

## 101 Reasons Why Prayer Is Not for Wimps: Lessons in Spiritual Warfare

**James Tranquilla**

(Feb 11, 2022)

Softcover \$14.99 (412pp)

978-1-956529-46-3

*The systematic Christian guide 101 Reasons Why Prayer Is Not For Wimps combines biblical principles with military tactics to suggest prayer as a spiritual weapon.*

Profound and practical, James Tranquilla's Christian guidebook *101 Reasons Why Prayer Is Not For Wimps* suggests precise strategies for praying effectively.

This book names 101 specific methods of spiritual engagement, using tough terms like "warfare" to define its perspective. Indeed, it draws parallels between historical battles and contemporary faith struggles throughout, as when it compares the long, intense Battle of Verdun to spiritual struggles, as with those to restore broken relationships. In the same way, the defeat of the British Cavalry in a Crimean War battle (attributed to a miscommunication) is used to emphasize the importance of clear communication with God.

Still, prayer is not presented only as a way of communicating with God: here, it itself is tantamount to battling against "forces of darkness," like sickness and addiction. The book notes that many prayers are inadequate to such tasks; some are unfocused or weak. It suggests strategies like praying as a team and not giving up, all in order to make one's prayers more powerful.

To support those who want to pray effectively, the book names methods for tasks like combating negative news and becoming a spiritual believer; each set of instructions is bolstered by its actionable steps and suggestions, like keeping away from negative sources of information and entertainment, confession, and reading the Bible. And because of the organizing principle, the book's sections link well to each other, coming to represent a complete "battle guide," down to recommendations for learning the enemy's plans and tactics, including fear and procrastination. Encouragements toward continuous study and meditation on Christian scriptures round out this work.

Further, the book's piquing examples and illustrations are made to combine well with its personal anecdotes, resulting in a unique flavor. There's a conversation with a Jewish friend about dietary laws, for example, that's used to muse on obedience, even beyond what seems to be logical. Rhetorical questions open the book up to outside engagement; they concern how people hear God's instructions, and what prayer warriors do when they're not engaged in spiritual work, among other topics. Such questions generate added curiosity about the subject matters at hand; they also facilitate self-assessments related to one's personal prayer readiness.

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EDITH WAIRIMU (May 20, 2022)

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