll find they are a great representative of what we should pray about.

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. Hebrews 4:16 (ESV)

Pray to receive mercy and find grace to help you in time of need, grace being God's "unmerited favor" in your circumstances. He is faithful and will provide.

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the

knowledge of God. May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks[a] to the Father, who has qualified you[b] to share in the inheritance of the saints in light. Colossians 1:9–12 (ESV)

Pray that you may be filled with the knowledge of His perfect will for your life. In doing so, the promise is that your life will be pleasing to the Lord, will bear fruit, and will increase in the level you know God. Pray also that you may be filled with His power to increase your endurance, patience, and joy. Do so in a manner that is filled with thanks and gratitude, which will lead you to your share of the inheritance of the saints of light.

Trust in Him at all times, O people;

pour out your heart before Him;

God is a refuge for us. Selah Psalm 62:8 (ESV)

But Hannah answered, “No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord. 1 Samuel 1:15 (ESV)

Pour out your heart and soul. This is your loving Father you are dealing with, who is interested in every detail of your life. Lay down everything that is a burden to your heart and soul.

Open my eyes, that I may behold

wondrous things out of your law.

Give me understanding, that I may keep your law

and observe it with my whole heart. Psalm 119:18, 34 (ESV)

Pray that God would open your eyes to the opportunities He's provided for you that would bring glory to His Son Jesus and that He would also open your eyes to His perfect will for your life. Pray that He would not only open them, but also give you the understanding needed to help them come to fruition in your life through His word, the Bible.

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have

strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Ephesians 3:14–19 (ESV)

Pray for spiritual strength according to His riches in glory with the power of the Holy Spirit so that Christ may dwell in your heart through faith: that you would become rooted and grounded in the love of Jesus; that you would retain focus and gain strength with the Holy Spirit and overcome all obstacles standing in your way to fulfilling God's will for your life; that you would comprehend like the saints before us God's all-encompassing love for you through Christ that surpasses knowledge; and that you would be filled with all the fullness of God, lacking nothing.

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:16 (ESV)

Last, but definitely not least, confess your sins to one another and pray for one another that you may be healed. Share your struggles and missteps with God in the moment. Receive His forgiveness in the moment, but finish the healing process by sharing them with your family in Christ. When I think of healing, I think of revival, which is a revitalization and strengthening for you. You can experience a continuous revival in all areas of your life through prayer.

Pray without ceasing is what we are to do, and in doing so, the revival we experience will also never cease until we go home to Heaven.

About The Author



Pastor Dan Matejsek is the founder and President of Christian Vitality LLC, an international organization dedicated to foster revival in the lives of Christians Worldwide through teaching, inspiring, and empowering believers with the practical application of Modern Science & Biblical Wisdom. He lives in Scottsdale, AZ with his wife Diana and five children.

Find out more at christianvitality.com/about-us/

DO YOU WANT TO FULFILL GOD'S PERFECT WILL FOR YOUR LIFE?

GOD'S GREATEST EXPRESSION OF HIS LOVE TO HUMANITY IS ALLOWING US A FREE WILL. A FREE WILL TO CHOOSE. TO CHOOSE HIM. TO CHOOSE TO HAVE AN ABUNDANT LIFE OR A LIFE OF LACK. TO CHOOSE HIS PLAN FOR OUR LIVES OR THE PLAN OF THE ENEMY. TO FOLLOW THE TEACHINGS OF JESUS CHRIST OR FOLLOW THE WAYS OF THE WORLD.

WHEN YOU USE AND AFFIRM THE CHRISTIAN VITALITY™ PRAYER REVEALED IN THIS BOOK, IT WILL START TO CHANGE YOUR THOUGHTS, YOUR THOUGHTS WILL THEN START TO CHANGE YOUR BELIEFS, YOUR BELIEFS WILL START TO CHANGE YOUR EXPECTATIONS, YOUR EXPECTATIONS WILL CHANGE YOUR ACTIONS, AND YOUR ACTIONS WILL THEN CHANGE YOUR OUTCOMES. EVERYTHING IN YOUR LIFE WILL START TO ALIGN WITH GOD'S WILL AND YOU'LL BECOME A SPIRITUALLY, MENTALLY, AND PHYSICALLY HEALTHIER AND HAPPIER BELIEVER.

ARE YOU READY FOR A REVIVAL IN YOUR PRAYER LIFE? THEN CHOOSE TO INTEGRATE THIS LITTLE PRAYER INTO YOUR LIFE AND BE READY TO SEE MIRACLES IN YOUR LIFE!

*"A BEAUTIFULLY INSPIRING & PRACTICAL APPLICATION OF
GOD'S WORD FOR OUR PRAYER LIVES!"*

"WILL BRING REVIVAL TO YOUR PRAYER LIFE!"



PASTOR DAN MATEJSEK IS THE FOUNDER AND PRESIDENT OF CHRISTIAN VITALITY, AN INTERNATIONAL ORGANIZATION DEDICATED TO FOSTER REVIVAL IN THE LIVES OF CHRISTIANS WORLDWIDE THROUGH TEACHING, INSPIRING, AND EMPOWERING BELIEVERS WITH THE PRACTICAL APPLICATION OF MODERN SCIENCE & BIBLICAL WISDOM. HE LIVES IN SCOTTSDALE, AZ WITH HIS WIFE DIANA AND FIVE CHILDREN.