

PRAAYER

HELPS & TOOLS



Learning To Pray As Jesus Prayed.

INTIMACY WITH GOD

March 2007

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PRAYING ALONE BEFORE GOD

BEGIN EVERY DAY

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Be Still (Shhh - still your busy mind and cluttered heart)

- Slow your pace - resist hurry
- Silence your mind and lips
- Stop fidgeting - rest in His arms
- Sit, lay, or kneel before God
- Surrender your body to Him - Wait patiently for Him

Be Worshipful (It is not thinking but doing worship)

- Love songs sung to God - *sing of his greatness*
- Long after Him in your heart - *as the deer pants for water so I pant for thee*
- Lift His Glory: Read Psalm of praise out loud - *declare His glory!*
- Love His Worth: You are _____ (*attributes of God*) [adjectives]
- List His Names: You are my _____ (*Names of God or Jesus*) [nouns]
- Lively worship - *shout, exalt, extol, bow, clap, sing, dance, etc.* [verbs]

Be Thankful

- Mercies new every morning - *bread, breath, health, life, strength*
- My body which is wonderfully made - *sight, hearing, touch, smell, etc*
- All creation - *wonders of His amazing creation*
- Blessings and Benefits received - *all that I have*
- Bad, Sad, and Broken - *things that have gone wrong*

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Confess Sin (Do spiritual inventory, open heart surgery)

- Your Words - *have you spoken evil of anyone, criticized, sharp words*
- Your Attitudes - *complaining spirit, depressed, grouchy, know-it-all*
- Your Thoughts - *evil desires, lusts, doubts, fears, hatred, bitterness*
- Your Actions - *broken God's laws, trespassed on forbidden ground*

Clothe Yourself

- Apply God's forgiveness x 10 - *covered, forgotten, buried, etc.*
- Reckon who you are in Christ - *I am...*
- Raise the shield of faith against Satan - *resist, rebuke, command, etc*
- Embrace a promise of God for this day - *I believe you God when you said...*

Cast your Care

- Family - *each one by name and need*
- Finances - *debts, needs, provisions, wisdom*
- Frustrations - *with spouse, self, life, job, etc*
- Fears, worries, *anxieties about tomorrow*
- Failures - *faults, weaknesses, struggles, etc.*

How To Pray All Day

Extending Your Times With God

Jesus often spent a whole night in prayer to God. At the outset of his ministry he spent forty days and forty nights in prayer. How did he do that? I would fall asleep sometime during the first hour. I know, I've tried.

The secret is not in expanding your list of prayer requests to read off to God like a shopping list, nor is it to set a marathon goal of two hours of prayer, or twelve hours of prayer. Extended times with God were possible for Jesus, and for you, when you enjoy those prayer times. You do what you enjoy doing. When you have had a delightfully delicious meal at an elegant restaurant no one has to twist your arm to get you to go back the second time. No one has to force you, or ask a second time to eat a candy bar, or go to the beach, or go on a date with the person you love. You do those things again and again because you enjoyed them. Pleasure motivates us.

So, we need to find ways to break the old stereotypes of prayer as long, boring, monologues of never-ending requests to God, about things that we have little or no interest in. If prayer is a taste of heaven, then it should be enjoyable and create a craving in us for more. How horrible if heaven turned out to be an extended Wednesday evening prayer meeting! I think even Jesus would fight to stay awake in one of those sluggish vigils.

How do you make prayer interesting? Do it God's way. The Scriptures are filled with examples and admonitions toward prayer, and hardly any of them is an encouragement to spend hours listing prayer requests to God. Part of prayer is certainly asking, but that is not the substance of prayer. Prayer is a relationship with God. That relationship needs to be happy, enjoyable and intimate. Bottom line, prayer should to be enjoy God. The famous Westminster Shorter Catechism answers well the question concerning the chief end of man.

The chief end of man is to glorify God and to enjoy Him forever.

It is the prime directive! It is the purpose for which we were created. It is what heaven is all about. If heaven were just mansions and streets of gold then God could have left us here on earth with those amenities. But heaven is where God is. And, as the song says, "Where Jesus is, 'tis heaven there." If we don't enjoy God's presence and conversation here on earth, how will we ever endure eternity in heaven?

What do you delight in? I delight to sit by the sea and watch the waves crashing onto the shore. My wife and I can do that for hours in silent timeless wonder. It's delightful. I delight in soaking in a hot tub when my back and neck are aching from a long day of hard labor. I delight in a deliciously prepared, well-seasoned meal at a fine restaurant with friends and good conversation, then to finish it off with a smooth, rich bitter sweet chocolate dessert and an expresso coffee.

None of these delights compares to the delight I have found in a day or few days of retreat alone with God. When prayer becomes delightful, extending it is never a problem.

How To Plan A Day of Prayer

Variety is the spice of life, and it is variety in your prayers that will carry you through many exciting (not boring) hours of prayer. I used to fall asleep while praying. That is now a rare occasion. Using a variety of positions, expressions, voices, tools, and tactics will keep you alert and enjoying your prayer time.

Get Scheduled

We usually do what is on our schedule. If it is not on our calendar or in our Day-Timer it probably won't get done. So, put God on your schedule. Treat it like any other appointment. No, better yet, treat it as more important than a doctor's appointment. It is a MUST. Before a race three things are asked of the contestants: 1) Get on your mark 2) Get set 3) Go! We should approach prayer in the same way. Get on your mark: that is, get lined up to pray. Get it on your calendar. 2) Get set: Get yourself prepared to pray. Pack your prayer tool box. Gather all you will need on your prayer event. 3) Go!: Then get started on time. If God is not on your calendar, or in your Day-Timer, then he has been left out of your priorities.

Get Organized

God is not the author of confusion so don't blame him if your prayers are a chaotic jumble of hop, skip, and jump from one subject to another. Get your mind organized for prayer. That is part of the discipline. Refuse the chaos. "*Order my steps (my thoughts) according to your word.*" (Ps 119:133) I have followed a 12-Step approach to prayer that I have found useful and thoroughly biblical. God commands us to pray these areas of prayer. Make up your mind to do so. Isaiah 55:8 tells us what we should already know, that our thoughts are not His thoughts and our ways are not his ways.

This prayer strategy is based on 12 Biblical Steps of Intercession. It is divided into two parts: Intimacy and then Intercession. Each has six parts. One precedes the other like a horse before the cart. We must get it right or we will be tripping over ourselves trying to get the cart before the horse. Intimacy always precedes intercession.

Intimacy	
Focus on God	Focus on Self
Be Still	Confess Sin
Be Worshipful	Clothe Yourself
Be Thankful	Cast Care

Intercession	
Focus on Others	Focus on World
Souls	Ministries
Saints	Missions
Sick	Magistrates

Get Focused

Your mind is a wild thing. It does not like to be told what to do. It does not like discipline. For those of us who have multi-tasking minds it is difficult to fix our minds on one direction. Nevertheless it is an important prayer discipline. "Fix (focus) your eyes on Jesus the author and finisher of our faith." (Hebrews 12:2) That word "fix" or "look to" means to turn the eyes away from other things and fix them on something else. Psalm 57:7 says, "My heart is fixed (steadfast) O God, my heart is steadfast." That idea of "fixed" means to keep focused. Keeping your mind focused is a key to a successful prayer life.

Get Involved (Spirit, Soul, Body)

Man is not just a brain. He is made up with three separate and distinct parts that make him whole; body, mind, and spirit (emotions). All three of these human aspects need to be involved in the prayer experience. The following chart is a reminder of these three ingredients and hint at ways to involve them in the experience of extended prayer. Your body and emotions are to be involved in prayer as well as your brain. So activate them! Here are twenty-four. Check them off when you have completed that involvement.

Spirit	Silence	Sing	Weep	Smile	Long for	Nap	Groan	Laugh
Mind	Read	Study	Memorize	Meditate	Examine	Search	Write	Plan
Body	Sit	Walk	Pace	Stand	Kneel	Bend	Prostrate	Lay on back

As you spend time in prayer consciously vary your experiences between body, mind, and spirit. Don't just be a prayer-sitter and prayer-thinker. There are eight in each category. To be sure, you can think of others. This gives you 24 actions, attitudes, and physical expressions to share with the Lord during extended prayer times. At the end of a 2 or 3 day retreat check to see what have been your experiences with God. If you find your are too cerebral, and very sedentary, then you know how to adjust your experience to reflect a well balanced prayer time.

Get Active

Change your prayer positions often. Keep your self alert by being constantly vigilant and moving positions while you pray. Don't get stuck in one position or your body's lethargy will affect you mental alertness. Keep moving!

Alone Before God	Together Before Throne
<ul style="list-style-type: none"> • Standing - Nehemiah 9:3-5 • Kneeling - Eph. 3:14/ Philip.2:9-11 • Prostrate - 2 Chronicles 7:3 • Bowing down- 2 Kings 18:42/ Ps. 95:6 • Walking around - 2 Kings 4:33-35 • Head bowed - Isaiah 58:5 • Eyes looking up - John 11:41 / John 17:1 • Hands raised in worship - Psalm 134:2/ 43:6 • Hands extended - Ex 17:8-15/Heb.12:11-12 • Shout/applaud/cheer - Ezra 3:11-14/ Ps 47:1 	<ul style="list-style-type: none"> • Touching an object - Mat. 18:19 • Touching a person in need • Touching in agreement - Mat. 18:19 • Laying on of hands- Hebrews 6:2/ 1 Tim. 4:14 • Anointing with oil - Mark 6:13/ James 5:13-15 • Whispering in unison - Acts 4:24 • Aloud in one voice - Acts 7:60 • Singing to the Lord - Psalm 100:4/ Eph 5:19 • Weeping- I Samuel 7-10/ Psalm 126:5-6 • Spread it before the Lord - 2 Kings 19:14-15

Get Into Worship

You should be careful to minister to the Lord, not just bombard him with requests. You can pray by singing to the Lord. Refresh yourself in the Lord's presence by "*singing songs, hymns, spiritual songs to the Lord.*" Use a chorus book or hymn book as offerings to the Lord. Sing to Him.

Get Into The Scriptures

Did you know the best way to pray is to pray God's word right back to him? A marked and well-used Bible can be a wonderful asset to prayer. Take the time to review the Scriptures listed below. Mark them in your Bible, even copy this list to the fly leaf. Then salt your corporate prayer times with God's word.

Thanksgiving	Psalm 103, 104, 105, 107, 111, 118, 124, 126, 136, 139
Adoration	Psalm 84, 89, 90, 93, 95, 99, 100, 111, 112, 113, 117, 134, 144, 145, 147, 148, 149, 150
Confession	Psalm 51, Psalm 139, Isaiah 6:1-6, Daniel 9:4-19, I John 1:5-10
Exaltation	Philippians 2:6-11, Rev. 4:8-11, Rev 5:6-14, Rev 7:9-12, Rev 19:16
Encouragement	Isaiah 40:28-31, 43:1-7, 44:1-3, 44:21-24, Isaiah 51:11-16, 54:7-17, 55:6-13
Comfort	Isaiah 59:16-21, 61:1-3, 64:1-4, 62:1-7, Malachi 3:16-18
Longing After God	Psalm 27:1,4-8, Ps 42:1-5, 62:1-4, Ps 84:1-4, 9-12
Promises to Seekers	2 Chr 7:14-16, Jeremiah 29:11-14, Hosea 10:12, Isaiah 55:1-3, Isaiah 55:6-13
God's Presence	Exodus 33:12-23, 34:5-8, Ex 40:32-35, 2 Chron. 5:11-14, 2 Chron. 7:1-3
Doxologies	Heb 1:3, I Tim 1:17, I Tim 6:15-16, Col 1:13-19, Philip 2:9-11, Eph 1:20-22, Rev 1:8, 1:13-18, 2 Chronicles 29:11

Get Into God's Promises

There is no better time to use God's promises than when at prayer. You are laying claim to our inheritance in Christ. Declare it! Believe God for it! Encourage one another in it!

"Whereby are given unto us great and exceeding precious promises that by these you might be partakers in his Divine nature..." (2 Peter 1:4)

Conclusion

When you start making prayer more than a monologue to God, it becomes enjoyable and naturally extends the time you spend in prayer. Using this strategy assures that you will come back for more.

An Hour Alone With God

An hour can seem like a century if you do not know what to do or if you have never spent a quiet hour with God. We must assume that you have no plan in place for the expenditure of lavish times with your Savior.



All of need a starting place, a plan to get us started. If you have never run a mile I would not suggest that you try a 26-mile marathon. If you are a sprinter and used to doing the 100-yard dash, you are not going to be able in one giant leap begin running a 3-minute mile. So too, with prayer if you are a five minute pray-er, you are not easily going to transition to spending a focused hour with God without some difficulty. Here is my suggestion: Break up the hour into bite size parts. Keep you mind occupied by varying your activity and focus. I have found that too many activities makes you hyper instead of quiet in God's presence, so let's limit the hour to four parts, 15-minute segments.

Meditate:

The first of every hour I spend transitioning to the next discipline. To do that discipline I need some instruction and time to think it through. So, the first 15-minutes is for reading and thinking about the discipline. Read the manual. If you are already experienced and have read the manual you might consider spending this first segment reading from a devotional book or reading scriptures pertaining to the discipline.

Workbook:

The second 15-minute period should be an active participatory exercise. Here the Workbook comes in handy. Do the exercises suggested in the Workbook and end the time by journaling – talking to God by writing out your thoughts and prayers.

Prayer:

This is now the time to do what you read about and what you did the exercises for. If it is “stillness” then practice it by getting alone in silence before God with your 3-minute timer. Find a position that is comfortable and restful. Tell the Lord you have come to be with him, not to talk at him. Ask God to quiet your heart and make you acutely aware of His presence. Be very still.

If you are on the discipline of thanksgiving then begin telling God all the things you are thankful for. Don't fall into the trap of being stationary. Walk around, look at nature, lift your eyes to the heavens and think aloud (or at least focus specifically) on nothing but the goodness and provisions of the Lord. Revel in them. Rejoice in His creation and his loving care. Remember book by book and story by story the great things the Lord has done in history. Review your life and the things God has done for you through the years. Smile. Enjoy God. You get the idea. Just do it. This is prayer.





Activity:

It is not as though you were inactive during the $\frac{3}{4}$ of an hour but now is the time to get up and move about. It is time for prayerful activity. You could return to journaling, listen to a worship CD, read something light, go for a walk, memorize Scripture, take a nap, eat an apple, have a slow cup of tea or coffee, have a snack or just about anything you would like to do, but do it **WITH THE LORD**. The Gaither's Song, “God Loves To Talk To Little Boys While They're Fishin'” is a great example of this step. God loves to be with you. Invite him to do something with you during this 15-minutes. I save the last five minutes just to stretch, jump, run, or to do something non-prayer related, just to break the hour and be ready to start the next.

How To Pray for An Hour

I am often asked by people what I do during my extended times of prayer, and specifically, how do I organize my hours of prayer. Here are some more variations on how to organize your hour.

- Top of the hour - 10 minutes of personal preps, worship, sing, give thanks, Scripture, etc
- 10 minutes after to 40 after is intensive intercession time - follow the schedule for variety
- Bottom of the hour 10 minutes is break time to read, walk, get a snack, drink, etc or even spend some quiet moments chatting with a friend. Keep your conversation on spiritual things.
- Find your rhythm. This is not a law, but a suggestion. Find what works for you. Be flexible.

	<p><u>Top of Every Hour</u> At the top of every hour we begin a new step of intercession. This keeps us focused and moving along in our intercessory prayer time. Prayer discipline begins with “time.” Jesus asked his disciples, “<i>Could you not watch one hour?</i>”</p>
	<p><u>First 10 minutes</u> The first 10 minutes are preparatory so we use the first 3 steps of stillness, worship, and thanksgiving. Make this a regular pattern in your prayer life whenever you pray. “<i>Enter His gates with thanksgiving, and into His courts with praise, be thankful and bless His name.</i>”</p>
	<p><u>40 Minutes of Intercession</u> Each hour is composed of a solid 40 minutes of intercession on the step at hand. If you find trouble staying focused then use some prayer actions to keep attentive. Change your position often, journal to God, pray some out loud, pray Scripture, etc.</p>
	<p><u>Last Ten Minutes</u> The last 10 minutes of every hour is time for a break. You are only human and need to break your routine to keep from weariness. Take a bathroom break, a coffee or juice break. If you are on a retreat with others use this time to chat with a friend about what God is teaching you about prayer.</p>

A One Day Prayer Retreat

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there, and when we are we are in a hurry to get on to some other busy plans. It takes time to develop an intimate relationship with God. There are no shortcuts. Try setting aside a one day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it necessary to do an overnight stay so I am relaxed to start the day.

8:30 am – **FOCUS ON GOD**

9:00 am – Be Still (1)

9:30 am – *Journal to God about this day*

10:00 am – Be Worshipful (2)

10:30 am – *Walk and enjoy God's beauty*

11:00 am – Be Thankful (3)

11:30 am – *Smile, count blessings, study nature*

12:00 pm – Lunch

12:30 pm **FOCUS ON SELF**

1:00 pm – Confession (4)

1:30 pm – *Walk & listen to sermon tape/music, etc*

2:00 pm – Cover Yourself in Armor (5)

2:30 pm – *Read, meditate, memorize*

3:00 pm – Cast all Cares on Him (6)

3:30 pm – *Nap time / read / sleep / listen*

4:00 pm – **SCHEDULE PRAYER!**

Don't leave the place of prayer without arranging with your Heavenly Father another time of extended prayer.

4:30 pm – Return home rejoicing!

Prayer Activities

Think & Plan

Dream God's Visions
Plan Goals
Plan Yearly Calendar
Write Sermon/Lessons
Write Thoughts/Ideas
Journal to God
Evaluate Your Life
Evaluate Your Ministry
Make Family Plans
Do a Word Study

Rest

Take a Holy Nap
Go for a Walk
Sing to the Lord
Worship with Tapes
Converse With a Friend
Play an Instrument

Read and Study

Read Scriptures
Read on Leadership
Read on Prayer
Read Prayers of the Bible
Listen to Scripture
Listen to a Sermon
Study the Promises
Memorize Promises
Meditate on the Cross
Meditate on Creation
Meditate on Promises

This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying and enjoying God.

Get Into Worship

Pray Songs, Hymns and Psalms

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. – Colossians 3:16

Preparation

- Sweet Hour of Prayer
- More Love to Thee
- My Jesus, I Love Thee
- Holy Ground
- As the Deer

Hymns

- Holy, Holy, Holy
- All Hail the Power
- To God Be the Glory
- How Great Thou Art
- Praise to the Lord, the Almighty
- Come, Thou Fount of Every Blessing
- O Worship the King

Exaltation

- Holy Holy (chorus)
- Holy, Holy, Holy (hymn)
- He is Lord
- We Worship and Adore You
- I Love You, Lord
- Bless the Lord O My Soul
- Be Exalted, O God

Adoration

- I Exalt Thee
- My Jesus, I Love Thee
- I Love You Lord
- Thou Art Worthy
- Blessed Be The Name of the Lord
- His Name Is Wonderful

Thanksgiving

- Great Is Thy Faithfulness
- And Can it Be
- All Hail King Jesus
- Glorify Thy Name
- It is Well With My Soul
- Thank You Lord for Saving My Soul

Examination

- Jesus, I Come
- Just as I Am
- Search Me O God
- Be Thou My Vision
- Take Time to Be Holy
- Open Our Eyes Lord
- Change My Heart O God

Consecration

- Take My Life and Let it Be
- In My Life (Be Glorified)
- Dear Lord and Father of Mankind
- Refiners Fire (Purify My Heart)
- Change My Heart O God
- Create In Me A Clean Heart
- Draw Me Closer

Burdens

- I Cast All My Cares Upon You.
- Burdens Are Lifted At Calvary
- No One Understands Like Jesus
- What a Friend We Have in Jesus

Get Into the Scriptures

Pray the Scriptures Aloud

A marked and well-used Bible can be a wonderful asset to prayer. Take the time to review the Scriptures listed below. Mark them in your Bible, even copy this list to the fly leaf. Then salt your corporate prayer times with God's word.

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Confession	Psalm 51, Psalm 139, Isaiah 6:1-6, Daniel 9:4-19, I John 1:5-10
Exaltation	Philippians 2:6-11, Rev. 4:8-11, Rev 5:6-14, Rev 7:9-12, Rev 19:16
Encouragement	Isaiah 40:28-31, 43:1-7, 44:1-3, 44:21-24, Isaiah 51:11-16, 54:7-17, Isaiah 55:6-13, 59:16-21, 61:1-3, 64:1-4, 62:1-7, Malachi 3:16-18
Longing for God	Psalm 27:1,4-8, Ps 42:1-5, Psalm 62:1-4, Ps 84:1-4, 9-12
For Seekers	2 Chronicles 7:14-16, Jeremiah 29:11-14, Hosea 10:12, Isaiah 55:1-3, Isaiah 55:6-13
God's Presence	Exodus 33:12-23, 34:5-8, Ex 40:32-35, 2 Chron. 5:11-14, 2 Chron. 7:1-3
Doxologies	Heb 1:3, I Tim 1:17, I Tim 6:15-16, Col 1:13-19, Philip 2:9-11, Eph 1:20-22, Rev 1:8, 1:13-18, 2 Chronicles 29:11

Get Into the Promises

Pray the Promise Back To God

Promises are powerful things. Peter said that it is by them that we escape the corruption in the world caused by evil desires and become partakers of God's own nature. (2 Peter 1:4) Learn to use God's promises as you pray. Remind God of His promises. Quote them back to Him. He delights to hear it. Claim your inheritance that is herein described. Everything in the Christian's life is by faith. (Hebrews 11:6 *But without faith it is impossible to please him: for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him.*)

PRAYER

Isaiah 65:24 ...before they call I will answer...
Psalm 37:4 ...delight in the Lord, he gives desires of your heart...
Jeremiah 33:3 ...call on me and I will show you great and mighty things
Jeremiah 32:17-18 ...you have made heaven...nothing is too hard for you...
Matthew 18:19 ...if any 2 agree...touch...ask, it will be done...

PEACE

Isaiah 26:3 ...keep you in perfect peace...
Isaiah 32:17 ...work of righteousness will be peace...
Jeremiah 29:11 ...the thoughts I think toward you are peace, not evil...
Psalm 37:37 ...the end of the upright man is peace...

PROTECTION

Psalm 91:3 ...he shall deliver from snare, pestilence, terror, arrow...
Isaiah 54:17 ...no weapon formed against you will prosper...
Isaiah 43:2 ...when pass through water it will not overflow you...
Jeremiah 15:20 ...I will make you a steel wall, they will not prevail..
Psalm 5:11-12 ...those who trust you, shout for joy, you defend them...

SUPPLY

Psalm 34:10 ...lions do hunger...but you shall not lack any good thing...
Psalm 37:25 ...I have not seen the righteous forsaken or begging...
Philippians 4:19 ...my God shall supply all your need...
II Corinthians 9:8 ...God is able to make all grace abound to you...

SUCCESS

Joshua 1:8 ...then you shall make way prosperous, and have success
Psalm 1:3 ...whatsoever he does it shall prosper...
Romans 8:28 ...all things work together for good to him...

STRENGTH

Isaiah 40:29-31...He gives power to the faint...*they* renew their strength...
Isaiah 41:10 ...fear not for I am with you...I will help you
Isaiah 41:13 ...the Lord will hold your right hand...
II Corinthians 12:9 ...my grace is sufficient for you...

DELIVERANCE

Psalm 34:17,19 ...the righteous cry and the Lord hears and delivers from trouble
Psalm 34:7,8 ...angel encamps around those who fear Him...
Isaiah 59:19 ...when enemy comes like flood...Lord will stand against him

DIRECTION & LEADING

Proverbs 3:6 ...In all your ways acknowledge him and he will direct your paths...
Isaiah 30:21 ...you will hear a word behind you saying, 'this is the way, walk in it'
Proverbs 16:3,9 ...commit your way to the Lord ...and your thoughts will be established...
Psalm 37:23 ...good man's steps are ordered by the Lord
Psalm 32:8 ...I will instruct & teach you the way to go...

FEARS

II Timothy 1:7 ...God gave not the spirit of fear, but of sound mind..
Isaiah 41:10 ...fear not for I am with you, I will help you..
Isaiah 41:13 ...fear not I will help you...
Psalm 34:4 ...I sought...He delivered me from all my fears...

SOULS

Psalm 2:8 ...ask of me and I will give heathen for your inheritance...
Psalm 126:6 ...he who sows and weeps...shall bring sheaves with him...
II Peter 3:9 ...Lord is not slack...not willing any should perish...

YOUR CHILDREN

Isaiah 54:11-13 ...all your children will be taught of the Lord...
Psalm 127:3 ...children are a heritage of the Lord...your reward...
Isaiah 59:21 ...my words will not depart out of your seed's mouth...
Isaiah 44:3 ...I will pur out my Spirit on your seed and offspring...
Proverbs 22:6 ...train up a child...when old...he will not depart from it..

WISDOM

Isaiah 50:4 ...Lord gives me tongue of the learned to know how to speak..
Psalm 19:7 ...The law...is perfect...making wise the simple...
Proverbs 1:7 ...Fear of the Lord is beginning of knowledge...
James 1:5 ...lack wisdom? Ask of God that gives liberally to all men...

FORGIVENESS

Psalm 86:5 ...thou Lord art good...ready to forgive...
I John 1:9 ...If we confess our sins, He is faithful...to forgive...all..
Isaiah 1:18 ...though your sins be as scarlet they shall be white as snow
Isaiah 43:25 ...I am He that blots out transgressions...

ABILITY ABOVE IMPOSSIBILITY

Jeremiah 32:17,27 ... Ah Lord God... there is nothing too hard for you...
Philippians 1:6 ...he that began a good work in you will perform it 'til.
Acts 20:32 ...the word of His grace... is able to build you up...
Ephesians 3:20 ...able to exceedingly abundantly...by power in us...
Jude 24 ...able to keep you...present you faultless...

HEALING

Exodus 15:26 ...I am the Lord that healeth thee
Psalm 103:3-4 ...who forgiveth all...healeth all thy diseases...
James 5:15 ...the prayer of faith shall save the sick...
Matthew 8:17 ...He took our infirmities and carried our diseases...

Significant Daily Promises To Pray

31 Days of Praying God's Promises

Prayer	Isaiah 65: 24. Before they call I will answer; while they are still speaking I will hear.
Prayer	Jeremiah 32: 17. "Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. 18. You show love to thousands but bring the punishment for the fathers' sins into the laps of their children after them. O great and powerful God, whose name is the LORD Almighty.
Peace	Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.
Peace	Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.
Peace	Isaiah 32:17 The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.
Protection	Psalms 91: 1. He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." 3. Surely he will save you from the fowler's snare and from the deadly pestilence.
Protection	Isaiah 43:1-2 But now, this is what the LORD says-- he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine. 2. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.
Protection	Jeremiah 15:20 I will make you a wall to this people, a fortified wall of bronze; they will fight against you but will not overcome you, for I am with you to rescue and save you," declares the LORD.
Supply	Psalms 34: 9. Fear the LORD, you his saints, for those who fear him lack nothing. 10. The lions may grow weak and hungry, but those who seek the LORD lack no good thing.
Supply	Psalms 37:25. I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. 26. They are always generous and lend freely; their children will be blessed.
Supply	Philippians 4:19. And my God will meet all your needs according to his glorious riches in Christ Jesus.
Success	Joshua 1:8. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.
Success	Psalms 1:1. Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2. But his delight is in the law of the LORD, and on his law he meditates day and night. 3. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.
Success	Romans 8:28. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
Strength	Isaiah 40:29-31 29. He gives strength to the weary and increases the power of the weak. 30. Even youths grow tired and weary, and young men stumble and fall; 31. but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
Strength	II Corinthians 12:9. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
Delivered	Psalms 34:17. The righteous cry out, and the LORD hears them; he delivers them from all their troubles. 18. The LORD is close to the brokenhearted and saves those who are crushed

	in spirit. 19. A righteous man may have many troubles, but the LORD delivers him from them all;
Delivered	Psalm 34:6. This poor man called, and the LORD heard him; he saved him out of all his troubles. 7. The angel of the LORD encamps around those who fear him, and he delivers them. 8. Taste and see that the LORD is good; blessed is the man who takes refuge in him.
Leading	Proverbs 3:5. Trust in the LORD with all your heart and lean not on your own understanding; 6. in all your ways acknowledge him, and he will make your paths straight.
Leading	Isaiah 30:20-21. Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. 21. Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."
Fears	II Timothy 1:7. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.
Fears	Isaiah 41:10. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
Souls	Psalm 126:5. Those who sow in tears will reap with songs of joy. 6. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.
Souls	II Peter 3:9. The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.
Wisdom	Isaiah 50: 4. The Sovereign LORD has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught.
Wisdom	James 1: 5. If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. 6. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. 7. That man should not think he will receive anything from the Lord;
Forgiven	Psalm 86:5. You are forgiving and good, O Lord, abounding in love to all who call to you.
Forgiven	I John 1:8-10. If we claim to be without sin, we deceive ourselves and the truth is not in us. 9. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.
Healing	Exodus 15: 26. He said, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you."
Healing	Psalm 103:1. Praise the LORD, O my soul; all my inmost being, praise his holy name. 2. Praise the LORD, O my soul, and forget not all his benefits-- 3. who forgives all your sins and heals all your diseases, 4. who redeems your life from the pit and crowns you with love and compassion, 5. who satisfies your desires with good things so that your youth is renewed like the eagle's.
Sleep	Psalm 127:1. Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain. 2. In vain you rise early and stay up late, toiling for food to eat-- for he grants sleep to those he loves.

Memorize Verses of Scripture

Prayer and memorizing Scripture go together. The more you know of God's word the easier it will be to pray in the will of God. Make memorizing Scripture a part of your prayer discipline. Try to spend some time each week memorizing at least one verse.

Memorizing God's word is the only way to "hide God's word in your heart, that you might not sin against him. We are never too old to work on memorizing passages of Scripture, in fact, it is an excellent way to exercise the brain the older we get. Make it a daily, weekly and monthly routine. Find a prayer and accountability partner who will memorize with you and keep you accountable. Use any translation you are comfortable with.

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. – Colossians 3:16-17

101 Promises to Memorize

- | | | | |
|--------------------|---------------------|---------------------|--------------------|
| 1. Exodus 15:26 | 26. Isaiah 30:21 | 51. Jer. 29:11 | 76. Psalm 127:2 |
| 2. Numbers 23:19 | 27. Isaiah 32:17 | 52. Jer. 32:17 | 77. Psalm 127:3 |
| 3. I Kings 8:56 | 28. Isaiah 40:29-31 | 53. Jer. 33:3 | 78. Psalm 19:11 |
| 4. Rom. 4:20-21 | 29. Isaiah 40:8 | 54. John 10:28,29 | 79. Psalm 19:7 |
| 5. II Peter 1:4 | 30. Isaiah 41:10 | 55. John 14:3 | 80. Psalm 1:3 |
| 6. I Peter 1:6-7 | 31. Isaiah 41:13 | 56. John 5:24 | 81. Psalm 23:2-3 |
| 7. I Peter 4:12-13 | 32. Isaiah 41:10 | 57. Joshua 1:8 | 82. Psalm 2:8 |
| 8. II Cor. 1:20 | 33. Isaiah 41:13 | 58. Jude 24 | 83. Psalm 32:8 |
| 9. II Cor. 12:8-9 | 34. Isaiah 43:2 | 59. Mat. 11:28-29 | 84. Psalm 34:10 |
| 10. Acts 16:31 | 35. Isaiah 43:25 | 60. Mat. 18:19 | 85. Psalm 34:17,19 |
| 11. Acts 20:32 | 36. Isaiah 44:22 | 61. Mat. 6:33 | 86. Psalm 34:4 |
| 12. Eph. 3:20 | 37. Isaiah 44:3 | 62. Mat. 8:17 | 87. Psalm 34:7,8 |
| 13. Heb. 10:23 | 38. Isaiah 50:4 | 63. Micah 7:19 | 88. Psalm 37:23 |
| 14. Heb. 4:12 | 39. Isaiah 53:5-6 | 64. Phil. 1:6 | 89. Psalm 37:25 |
| 15. Heb. 6:11 | 40. Isaiah 54:17 | 65. Phil. 4:19 | 90. Psalm 37:33 |
| 16. I John 1:9 | 41. Isaiah 54:11-13 | 66. Phil. 1:6 | 91. Psalm 37:37 |
| 17. II Cor. 9:8 | 42. Isaiah 55:11 | 67. Phil. 1:21 | 92. Psalm 37:4 |
| 18. II Cor. 12:9 | 43. Isaiah 58:11 | 68. Proverbs 16:3,9 | 93. Psalm 37:5 |
| 19. II Cor. 5:8 | 44. Isaiah 59:19 | 69. Proverbs 1:7 | 94. Psalm 46:10 |
| 20. II Peter 1:4 | 45. Isaiah 59:21 | 70. Proverbs 22:6 | 95. Psalm 4:8 |
| 21. II Peter 3:9 | 46. Isaiah 65:24 | 71. Proverbs 3:6 | 96. Psalm 5:11-12 |
| 22. II Tim. 1:12 | 47. James 1:5 | 72. Proverbs 3:24 | 97. Psalm 86:5 |
| 23. II Tim. 1:7 | 48. James 5:15 | 73. Psalm 103:12 | 98. Psalm 91:1-2 |
| 24. Isaiah 1:18 | 49. Jer. 15:20 | 74. Psalm 103:3-4 | 99. Rom. 8:1 |
| 25. Isaiah 26:3 | 50. Jer. 23:29 | 75. Psalm 126:6 | 100. Rom. 8:28 |
| | | | 101. Rom. 8:38,39 |

Memorize Large Passages of the Word

Prayer and memorizing Scripture go together. The more you know of God's word the easier it will be to pray in the will of God. Memorizing God's word is the only way to "hide God's word in your heart, that you might not sin against him. We are never too old to work on memorizing passages of Scripture, in fact, it is an excellent way to exercise the brain the older we get.

Make it a daily, weekly and monthly routine. Find a prayer and accountability partner who will memorize with you and keep you accountable.

☛ EXODUS 20 THE TEN COMMANDMENTS

☛ PSALM 1:1-6 PLANTED BY THE WORD

☛ PSALM 23:1-6 THE LORD IS MY SHEPHERD

☛ PSALM 100 PRAISE AND THANKSGIVING

☛ PSALM 103 BLESS THE LORD O MY SOUL

☛ PSALM 91 MY SHIELD AND PROTECTOR

☛ PSALM 139 FEARFULLY AND WONDERFULLY MADE

☛ ISAIAH 53 SUFFERING SERVANT

☛ JOHN 14 LET NOT YOUR HEART BE TROUBLED

☛ EPHESIANS 1 SEATED WITH CHRIST

☛ HEBREWS 1:1-13 THE BRIGHTNESS OF HIS GLORY

☛ REVELATION 1:10-18 EXALTED LORD JESUS

☛ GALATIANS 5:19-25 FRUIT OF THE SPIRIT

☛ PHILIPPIANS 2 EVERY KNEE SHALL BOW

☛ I THESSALONIANS 4:13-18 2ND COMING COMFORT

☛ I TIMOTHY 6:6-12 GODLINESS WITH CONTENTMENT

☛ ROMANS 8:33-39 MORE THAN CONQUEROR

☛ JAMES 1:2-8 TRIALS AND TRIBULATIONS

These are only sample passages that can be memorized. Choose your own favorite Scriptures and commit them to memory. You will never regret doing so.

Worship & Scripture-Based Prayers

Our desire is that our prayers be Worship-based, Spirit-led, Word-focused, and Faith-filled.

Scripture and Songs and Sentence prayers prime the pump of prayer. We often find ourselves dull and unmotivated in prayer. It is helpful to have a specific plan to follow to keep yourselves from wandering aimlessly in a labyrinth of intercessory prayer. Use this prayer plan to help guide yourself into times of refreshing from the Lord. As you follow this biblical prayer pattern you will discover yourself enjoying prayer and wanting more.

In a group prayer setting there are several ways to incorporate these six steps. One way is to introduce the step with Scripture reading and a song, then use sentence prayers to express your heart to God on that specific matter. Another way is to assign someone in the group to lead in prayer for that area. That prayer will be longer and seeks to be exhaustive in praise, thanksgiving, etc. If you have six people in the group each can take on category, if you are just three, then alternate each taking one from each section - **Focus on God**, then **Focus on Self**. Try assigning the four active parts in the middle to four people sandwiching being still and casting your care.

Step	Lord's Prayer	Scripture	Songs
Be Still	<i>Our Father who art in heaven</i>	Ps 46:10-11 Ps 4:4 Is 30:15,17 Is 41:1 1 Kgs 19:12 Hab 2:20 Zeph 1:7	Be Still My Soul Sweet Hour of Prayer As the Deer In The Garden Open My Eyes Lord Turn Your Eyes Upon Jesus
Be Worshipful	<i>Hallowed be thy name</i>	Ps 8:1-9 Ps 100 Ps 145 Ps 148-150 Ps 106 Rev 1:10-18 Rev 5	I Love You Lord Thou Art Worthy Bless the Lord O My Soul Name Above All Names His Name Is Wonderful Holy, Holy, Holy How Great Thou Art
Be Thankful	<i>Thy kingdom come, thy will be done (See 1 Chronicles 29:11)</i>	Ps 107:1-9 Ps 139 Ps 105 Ps 103 Ps 118 Ps 92 Ps 34	Isn't He Wonderful Isn't He In His Time Give Thanks How Great Thou Art Great Is Thy Faithfulness Thank You Jesus, Allelujah
Confess Sin	<i>Forgive us our debts, as we forgive our debtors</i>	Is 6:1-7 Ps 51 Dan 9 1 John 1 Romans 7 Rev 3:14-22 Ps 139	Hide Me In Your Holiness Change My Heart O God Search Me O God Spirit of Living God Fall Refiners Fire Just As I Am According To Lovingkindness
Clothe Self	<i>Lead us not into temptation, but deliver us from evil</i>	Ps 91 Is 54:1-17 Eph 6:10-18 Zech 3:1-5 Is 51:11-16 Is 43:1-7 Is 44:1-3,21-24	Have Thine Own Way Lord Calvary Covers It All It is Well A Mighty Fortress Soldiers of Christ Arise I Surrender All
Cast Care	<i>Give us this day our daily bread</i>	Ps 23 Mt 6:19-33 Ps 37 Ps 34 Is 40:28-31 2 Chr 7:14-16 Jer 29:11-14	I Cast All My Care Burdens Are Lifted Only Believe Turn Your Eyes Upon Jesus Lord's Prayer

The Name of the Lord is a Strong Tower

“The name of the Lord is a strong tower: the righteous run into it and they are safe.”– Proverbs 18:10

The name of the Lord is given to us that we might know our Heavenly Father, and the Lord Jesus Christ in all of his splendor and glory. His name covers us, shelters us, seals us, and protects us. As you pray the names you are claiming His promises and covering for yourself.

This is what the psalmist means when in Psalm 91 he says, *“He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord He is my refuge and fortress, therefore”*

Confess it. Say his name out loud. As you pray the names of the Lord use a phrase like this. Don’t just say his name – Claim his name as your inheritance. *“Lord, you are my _____, therefore I will _____.”* Make it possessive! Draw a personal conclusion based on His name.

Read it. Read the passage of Scripture that contains his name. Read it out loud. Read it slowly and articulately three times. Pray it back to God. Declare him among the nations. Satan is listening so make sure he hears who the Lord is to you. Declare it!

Sing it. Sing to the Lord. Sing of his excellent name. Many of the names of God and Christ have been put to song or at least have songs that refer to that name. Sing it to God. Rejoice in his holy name. Pick up a hymn books and look through the hymns for His names.

Shout it. Shouting to the Lord in triumph is a biblical command. Let the redeemed of the Lord say so! It is a good thing to shout the name of the Lord with your lips. *Isaiah 12:6 Cry out and shout, thou inhabitant of Zion: for great is the Holy One of Israel in the midst of thee.*

Write it. Graffiti the Lord’s name throughout your notebook or even in your Bible. Remember in grade school how you used to write your girlfriend’s or boyfriend’s name all over your books. That’s the idea. Revel in His name. Love his name. Think on his name. Savor his name. Let it roll off your tongue. Let it bathe your mind and heart. Revel in it. Soak it up. Wrap yourself up in it. God is a **very present** help in the time of trouble. Let his name be very present to you.

Malachi 4:2 But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall. 3 And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the LORD of hosts.

The Name of the Lord is a Strong Tower

A

Advocate - 1 John 2:1
Alive for Evermore - Revelation 1:18
All-Knowing - Psalm 139:1-6
All, and in All - Colossians 3:11
Almighty - Revelation 1:8
Alpha and Omega - Revelation 1:8
Altar - Hebrews 13:10
Altogether Lovely - Song of Solomon 5:16
Amen - Revelation 3:14
Ancient of Days - Daniel 7:13 & Daniel 7:22
Anointed One - 1 Samuel 2:35
Author of Eternal Salvation - Hebrews 5:9
Author of our Faith - Hebrews 12:2

B

Balm of Gilead - Jeremiah 8:22
Banner over us - Ps 60:4 S of Sol 2:4
Bearer of Sin - Hebrews 9:28
Before All Things - Colossians 1:17
Beginning and Ending - Revelation 1:8
Bishop of our Souls - 1 Peter 2:25
Blessed and Only Potentate - 1 Timothy 6:15
Blessed Hope - Titus 2:13
Bread of Life, my manna - John 6:35
Bridegroom - John 3:29
Bright and Morning Star - Revelation 22:16
Brightness of His Glory - Hebrews 1:3
Buckler - Psalms 18:30

C

Captain - Joshua 5:14-15 - Hebrews 2:10
Changeless One - Malachi 3:6, Hebrews 13:8
Chief Among 10,000 - S. of Solomon 5:10
Chosen of God - 1 Peter 2:4
Christ - Matthew 1:16 - 1 John 5:1
Comforter - John 14:16-18
Consolation of Israel - Luke 2:25
Counselor - Isaiah 9:6
Creator - Romans 1:25 - Isaiah 40:28
Crown of Glory - Isaiah 28:5

D

Daystar to Arise - 2 Peter 1:19
Defense - Psalms 94:22
Deliverer - Psalms 40:17
Desire of all Nations - Haggai 2:7
Despised and rejected - Ps 22:6, Is 53:3
Diadem of Beauty - Isaiah 28:5
Door of the Sheep - John 10:7
Dwelling Place - Psalms 90:1

E

Emmanuel - Matthew 1:23
End of the Law - Romans 10:4
Ensign of the People - Isaiah 11:10
Equal with God - Philippians 2:6
Eternal God - Deuteronomy 33:27
Eternal Life - 1 John 1:2
Everlasting Father - Isaiah 9:6

F

Faithful and True - Rev 19:11 - Rev 3:14
Finisher of the Faith - Hebrews 12:2
First Begotten - Hebrews 1:6 - Romans 8:29
Firstfruit of Them Sleep - 1 Cor 15:20 Rom 11:16
Fortress - Psalms 18:2
Foundation Which is Laid - 1 Cor.3:11
Fountain of Living Waters - Jer 17:13 Ps 36:9
Friend of Publicans and Sinners - Luke 7:34
Friend Sticks Closer than a Brother - Prov 18:24

G

Gift of God - John 4:10
Glory, my and lifter of my head - Psalms 3:3
God Who Avenges Me - Psalms 18:47
God Blessed Forever - Romans 9:5
God Who Forgives - Psalms 99:8
God of My Life - Psalms 42:8
God in the Midst of Her - Psalms 46:5
God manifest in the flesh - 1 Timothy 3:16
God of My Righteousness - Psalms 4:1
God of My Salvation - Psalms 18:46
God of My Strength - Psalms 43:2
God With Us - Matthew 1:23
Good Shepherd - John 10:11
Gracious - Ex 33:19, Rom 16:24, Rev. 22:21
Great God - Titus 2:13
Great Shepherd of the Sheep - Hebrews 13:20
Guide Even Unto Death - Psalms 48:14

H

Harmless - Hebrews 7:26
Head of all Principality & Power - Col 2:10
Heir of All Things - Hebrews 1:2
Helper - Hebrews 13:6
Hiding Place - Psalms 32:7
High Priest Forever - Hebrews 6:20
High Tower - Psalms 18:2
Holy One Of Israel - Psalms 89:18
Horn of Salvation - Luke 1:69
Husband - Revelation 21:2

I

I Am - John 18:6
Image of the Invisible God - Colossians 1:15
Immanuel - Isaiah 7:14
Inhabiter of Eternity - Isaiah 57:15
Inhabiter of Praises - Psalms 22:3
Intercessor - Isaiah 53:12 & Romans 8:34

J

Jehovah Jireh - Provider - I Jn 4:9, Philip 4:19
Jehovah Nissi - Banner - I Chronicles 29:11-13
Jehovah Shalom - Peace - Is 9:6, Rom 8:31-35
Jehovah Tsidkenu - Righteousness - I Cor 1:30
Jehovah Shammah - Present - Hebrews 13:5
Jehovah M'Kaddesh - Sanctifier - I Cor 1:30
Jehovah Rophe - Healer - Isaiah 53:4,5
Jehovah Rohi - Shepherd - Psalm 23
Jesus - Matthew 1:21
Jesus Christ Our Lord - Romans 7:25
Judge of All - Genesis 18:25 - Acts 10:42
Just One - Acts 7:52

K

Keeper - Psalms 121:5
King Eternal - 1 Timothy 1:17
King Immortal - 1 Timothy 1:17
King Invisible - 1 Timothy 1:17
King of Glory - Psalms 24:7-8
King of Heaven - Daniel 4:37
King of Kings - Revelation 19:16
King of Peace - Hebrews 7:2
King of Righteousness - Hebrews 7:2
King of Saints - Revelation 15:3

L

Lamb of God - John 1:29 - Rev 17:14
Lamb Slain - Rev 13:8 - Rev 5:12 - Rev 7:17
Last Adam - 1 Cor.15:45
Lawgiver - James 4:12
Life - John 14:6
Lifter of Mine Head - Psalms 3:3
Light - John 1:7
Light of the World - John 8:12
Lily of the Valleys - Song of Solomon 2:1
Lion of the Tribe of Judah - Revelation 5:5
Living Bread - John 6:51
Lord and My God - John 20:28
Lord and Savior - 2 Peter 1:11
Lord of the Dead and the Living - Rom 14:9
Lord God Almighty - Revelation 16:7
Lord God Omnipotent - Revelation 19:6
Lord Jesus Christ - James 2:1
Lord of Glory - 1 Cor.2:8
Lord of the Harvest - Matthew 9:38
Lord of Lords - 1 Timothy 6:15

M

Maker - Psalms 95:6
Man of Sorrows - Isaiah 53:3
Master - Matthew 23:10
Mediator - 1 Timothy 2:5
Merciful - Heb 2:17
Messiah the Prince - Daniel 9:25
Mighty God - Isaiah 9:6
Morning Star - Revelation 2:28

N

Name Above Every Name - Philippians 2:9
Nazarene - Matthew 2:23

O

Omega - Revelation 22:13
Omnipotent - Revelation 19:6
Only Begotten Son - John 3:16
Only Potentate - 1 Timothy 6:15
Only Wise God - 1 Timothy 1:17

P

Passover, my - 1 Cor.5:7
Pavilion - Psalms 31:20
Peace, our - Ephesians 2:14
Physician, great - Luke 4:23
Portion of Mine Inheritance - Psalms 16:5
Potter - Jeremiah 18:6
Power of God - 1 Cor.1:24
Preeminent one - Colossians 1:18
Pearl of Price - Matt 13:46, 1 Cor.6:20
Prince of Peace - Isaiah 9:6
Propitiation for Our Sins - 1 John 2:2

Q

Quick Understanding - Isaiah 11:3
Quickening Spirit - 1 Cor.15:45

R

Rabbi - John 3:2
Ransom for Many - Matthew 20:28
Redeemer - Job 19:25 - 1 Cor.1:30
Refiner - Malachi 3:2
Refuge in Trouble - Ps 46:1, Ps 9:9
Refuge from the Storm - Is 25:4
Resting Place - Jeremiah 50:6
Resurrection and the Life - John 11:25
Reward of the Righteous - Psalms 58:11
Righteous Judge - 2 Timothy 4:8
Righteousness, my - 1 Cor.1:30 - Rom 10:3
Rock that is Higher than I - Psalms 61:2
Rock of My Refuge - Psalms 94:22
Rock of Our Salvation - Psalms 95:1
Root and Offspring of David - Revelation 22:16
Rose of Sharon - Song of Solomon 2:1

S

Sacrifice for Sins - Hebrews 10:12
Salvation, my - Psalms 27:1
Same Yesterday, Today, Forever - Heb 13:8
Savior of the Body - Ephesians 5:23
Savior of the World - John 4:42
Scapegoat - Leviticus 16:8 & John 11:49-52
Scepter of Israel - Numbers 24:17
Sent One - John 9:4
Separate from Sinners - Hebrews 7:26
Serpent in the Wilderness - John 3:14
Shadow of the Almighty - Psalms 91:1
Shadow of a Great Rock - Isaiah 32:2
Shelter - Psalms 61:3
Shepherd, my - Psalms 23:1
Shield - Psalms 84:9
Sin, for us - 2 Cor.5:21
Son of God - John 1:49
Son of Man - John 1:51
Song, my - Isaiah 12:2
Spiritual Rock - 1 Cor.10:4
Star out of Jacob - Numbers 24:17
Stone the Builders Rejected - Matthew 21:42
Strength of My Life - Psalms 27:1
Stronghold in the Day of Trouble - Nahum 1:7
Strong Tower - Proverbs 18:10
Stronger than the enemy - Luke 11:22
Sun of Righteousness - Malachi 4:2

T

Tabernacle of God - Revelation 21:3
Tender Plant - Isaiah 53:2
Testator - Hebrews 9:16
Treasure - 2 Cor.4:7
True Bread from Heaven - John 6:32
True Light - John 1:9
True Vine - John 15:1
Truth - John 14:6

U

Unfiled - Hebrews 7:26
Unspeakable Gift - 2 Cor.9:15
Upholder of All things - Hebrews 1:3
Upright - Psalms 92:15

V

Very God of Peace - 1 Thessalonians 5:23
Very Present Help in Trouble - Psalms 46:1
Victory - 1 Cor.15:54
Vine - John 15:5
Voice - Revelation 1:12

W

Way - John 14:6
Well of Living Waters - John 4:14
Wisdom of God - 1 Cor.1:24
Wise Master Builder - 1 Cor.3:10
Witness of God - 1 John 5:9
Wonderful - Isaiah 9:6
Word - John 1:1 - Revelation 19:13
Worthy - Revelation 4:11
Worthy Name - James 2:7

X

Exceeding Great Reward - Genesis 15:1
Excellency - Job 13:11
Excellency of Our God - Isaiah 35:2
Excellent - Psalms 8:1
Express Image of His Person - Hebrews 1:3

Y

Young Child - Matthew 2:11
Yes and Amen - 2 Cor 1:20

Z

Zeal of the Lord of Hosts - Isaiah 37:32
Zeal of your House - John 2:17

Exalt the Name of the Lord Together

Here is a cheat-sheet to help prime the pump as you shout, sing, pray, and exalt the Name of the Lord. Use it as you pray together in groups. The following phrases will help you start: Share psalms of praise together, and sing songs together- As the Deer, I Exalt Thee

- (Exaltation) Lord you are my... _____ (God's name) therefore I can (or will)...
- (Adoration) I love you because you are ... _____ (attribute)
- (Thanksgiving) I thank you for ... _____ (what he has done)

Names of the Lord

My Everlasting Portion

My Shepherd

My Potter

My Righteousness

My Comforter

My Sovereign King

My Great Reward

My Rock

My Fortress

My Strong Tower

My Shield and Defender

My Deliverer

My Hiding Place

My Helper

My Resting Place

My Provider

My Friend

Everlasting Father

Prince of Peace

The Ancient of Days

The Lilly of the Valley

Bright Morning Star

Emmanuel

Mighty God

Potter

Lord of the Harvest

Coming King

Lamb of God

Great Physician

Alpha and Omega

Anchor of my Soul

Attributes of God

All knowing (Omniscient)

Always present (Omnipresent)

All powerful (Omnipotent)

All seeing

All loving

All merciful

All giving

All wise

All sovereign

All gracious

Always forgiving

Always true

Always faithful

Always sinless

Immutable

Changeless

Perfect

Infinite

Before all things

Eternal

Immortal

By him all things consist

Good

Holy

Righteous

Just

Invisible

Limitless

Surpasses knowledge

Incomprehensible

Promise Keeper

Never Failing

WHO I AM IN CHRIST

Biblical Truths to “Practice Believing”

I AM GOD’S...

- possession Genesis 17:8/ 1Cor 6:20
- child John 1:12
- workmanship Ephesians 2:10
- friend James 2:23
- temple 1 Cor 3:16/ 6:16
- vessel 2 Timothy 2:2
- co-laborer 1 Timothy 5:18
- witness Acts 1:8
- soldier 2 Timothy 2:3
- ambassador 2 Cor 5:20
- building 1 Cor 3:9
- husbandry 1 Cor 3:9
- minister/instrument Acts 26:16 / 1 Tim 4:6
- chosen Ephesians 1:4
- beloved Romans 1:7/ 2 Thess 2:13
- precious jewel Malachi 3:17
- heritage 1 Peter 5:3

I HAVE BEEN...

- redeemed by the blood Rev 5:9
- set free from sin /condemnation Rom 8:1-2
- set free from Satan’s control Col 1:13
- set free from Satan’s kingdom Eph 2
- chosen before foundation of world Eph 1:4
- predestined to be like Jesus Ephesians 1:11
- forgiven of all my trespasses Col 2:13
- washed in the blood of the Lamb Rev 1:5
- given a sound mind 2 Timothy 1:7
- given the Holy Spirit 2 Cor 1:22
- adopted into God’s family Romans 8:15
- justified freely by his grace Romans 3:24
- given all things pertaining to life 2 Pet 1:3
- given great and precious promises 2 Pet 1:4
- given ministry of reconciliation 2 Cor 1:22
- authority over the power of enemy Lk 10:19
- access to God Ephesians 3:12
- been given wisdom Ephesians 1:8

I AM...

- complete in him Colossians 2:10
- free forever from sin’s power Romans 6:14
- sanctified 1 Cor 6:11
- meet for the Master’s use 2 Timothy 2:21
- loved eternally 1 Peter 1:5 /
- eternally kept in the palm of his hand Jn 10:29
- kept from falling Jude 1:24
- kept by the power of God 1 Peter 1:5
- not condemned Romans 8:1-2
- one with the Lord 1 Cor 6:17
- on my way to heaven John 14:6
- quickened by his mighty power Eph 2:1
- seated in heavenly places Eph 1:3

- the head and not the tail Deut 28:13
- light in the darkness Matthew 5:14
- candle in a dark place Matthew 5:15
- city set on a hill Matthew 5:14
- salt of the earth Matthew 5:13
- his sheep Ps 23 / Psalms 100:3/ John 10:14
- a citizen of heaven 1 Peter 2:11
- hidden with Christ in God Psalms 32:7
- protected from the evil one 1 John 5:18
- kept by the power of God 1 Peter 1:5
- secure in Christ Jn 10:28-29
- set on a Rock Psalms 40:2
- more-than-a-conqueror Romans 8:37
- born again 1 Peter 1:23
- a victor 1 John 5:4
- healed by his strips Is 53:6
- covered by blood of Jesus Rev 12:11, 1 Pet 1:19
- sheltered under his wing Psalms 91:4
- hidden in secret place of the Almighty Ps 91:1

I HAVE...

- access to the Father Romans 5:2
- a home in heaven waiting for me Jn 14:1-2
- all things in Christ 2 Cor 5:17
- a living hope 1 Peter 1:3
- an anchor to my soul Hebrews 6:19
- a hope that is sure and steadfast Heb 6:19
- authority to tread on serpents Luke 10:19
- power to witness Acts 1:8
- the tongue of the learned Isaiah 50:4
- the mind of Christ 1 Cor 2:16
- boldness and access Hebrews 10:19
- peace with God Romans 5:1
- faith as a grain of mustard seed Luke 17:6

I CAN...

- do all things through Christ Philp 4:13
- find mercy and grace to help Heb 4:16
- come boldly to the throne of grace Heb 4:16
- quench all the fiery darts Eph 6:16
- tread on the serpent Luke 10:19
- declare liberty to captives Isaiah 61:1
- pray always and everywhere Luke 21:36
- chase a thousand Joshua 23:10
- defeat (overcome) the enemy Rev 12:11
- tread Satan under foot Rom 16:20

I CANNOT...

- be separated from God’s love Rom 8:35-39
- be perish or be lost John 10:28, John 3:16
- be moved Psalms 16:8
- be taken out of my Father’s hand John 10:29
- be charged or accused Romans 8:33
- be condemned 1 Cor 11:32

I Am Secure In Christ and Satan Cannot Harm Me

Choose Scripture passages from each category and commit it to memory to use in prayer.

I Am Accepted

Zech 3:2	I am a brand plucked out of the fire
John 1:12	I am a child of God by faith in Jesus Christ
John 15:15	I am Christ's friend, he calls me by name, and my name is written in heaven
Romans 5:1	I have been justified freely by his grace, therefore I have peace with God
Romans 8:17	I am a heir of God, joint-heir with Christ (Galatians 4:7)
I Cor 6:19, 20	I have been bought and paid for by Christ, redeemed from the hand of the enemy
Eph 1:1	I am included with the saints
Eph 1:5	I have been adopted into God's family
Eph 2:6	I have been seated with Christ in heavenly places above Satan's power
Eph 2:18	I have direct access to God
Col 1:13	I have been translated into the kingdom of God's dear son
Col 1:14	I have been redeemed to God and forgiven

I Am Secure

Romans 8:1-2	I am not condemned before the throne
Romans 8:28	I know all things work together for me because I am called to his purpose
Romans 8:31	I am free of all accusations of the enemy. No one lays any charge on God's elect
Romans 8:35	I cannot be separated from God's love by anything
2 Cor 1:20-22	I have been sealed by God
Col 3:3	I am hidden with Christ in God
Phil 1:6	I am confident God will complete the work he began in me
Phil 3:20	I am a citizen of heaven
2 Tim 1:7	I have been given a sound mind
Hebrews 4:16	I have boldness before the throne of God
1 John 5:18	I am born of God, and the evil one cannot touch me.

I Am Significant

Mat 5:13-14	I am salt and light in this world
John 15:1, 5	I am a branch on the True Vine
John 5:16	I have been chosen to bear fruit that remains
Acts 1:8	I am a witness to the reality of Christ
1 Cor 3:16	I am a temple of the Holy Spirit who dwells in me
2 Cor 6:1	I am God's co-worker
2 Cor 5:20	I am an ambassador for Christ
Eph 2:6	I am God's workmanship created in Christ Jesus
Eph 2:10	I can approach God with freedom and confidence
Phil 4:13	I can do all things through Christ who strengthens me.
Heb 4:16	I can come boldly to the throne of Grace to find mercy and grace to help
I John 4:4	I have Christ in me. Greater is he in my than he who is in the world.
Jude 1:24	I am presented faultless before God's throne

The Benefit of Using This List

Satan is a liar and the father of it. He deceives the nations and deceives Christians into thinking his lies are true. He is the accuser of the brethren, who accuses us before the throne of God. Zechariah 3 depicts the scene before the throne of God where the saint stands in tattered garments and Satan at his right hand making incessant accusations against him. The Lord steps in by commanding the angel of the Lord to clothe him in new garments clean and white, to put on him a turban. And the Lord declared:

“I have caused your iniquity to pass from you, and I will clothe you with change of raiment.”

The Revelation of Jesus Christ declares (Revelation 3:5, Revelation 3:18, Revelation 4:4) that the saints are clothed in white raiment that the shame of their nakedness does not appear.

- Revelation 3:5 He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.
- Revelation 3:18 I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and *that* the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.
- Revelation 4:4 And round about the throne *were* four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold.
- Revelation 12:10 declares that *“the accuser of our brothers is cast down, who accused them before the throne day and night.”*

Romans 8 is even more emphatic when it says, *“Who shall lay anything to the charge of God’s elect? It is God that justifies. Who is he that condemns? It is Christ who died, rose again, and sits at the right hand of God making intercession for us.”*

Too often believers believe the lies and accusations of the enemy. They either are ignorant of what God has said or they willingly disbelieve it based on their “feelings.” We do not need to feel anything! God’s truth is God’s truth. *“Let God be true and every man a liar.”* (Romans 3:4)

We need to learn who we are in Christ and confess the same out loud. I am what God says I am regardless of how I feel about myself. My feelings cannot change the absolute truth of God’s word. We need to see ourselves in the light of God’s word. Once we have heard and seen God’s truth we are to RECKON it to be so. *“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.”* – Romans 6:11 The word reckon is “*logizomai*” in Greek, which means to calculate, count it up, logically sum it up as so. Sum up what God says as true and leave the rest.

An excellent way to pray these positions is to say, “I am God’s possession, therefore Satan cannot touch me.”

Practical Examples of How To Clothe Self

Let God be true, and every man a liar. As it is written: "So that you may be proved right when you speak and prevail when you judge." – Romans 3:4

I PRAISE YOU FATHER THAT ...

- I am God's possession, owned lock, stock and barrel. Genesis 17:8/ 1Cor 6:20
- I am God's child, born again, kept by his power. John 1:12
- I am God's workmanship and he is not yet finished with me. Ephesians 2:10
- I am God's friend, and he holds my hand. James 2:23, Is 42:6
- I am God's temple, holy and without blemish. 1 Corinthians 3:16/ 6:16
- I am God's vessel, sanctified and ready for the Master's use. 2 Timothy 2:2
- I am God's co-laborer with Christ; hand in hand we work together. 1 Timothy 5:18
- I am God's witness using the word of my testimony and overcoming Satan. Acts 1:8
- I am God's soldier clothed in the armor of God and ready for battle. 2 Timothy 2:3
- I am God's ambassador, chosen by Christ to represent him in this world. 2 Corinthians 5:20
- I am God's building, made by his own hands. 1 Corinthians 3:9
- I am God's husbandry, planted by him therefore my fruit is good. 1 Corinthians 3:9/ Gal 5:20
- I am God's minister/instrument called and ordained by him. Acts 26:16 / 1 Tim 4:6
- I am God's chosen, selected, hand picked, before the foundation of the world. Ephesians 1:4
- I am God's beloved, loved and cared for by the Creator. Romans 1:7/ 2 Thess 2:13
- I am God's precious jewel, shining forth and reflecting his image. Malachi 3:17
- I am God's inheritance so don't touch me Satan! 1 Peter 5:3

I THANK YOU LORD THAT ...

- I am complete in him, no half-way job here. Colossians 2:10
- I am free from sin's power and control. God's in control now. Romans 6:14
- I am sanctified wholly, spirit, mind, body and blameless forever. 1 Thess 5:23/ 1 Cor 6:11/ Heb 10:14
- I am meet for the Master's use, equipped for every good work. 2 Timothy 2:21
- I am loved eternally, nothing can separate me from his love. 1 Peter 1:5 / Rom 8:35
- I am eternally kept in the palm of his hand. That's safety! John 10:28
- I am kept from falling, and presented in him faultless. Jude 1:24
- I am kept by the power of God, that's a lot of power. 1 Peter 1:5
- I am not condemned, don't even think about it! Romans 8:1-2
- I am on my way to heaven, he is building my mansion. John 14:1-6
- I am quickened by his mighty power, I've been made alive! Eph 2:1
- I am a new creation in Christ, everything is brand new. II Cor 5:17
- I am a light in the darkness, a city set on a hill. Matthew
- I am the head and not the tail. I'm no loser! Deut 28:13
- I am preserved in Jesus Christ, kept by the power of God. Jude 1:1

What God Did With My Sin

Reckon It To Be So!

1. They were paid in full – Romans 5:11. Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.
2. They were forgiven/pardoned – I John 1:9. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
3. They were laid on Jesus – Is 53:6. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.
4. They were washed whiter than snow – Is 1:18. "Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.
5. They were covered – Ps 32:1. Blessed is he whose transgressions are forgiven, whose sins are covered.
6. They were cleansed by blood of Jesus – Heb 9:22. In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.
7. They were blotted out (swept away) – Is 44:22. I have swept away (blotted out) your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you." (Ps 51:1)
8. They were removed as far as east from west – Ps 103:12. as far as the east is from the west, so far has he removed our transgressions from us.
9. They were cast in depths of sea – Micah 7:19. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.
10. They were forever forgotten – Jeremiah 31:34. No longer will a man teach his neighbor, or a man his brother, saying, 'Know the LORD,' because they will all know me, from the least of them to the greatest," declares the LORD. "For I will forgive their wickedness and will remember their sins no more."

Read Psalm 51 and Psalm 139 as part of your confession of sin.

It is Well

My sin, O the bliss of this glorious thought
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord! Praise the Lord, O my soul.

A HANDY GUIDE TO

FOCUS ON GOD

1 Make a joyful noise unto the LORD, all ye lands. 2 Serve the LORD with gladness: come before his presence with singing. 3 Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. 4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. 5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations. – Psalm 100

Make His Praise Glorious

Praise - Give Glory - Magnify - Worship -
Exalt/Extol - Sing - Ascribe - Bless - Declare -
Shout - Delight in - Honor - Behold - Love -
Clap - Lift up hands - Bow down -

Lord, You are _____ (*attributes of God*)
Lord, You are my _____ (*Names of Jesus*)
Lord, Your name is _____ (Jehovah-)

Jehovah Jireh-Provider / Jehovah Nissi--
Banner / Jehovah Shalom-Peace / Jehovah
Tsidkenu-Righteousness / Jehovah Shammah-
Present / Jehovah M'Kaddesh- Sanctifier /
Jehovah Rophe-Healer / Jehovah Rohi-
Shepherd

Exalt His Name Together

Ancient of Days – Almighty – Alpha and Omega –
Amen – Anchor – Author – Balm – Bread –
Bridegroom – Brightness of glory – Bright Morning
Star – Captain – Cornerstone – Counselor – Creator –
Deliverer – Defense – Door – Eternal God –
Everlasting Father – Fortress – First and Last –
Immanuel – Hiding Place – High Tower – Judge –
King of kings – King Eternal – Lamb of God – Lilly
of the Valley – Lord Mighty in Battle – Lion of Judah
– Life – Lifter of my head – Light – Living Bread –
Living Way – Lord Strong Mighty – Love –
Mediator – Mighty God – Omnipotent – Only
Potentate – Prince of Peace – Potter – Redeemer –
Refiner – Refuge – Rock – Rose of Sharon – Savior –
Shelter – Shepherd – Shield – Sun of Righteous –
Truth – Victor – Vine – Way – Wonderful

Be Thankful Unto Him

- His mercies new every morn
- His benefits
- His blessings
- His way and will is perfect
- Good, bad, and the ugly

“In everything give thanks for this is the will of God in Christ Jesus concerning you.” – 1Thess 5:18

He Has Made

- Earth by his great power
- Me, I am fearfully and wonderfully made
- All things small an great
- All things richly to enjoy
- This day
- Good and evil

“Consider the work of God: for who can make that straight, which he hath made crooked?” – Ecclesiastes 7:13

“I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple. 2 Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet, and with twain he did fly. 3 And one cried unto another, and said, Holy, holy, holy, is the LORD of hosts: the whole earth is full of his glory. 4 And the posts of the door moved at the voice of him that cried, and the house was filled with smoke.” – Isaiah 6:1-4

A HANDY GUIDE TO

FOCUS ON YOU

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. 9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. 10 Humble yourselves in the sight of the Lord, and he shall lift you up. – James 4:7-10

Cleanse Your Heart

- Words - have you spoken evil of anyone, criticized, sharp words
- Attitudes - complaining spirit, depressed, grouchy, know-it-all
- Thoughts - evil desires, lusts, doubts, fears, hatred, bitterness
- Actions - broken God's laws, trespassed on forbidden ground

My Sin, Oh, The Bliss

- paid in full – Romans 5:11
- forgiven / pardoned – I John 1:9
- laid on Jesus – Is 53:6
- washed whiter than snow – Is 1:18
- covered – Ps 32:1
- cleansed by blood of Jesus – Heb 9:22
- blotted out (swept away) – Is 44:22
- removed east from west – Ps 103:12
- cast in depths of sea – Micah 7:19
- forever forgotten – Jeremiah 31:34.

Resist the Devil

- Bind the enemy Mat 18:18-20
- Resist the devil James 4:7
- Claim the blood Rev 12:11
- Declare loosing of captives Luke 4:18
- Pull down strongholds II Cor. 10:3-5
- Put a hedge of protection Ezk 22:30
- Command him to leave Mat 10:1
- Rebuke him in Jesus Mat 17:18

Stand Firm on the Promises of God.

Reckon Self To Be In Him

- I am...
- complete in him Col 2:10
 - free from sin's power Rom 6:14
 - sanctified wholly 1 Cor 6:11
 - meet for the Master's use 2 Tim 2:21
 - loved eternally 1 Pet 1:5 /
 - safe in the palm of his hand
 - kept from falling Jude 1:24
 - kept by the power of God 1 Pet 1:5
 - not condemned Rom 8:1-2
 - seated in heavenly places Eph 1:3
 - the head and not the tail Deut 28:13
 - protected from the evil one 1 Jn 5:18
 - secure in Christ Jn 10:28-29
 - set upon a Rock Ps 40:2
 - more-than-a-conqueror Rom 8:37

“Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the LORD of hosts. 6 Then flew one of the seraphims unto me, having a live coal in his hand, which he had taken with the tongs from off the altar: 7 And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged. 8 Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.” – Isaiah 6:1-4

A God-Focused Prayer

This is a sample prayer using the Steps of Intimacy. Read it out loud (or rewrite it in your own words) so that you become familiar with this type of prayer. The repetition of these truths out loud will pattern them in your mind and heart so that soon these things will flow out of your heart and you will not need the prompting sheet.

Find a quiet, seclude place away from noise and every distraction. Find a suitable prayer position (use a new prayer position, perhaps sit on the floor, kneel, lay prostrate, or bow). Use a three-minute egg timer if you are new at spending extended times with God. Keep your favorite Bible in front of you. Open it to the Psalms. Read Scripture out loud when words fail you. Let Scripture be your guide.

BE STILL...

Lord, I come to you to quietly wait in your presence.

As the deer pants after the water brooks so my soul pants after you, O God.

I long to see you high and lifted up and your glory streaming through your temple.

Still my racing heart, and quiet my busy mind.

I lay aside my busy schedule and my to-do list. I refuse to be hurried.

I wait upon you to renew my strength.

I wait to hear your whisper.

(Close your eyes and imagine yourself laying face down before the King of Kings in His throne room, or as a child sitting on your Heavenly Father's lap. Lean on Him. Rest in Him. Delight to be silent in His presence. Open your heart to his whisper, his touch, and his love for you. Maintain an attitude of surrender. Let your heart speak, not your mind or lips. Breathe only, "Lord, here I am. I am yours."

Maintain this position and attitude for at least three minutes or until your heart is quiet and your spirit is restful. It may take you six, nine, or twelve minutes to get quiet. Be patient. Work at it.)

BE WORSHIPFUL...

Lord, be glorified, be magnified, be exalted O God above the heavens.
Lord you are Great and greatly to be praised.

You are to be praised above all gods.
Lord you are Sovereign, Lord of Creation, Potentate of the Universe.
Jesus you are exalted to the right hand of God, to the majesty on high.
You are clothed with honor and majesty.
You are clothed with light as with a garment.
You are Mighty - mighty to save. Your arm is not shortened that it cannot save.
You are the same yesterday, today, and forever. You are Eternal.
Your throne is from everlasting to everlasting.
You are the Alpha and the Omega, the First and the Last, the Beginning and the Ending.
You are the Ruler of all. All heaven and earth bow before you.
You are far above all principalities, and powers, and dominions and might.
Your name is above every name.
You are Lord alone and at your name, Jesus, every knee shall bow and every tongue
confess that you are Lord.
You are the Giver of all good gifts.
You are the God of all comfort.
You are Faithful, Merciful, and tender in mercies, and long-suffering.
You are Lord of all, Lord Supreme, Lord God Almighty.
You are King of Kings and Lord of lords.
You are Creator, Sustainer of life.
You uphold all things by the word of your power.
You are before all things and by you all things consist.
I worship you and you alone!
(Sing God a song. Tell him why you love him.)

BE THANKFUL...

God you are good. I affirm your goodness.
You do all things well.
I thank you that you are working all things together for my good and your glory.
Thank you for your mercies, they are new every morning. Great is your faithfulness.
I thank you for your steadfast love and faithfulness.
You are good and the giver of all good things. All that I have comes from you.
You daily load me with benefits. I give you thanks for all your benefits.
You have forgiven all my sins, you heal all my diseases.
You redeemed me from destruction. You saved my soul.
You crown me with loving kindness and tender mercies.
You satisfy me with good things.
You give me food, shelter, clothes, air to breathe, water to drink.
You number the hairs of my head.
You supply all my needs according to your riches in glory by Christ Jesus.

Thank you Lord for your marvelous creation.

I am fearfully and wonderfully made.

Thank you for eyes to see, ears to hear, a mouth to speak, and a brain the functions. Thank
you for blue sky, clouds and rain, wind and storms,

Thank you for mountains, rivers, seas, the sun, moon, stars.
Thank you for birds, flowers, grass, trees, for seasons that change.
All creation declares your glory and I give you thanks.
(Thank God for the good, the bad, and the ugly in your life)

CONFESS SIN...

Lord, you alone are holy. I am a man of unclean lips, thoughts, and loves.
I dwell in an act like my sinful culture.
Lord, I confess I am blind by my sin and stubbornness.
I am naked and my sin is exposed to you. I cannot hid from you.
You know my innermost thoughts and desires.
Cleans me with hysop and I shall be clean. Wash me and I will be whiter than snow.
I admit before you that I am wretched, pitiful, blind and naked.
I come to you for white clothing. Cleans me in the blood of the Lamb.
I come to you for the garment of praise for the spirit of heaviness.

Forgive my apathy and prayerlessness.
Forgive my lustful self-centered thoughts.
Forgive me for anger, bitterness, and an unforgiving spirit.
Forgive me for loving and allowing wickedness on TV to influence me.
Forgive me for allowing the world to squeeze me into its mold.
Forgive me for my debts and love of things.
Forgive my negligence of spiritual disciplines.
Forgive me for not tithing and putting you first in my finances.
Forgive me for griping and arguing with my spouse.
Forgive me for things I have said about other people.

I open my heart to you right now. Search me O God and know my thoughts. Try me and see if there be any wicked way in me and lead me in the way everlasting.

I acknowledge that my thoughts are not your thoughts and my ways are not your ways.
My heart is deceitful above all things and desperately wicked.
I am carnal, sold under sin, in sin did my mother conceive me.
I am no better than Adam and Eve, I am fallen, rebellious in nature, stubborn in my spirit. I must admit that against you and you only have I sinned and done evil in your sight.
I cannot hide from you. You know my thoughts and are acquainted with all my ways.
Purge me with hyssop, and I will be clean, wash me and I shall be whiter than snow.
Create in me a clean heart and renew a right spirit within me.
Cleans me from all my unrighteousness, wash me in the precious blood of Jesus.
I ask for your forgiveness. I receive your cleansing now in Jesus name.
(Confess to God specific sins of Words, Actions, Thoughts and Attitudes.)

CLOTHE YOURSELF...

Lord Jesus, I come to you in weakness to be clothed in your strength.

I take you as my Shield and Defender, my Hiding Place and my High Tower.

I choose this day to dwell in the Secret place of the Most High and abide under the shadow of the Almighty.

I put on the whole armor of God to stand against all the work of the enemy.

I stand complete in the finished work Christ did for me.

I take refuge in the powerful cleansing blood of Jesus.

I put on the armor of God - your armor, not mine.

I put on your helmet of salvation – because I am saved to the uttermost.

I wrap myself with the girdle of your truth for my mind - what you have spoken I reckon to be so.

I lay hold of your promises - they are always true, they have never failed, and never will.

I put on the shoes of the Gospel to tread the serpent under my feet.

I put on the breastplate of your righteousness - not my own which is but filthy rags.

I put on the Lord Jesus Christ as my righteousness, sanctification and redemption. All that he is I am in him, an heir of God and joint-heir with Christ.

I take my rightful place before the throne, seated with him in heavenly places.

I take refuge behind the shield of faith to quench the devil's accusations against me.

I lift the sword of his Spirit, the Word of God, against the devil's schemes.

I claim your promises this day for my provision and covering.

I claim my cleansing through the blood of Jesus (quote I John 1:9 "If we confess our sins he is faithful and just to forgive us our sins and cleanse us from all unrighteousness).

I have confessed my sin and you have forgiven me all my transgressions.

You have forgiven all my trespasses.

You have covered me with the blood of Jesus.

You have removed my sin as far as the east from the west.

You buried them in the depths of the sea. You remember them no more.

I declare your truth concerning me.

I am the head and not the tail.

I am a victor, not a victim. I am strong and not weak..

I am a saint, not a sinner. I am a child of God, not a child of the devil.

I am free, not a slave to sin. I am clean, not dirty. I am above and not below.

I am whole, not broken and bruised. I am rich, not poor.

I am wise, not ignorant. I am adopted, not abandoned. I am strong, not weak.

I am kept by the power of God. I am able, not disabled.

I am seated in heavenly places in Christ, an heir of God, joint heir with Christ.

I am more-than-conqueror. I am a warrior, not a wimp.

I can do all things through Christ who strengthens me.

No evil can strike me, and no plague can come near my dwelling.

I am safe and secure, kept in the palm of your hand.

He that began a good work in me will perform it 'til the day Jesus comes again.

I am a temple of God and filled with the Holy Spirit.

I am a vessel sanctified and ready for the Master's use.

CAST YOUR CARE...

I cast my cares on you today, for I know that you are caring for me. I bring you the burdens of my heart Lord. Take them, remake them and remold me into what you want me to be. I pray for your provisions today for my needs. You have promised to supply my every need though your riches in glory in Christ Jesus. You know my needs even before I ask you. You see the very hairs on my head and count each one.

I pray for my Family... (name them one by one).

I pray over my Frustrations... (tell God your frustrations this day).

I pray over my Fears... (tell the Lord what's troubling you).

I pray over my struggle with my Faults... (some sins easily beset me).

I pray over my Failures... (I am weak and often fail).

I pray for my Finances... (my God shall supply all your needs).

CLOSING COMMITMENT...

I take the mind of Christ as my thoughts for today thankful and Rejoicing in everything knowing that "this is the will of God in Christ Jesus concerning me."

I affirm that you all in control of all things "working them together for the good of them that love you." and you are at work in me "both to will and do your good pleasure" and that you "will perform this good work in me until Jesus comes."

And now O Lord I commit myself to you that you might fill me with your Holy Spirit and anoint your cleansed and ready vessel with a spirit of grace and supplication. I quiet my heart in your presence right now that I might hear your voice. "*Speak Lord, your servant is listening.*" Whisper your concerns to my heart. I want to hear your heartbeat. I quietly wait in your presence. Thank you for praying through me right now.

This I ask in the matchless name of Jesus, my Savior, AMEN!

ALL-IN-ONE PRAYER CHART

This can be a helpful tool to use as you train yourself to walk the disciplines of intimacy and intercession. Keep this chart in your Bible or in your prayer notebook. It can be useful in group settings and prayer meetings to keep everyone focused in a prayer direction.

INTIMACY WITH GOD

FOCUS ON GOD

Be Worshipful
1 Chron 16:29, Ps 100
<ul style="list-style-type: none"> ◆ You are ... (<i>attribute</i>) ◆ You are my ... (<i>names</i>) ◆ I love you because (<i>deeds</i>)
O Worship the King

Be Still
Ps 27:14, Is 30:13-21, Is 40:28-31
<ul style="list-style-type: none"> ◆ Sit Still ◆ Slow Down ◆ Set Aside ◆ Stay Silent
Sweet Hour of Prayer

Be Thankful
Neh 12:24-40, Ps 103
<ul style="list-style-type: none"> ◆ Creation and Creatures ◆ Works and Wonders ◆ Blessings & Benefit ◆ Broken & Bad
Great is Thy Faithfulness

FOCUS ON SELF

Confess Sin
Daniel 9:4-19, Is 6:1-8
<ul style="list-style-type: none"> ◆ Thoughts ◆ Actions ◆ Words ◆ Attitudes
It is Well!

Cover Self
Eph 6:10-20, Matt 18:18
<ul style="list-style-type: none"> ◆ Apply God's forgiveness ◆ Reckon self in Christ ◆ Raise the shield of faith ◆ Embrace a promises
A Mighty Fortress

Casting Care
Mt 6:25-34, 1 Pet 5:7, Heb 4:16,
<ul style="list-style-type: none"> ◆ Family - Fears ◆ Finances - Future ◆ Frustrations - ◆ Failures -
I Cast All My Care

INTERCESSION BEFORE GOD

FOCUS ON PEOPLE

Souls
Luke 10:2, 2 Peter 3:9
<ul style="list-style-type: none"> ◆ Immediate family, children ◆ Close associates, neighbors ◆ Your "Top 10 List"

Saints
James 5:16, 1 Thess. 5:25
<ul style="list-style-type: none"> ◆ Backslidden saints ◆ Marriages in trouble ◆ Saints in trials & tempt.

Sick
3 John 1:2, James 5:14-16
<ul style="list-style-type: none"> ◆ Prolonged illnesses ◆ Painful ailments ◆ Life threatening diseases

FOCUS ON WORLD

Ministers
2 Thess. 3:1, Colossians 4:4
<ul style="list-style-type: none"> ◆ Discouraged Pastors ◆ Pastoral families in trouble ◆ Pastor's fallen in sin

Missionaries
Isaiah 52:7, Romans 10:15
<ul style="list-style-type: none"> ◆ Those dear to your heart ◆ Those in difficult places ◆ Those reaching unreached

Magistrates
Pr. 29:2, 1 Tim. 2:2, Rom 13:4
<ul style="list-style-type: none"> ◆ President ◆ Cabinet ◆ World Leaders/situations

INTERCESSORY PRAYERS - PRAYING THROUGH (THE HOUR, THE DAY, OR THE WEEK)

F O C U S	<u>Souls</u> (Monday)
	1. That we establish an effective outreach and evangelism program.
	2. That we constantly prioritize reaching lost people.(Kids, Youth, Adult)
	3. That souls are saved every week & dramatic life-changing conversions.
	4. That prayer meetings & partnerships labor, agonize, prevail, for souls.
O N O T H E R S	5. That it becomes normal and expected that people get saved at church.
	<u>Saints</u> (Tuesday)
	1. That God’s people would grow faith-filled, and deep commitment.
	2. That people would learn to <u>pray</u> and love to pray.
	3. That <u>discipleship</u> would be a regular natural part of church life.
O T H E R S	4. That openness and <u>fellowship</u> which shares Christ & struggles openly.
	5. That people will have a hunger and thirst for God in <u>worship</u> .
	<u>Sick & Suffering</u> (Wednesday)
	1. That people are regularly experiencing God’s healing touch.
	2. That we share openly what God is doing in healing.
O T H E R S	3. That we as elders sincerely pray for healing of the sick.
	4. That we have regular and special anointing services.
	5. That we believe God for great-mighty things (healings, deliverance)

F O C U S	<u>Ministries</u> (Thursday)
	1. That leaders have passion to lead by shepherding example.
	2. That we get leaders to support and be excited about ministries.
	3. That leaders enthusiastically participate and lead prayer ventures.
	4. That we establish a strong leadership training SEAN program.
O N O T H E R S	5. That we effectively train 10-20% new Awana leaders annually.
	<u>Missionaries</u> (Friday)
	1. That we be sending short-term missionaries annually.
	2. That our missions giving excels.
	3. That we pray passionately for “our” missionaries.
O T H E R S	4. That we visually promote missionary highlights monthly.
	5. That we have a strong children’s & youth missions emphasis.
	<u>Magistrates & World</u> (Saturday)
	1. That we pray diligently for National revival in America.
	2. That we pray for Military personnel in harms way.
O T H E R S	3. That we pray regularly for the President and cabinet.
	4. Persecuted Church - God’s imprisoned, persecuted, martyred
	5. Yet Unreached Peoples - who have never heard of Jesus

A HANDY GUIDE TO PRAYER

FOCUS ON OTHERS AND THE WORLD

And he spoke a parable unto them *to this end*, that men ought always to pray, and not to faint; Luke 18:1

Souls

He needs the grace of God. John 6:44
He is a slave to sin. John 8:34
He does not see his sin. John 16:8-11
He chokes out the Word. Luke 8:12-14
He has rejected, God. Rom 1:18-20
He has a sin nature I Cor 2:14
He is blinded to Gospel. 2 Cor 4:3-4
He is dead in sin. Ephesians 2:1
He is willfully disobedient Ephesians 2:2
He obeys the prince of darkness. Eph 2:2
He has no faith. Ephesians 2:8-9
He is separated from God. Eph 2:12

Ministries

- For our pastors health, safety, encouragement
- For workers in the harvest fields
- For elders and leaders of ministries
- For worship leaders to be guided in the Spirit
- For supply of all ministry needs and finances
- For salvation of Souls, husbands, families
- For youth ministries, salvation, discipleship
- For our Awana Club
- For our shut-ins and elderly
- For Sunday School and Bible teachers
- For new families

Saints

- To grow in knowledge of Jesus.
- To surrender totally to Christ.
- To resist temptations.
- To be filled with the Spirit.
- To live in peace with all men.
- To obey Jesus in everything
- To show the fruit of the Spirit
- To endure trials.
- To not be discouraged.
- To work for Christ.
- To fellowship with body.

Missionaries

- Health in body and mind
- Safety from harm
- Provisions
- Patience in troubles
- Love for the people
- Deliverance from temptations, discouragement
- Open doors to preach the Word
- Protection from the enemy
- Ability in the language
- Adjustment to culture
- Family and marriage peace

Sick

- To be healed
- To endure trial patiently
- To relieve pain
- To guide doctors and nurses
- To be encouraged in faith
- To give songs in the night
- To hope in promises of God
- To be protected from enemy's schemes
- For shut-ins, and elderly

Magistrates & World

- The President of the USA
- The Cabinet and advisors
- The Senate and House
- The Judges, decisions and appointments
- The Military in harms way
- The defeat of terrorism
- The peace of Jerusalem
- The Unreached Peoples of earth
- The Persecuted Church worldwide

“And let us not be weary in well doing: for in due season we shall reap, if we faint not” – Gal 6:9
“Therefore seeing we have this ministry, as we have received mercy, we faint not” – 2 Cor 4:1

A WEEKLY GUIDE TO INTERCESSION

God is calling his people to the daily discipline of prayer. Will you respond? This is a prayer plan in which you begin each day with Intimacy with God (18 minutes), and continue the prayers of Intercession before God at the top of the hour throughout the day, and all through the week., every week throughout the year.

Daily Intimacy	Intercession
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Monday</u> - <u>Souls</u></p> <ul style="list-style-type: none"> - Conviction - John 16:8-11 - Faith - Eph. 2:8 - Ears to hear - Rev. 3:20 - Word to melt - Jer 23:29 - Bondage broken - John 8:36 <ul style="list-style-type: none"> - Quickening - John 6:63 - Eyes to open - II Cor. 4:4-6 - Word to penetrate - Heb 4:12 - Will to be broken - John 7:17 - Father to draw him - Jn 6:44
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Tuesday</u> - <u>Saints</u></p> <ul style="list-style-type: none"> · To grow in knowledge of Jesus. · To surrender totally to Christ. · To be filled with the Spirit. · To show the fruit of the Spirit · To not be discouraged. · To fellowship with body <ul style="list-style-type: none"> · To obey Jesus in everything · To resist temptations. · To live in peace with all men. · To endure trials. · To work for Christ. · To hunger for God
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Wednesday</u> - <u>Sick and Suffering</u></p> <ul style="list-style-type: none"> - To be healed physically - To endure trial patiently - To guide doctors and nurses - To give songs in the night - To be protected from enemy <ul style="list-style-type: none"> - To be healed spiritually - To relieve pain - To be encouraged in faith - To hope in promises of God - For shut-ins, and elderly
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Thursday</u> - <u>Ministries</u></p> <ul style="list-style-type: none"> · For our pastors health · For our shut-ins and elderly · For supply of all ministry · For youth & Sunday School <ul style="list-style-type: none"> - For new families - For worship leaders - For salvation of souls - For elders and leaders
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Friday</u> - <u>Missionaries</u></p> <ul style="list-style-type: none"> · Health in body and mind · Provisions and supplies · Love for the people · Open doors to preach the Word · Ability in the language <ul style="list-style-type: none"> · Safety from harm · Patience in troubles · Deliverance from temptations · Protection from the enemy · Adjustment to culture
<ul style="list-style-type: none"> - Be Still - Be Worshipful - Be Thankful - Confess Your Sin - Clothe Yourself - Cast Your Cares 	<p><u>Saturday</u> - <u>Magistrates</u></p> <ul style="list-style-type: none"> · The President of the USA · The Senate, House, Judges · The Military in harms way · The peace of Jerusalem <ul style="list-style-type: none"> · The Cabinet and advisors · The Persecuted Church · The Defeat of Terrorism · Unreached Peoples of Earth
<ul style="list-style-type: none"> - Worship & Adoration - Praise & Celebration - Give Thanks 	<p><u>Sunday</u> - <u>Focus Solely on God's Glory</u></p>