

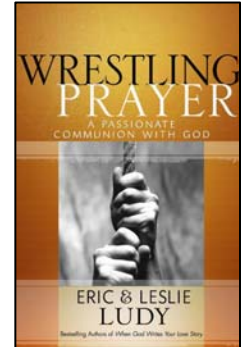
**FOR IMMEDIATE RELEASE:**

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## **Unleash Your Inner Prayer Warrior**

### **Get a Grip on Wrestling Prayer**

**Denver, CO** – The power of the Christian church appears to be vanishing. In place of a triumphant, soul-winning church there seems to be a weak and easily-defeated group of pew-sitters. In their new book, bestselling authors **Eric and Leslie Ludy** contend that modern-day Christians need to immerse their lives in passionate and powerful prayer to become the world-changing Christians that they read about in the Bible.



“Too many of the men today are mice, not men. Too many of the women of our age are vain, not valiant. We are paranoid of battle, not productive in it. We are soft where we should be solid,” writes **Eric Ludy**, co-author with wife **Leslie Ludy** of their new release ***Wrestling Prayer: A Passionate Communion with God*** (Harvest House, July 2009).

"American culture trains us to be in a hurry and want things immediately and that expectation has a tendency to warp our view of prayer. To experience the power of true prayer, we must learn how to pray God-inspired prayers, and pray with confidence and persistence until the answer comes," says Leslie Ludy. "God is not looking for a reason to not answer our prayers. He is eager to help us, but He asks us to do it His way and not ours."

Having spent some 12 years immersed in Christian ministry, the Ludys thought they knew about prayer. But a few years ago they began to experience debilitating spiritual attack, which included a miscarriage, which caused them to realize they needed a better understanding of how to utilize their spiritual armor. "Through all the pain and confusion, my soul started rumbling with a fight, a heavenly snarl that I never knew existed. It was like we had stood up to the enemy for the first time and we began to experience the power, strength and eventual victory of true wrestling prayer," says Eric Ludy.

The Ludys believe that bona fide, heaven-inspired prayer—the kind that moves mountains and calms storms—is not something today's Christians are used to. "We in the modern church often pass off this sort of praying as being 'Old Testament' or 'first century.' Few of us have ever seen such prayer power in our generation and therefore, we surmise that such prayer power no longer exists," writes Eric. Readers of ***Wrestling Prayer*** will come to understand the following:

- **Prayer isn't just about talking; it's about listening.**  
"Most of us think that prayer is an activity where we whip up a whole bunch of words and string them together in a spiritual-sounding fashion. Prayer is not first and foremost talking to God, it's first and foremost listening to God." (p. 115)
- **Prayer isn't about us and our needs; it's about God's glory.**  
"True prayer has the glory of God as its aim – not the comfort of men, not the fleshly pleasures of humanity, but the fame and renown of Jesus Christ. This is the foremost intent of prayer." (p. 105)

- **God loves bold, audacious prayers.**  
“When we pray the things that are on our King’s heart, no matter how outlandishly audacious your prayers might sound to your own ears, they are nothing in light of God’s willingness and ability to answer.” (p. 203)
- **Detractors from prayer -sleep, time mismanagement, busyness and doubt.**  
“Let's remove all the things that are keeping us from seeing our God proved strong and able in this earth. If something is keeping you from praying , then it's keeping you and this world from knowing the power and the glory of our great God.” ((p. 190)
- **There is no such thing as unanswered prayer.**  
“There are misguided prayers, selfish prayers, and doubting prayers, but true God-inspired prayer doesn’t go unanswered – it is merely abandoned prematurely due to a lack of persistence and faithful endurance.” (p. 173-174)

*Wrestling Prayer* exemplifies the lives of biblical heroes, including David and his mighty men; those who were supernatural demonstrators of courage and willing to die for the kingdom of God. "When we become willing to stand and fight for the purposes of God as these men did, He equips us as a history-maker, a world-changer, a giant-slayer through fighting, gritty, wrestling prayer," says Eric.

Through inspiring Biblical illustration, conviction, and practical application, *Wrestling Prayer* portrays what the life of a sold-out, radical Christian should truly look like.

#### **About the Authors:**

**Eric Ludy** is the bestselling author of *The Bravehearted Gospel, When God Writes Your Love Story*, more than a dozen other books co-written with his wife, Leslie. The Ludys are popular speakers and media guests who are passionate about restoring historical, Biblical Christianity to the modern church. Visit [www.ericandleslie.com](http://www.ericandleslie.com) for more information.

**Leslie Ludy** is the bestselling author of *Set-Apart Femininity, Authentic Beauty*, and more than a dozen other books co-authored with her husband, Eric. She is passionate about helping young women discover Christ's design for their lives and heads up a national ministry for teen and college-aged girls. Additional information is found at [www.setapartgirl.com](http://www.setapartgirl.com).

Eric and Leslie appear regularly on numerous media outlets and live in Colorado with their four children.

#### **About *Wrestling Prayer: A Passionate Communion with God***

*Wrestling Prayer* by Eric and Leslie Ludy. Published by Harvest House Publishers. July 1, 2009. Soft cover, 256 pages. \$13.99. ISBN: 978-0736921657.

# Suggested Interview Questions

For Eric and Leslie Ludy, authors of *Wrestling Prayer*

1. Two years ago, you both say that your prayer life and faith walk changed dramatically. What unexpected event inspired that change?
2. What was your Christian walk like before God broke through your dark hour and provided the answer to your helpless situation?
3. How has your personal walk with Christ deepened in these two years since you began persistently pressing into the heart of God?
4. There was a prayer that Leslie prayed over you, Eric, during this personal season of travail. What was that prayer? How did her prayer ignite fire into your spirit to contend for the things of God?
5. Let's go back to the title of this book, *Wrestling Prayer*. Leslie, you point out that the concept of wrestling often seems to be exclusively male. Yet this book is for women, too. How can women be likewise ferocious spiritually without giving up their femininity?
6. How is the modern, seeker-friendly church many times discrediting Christianity?
7. You talk a lot about a 'spiritual swagger.' What is it and why is it essential for a man or woman of faith?
8. In this book, you point to some Biblical heroes of the faith that exemplify the heartbeat of God. Who are these heroes and what key faith elements can we glean from their lives?
9. What do you say to someone who says, 'I tried praying. It doesn't work'?
10. You both know a lot about persevering in prayer until God brings His answer. Share some examples from your own life.
11. What are some typical distractions that prevent us from praying persistently?
12. How can believers overcome the most common obstacles to passionate prayer life—busyness, time mismanagement, sleep, etc.?
13. Why do so many hesitate to pray specific prayers?
14. You say God honors audacious prayers. Would you give some examples from your own life? What about examples from the Bible?
15. If any Christian can become a mighty force for God, why do so few choose to walk that path of faith?

**For an interview or to discuss an excerpt, contact Brynn Thomas at Pure Publicity at 541-953-6994 or [Purepublicity09@aol.com](mailto:Purepublicity09@aol.com).**

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# Quotes from *Wrestling Prayer*

“Prayer in our modern day has been diminished and, as a direct result, the power of the church of Jesus Christ has seemingly vanished. We are not a triumphant lot anymore, but rather a weak, sin-stained, defeated one. We’ve lost our strength, our confidence, our absolute assurance that our God is with us in battle.” (p. 19)

“You and I have grown up amidst a version of Christian living that cowers before giants. It attempts to explain why the giants of sin in our souls, the giants of powerlessness in the church, the giants of dysfunction in our families and marriages, and the giants of spiritual rebellion in our modern culture are still standing and why God *didn’t actually intend* for us to contend with them and defeat them.” (p. 92)

“We have far more faith in the power of the enemy to defeat us than we do in the power of our God to deliver us, change us, empower us, and demonstrate His mighty nature in and through us.” (p. 122)

“Countless millions of so-called Christians are frittering their lives away in a powerless, defeated, miserable wilderness of half-doubts, sinful bondage, and paralyzing fears. They have God, but they only have the crumbs of His person. They have life, but it’s a life upon a hospital bed, intravenously being maintained by selfish consumption and fleshly addictions.” (p. 123)

“It may seem ‘unnecessary’ to get on your knees for multiple hours each and every day, but may I remind you that unless someone rises up and says, ‘Lord, I’m willing to travail,’ there are lives, promises, and spiritual realities that will not be born into our day and age.” (p. 133)

“To *pray* instead of *solve* sounds like we are doing nothing, that we are shirking a duty, laying down on the job. But to pray is not the absence of work; it’s a completely different sort of work. It’s not an abandonment of good, old-fashioned work ethic. Rather, it’s a proper direction of it.” (p. 151)

“American culture trains us to be in a hurry. Everything is instant, and that ‘instant’ expectation has a tendency to warp our view of prayer. You see, prayer is participation in a very real battle. And depending on the thickness of the enemy resistance at the precise point you are addressing in prayer, the answer may not come quickly.” (p. 169)

“Prayer is a lot like caviar. It’s an acquired taste. If you don’t pray often, you won’t gain a love for praying.” (p. 188)

“There are millions of men and women who esteem Jesus Christ as the rightful King of this world, but only a small band of them who truly do leave everything, brave the winds of persecution and infamy, and labor to see this King crowned and anointed as such in this natural world.” (p. 212)

“Jesus doesn’t need men and women who merely esteem Him as great, but believers who are willing to be made great by His Life” (p. 216)

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