

THE WORKBOOK

FOR SPENDING

TIME ALONE WITH GOD



By Richard W. LaFountain

Spending Time Alone With God

A Workbook to Guide Your Disciplines

The following pages contain a workbook that is to accompany our book, *Spending Time Alone with God*. It is not meant to be a substitute for reading the book. The book goes into more depth and has many more helps and insights into spending lavish time alone with God. Reading it will expand your mind and the possibilities of what someone can do to spend much time alone with God.

My personal experience after 40 years of pastoral ministry is that most believers spend only a few minutes each day in the presence of God and usually that is focused on self-centered needs for the day ahead.

As a pastor I have found that for me it was difficult to “*give myself to prayer*” as we pastors are instructed to do in Acts 6:4 because of the pressing demands of ministry and expectations of people.

We have become a nation of Martha’s who are preoccupied with serving Jesus but without the offsetting value of Mary’s heart who chose to sit at Jesus’ feet in worship, experiencing his intimate presence. Instead, we have turned prayer from the intimate “closet time” alone with Jesus in secret (Matthew 6:6) into a hurried attempt to manipulate the Almighty into doing our will and our plans. In effect, we have turned Christianity into a religion like so many others where prayer is a way of trying to get God to do things for us.

It is time to change prayer back to what God the Father, and Jesus the Son, and the Holy Spirit intended it to be – an experience of intimate communion of a friend with friend. God established that as one of the reasons he created man when he put him in the Garden of Eden, not to attend the garden, but to commune intimately with God in the cool of the day. The resurrection experience of Jesus’ person and presence on the Road to Emmaus was an illustration of the intimacy that Jesus intended the resurrected Christ to bring to all our lives. Those men testified to the power of Jesus’ presence when they said, “*Did not our hearts burn within us as he communed with us on the way?*”

Let’s move prayer back into being primarily communion with God through our Lord Jesus Christ and not a way to get stuff from God.

Six Steps to Intimacy with God

Stepping into God's Presence

F O C U S O N G O D	<p><u>Be Still</u> (Shhh - still your busy mind and cluttered heart)</p> <ul style="list-style-type: none"> • 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 <p><u>Be Thankful</u></p> <ul style="list-style-type: none"> • Mercies new every morning - <i>bread, breath, health, life, strength</i> • My body which is wonderfully made - <i>sight, hearing, touch, smell, etc.</i> • All creation - <i>wonders of His amazing creation</i> • Blessings and Benefits received - <i>all that I have</i> • Bad, Sad, and Broken - <i>things that have gone wrong</i> <p><u>Be Worshipful</u> (It is not thinking but doing worship)</p> <ul style="list-style-type: none"> • Love songs sung to God - <i>sing of His greatness</i> • Long after Him in your heart - <i>as the deer pants for water so I pant for thee</i> • Lift His Glory: Read Psalm of praise out loud - <i>declare His glory!</i> • Love His Worth: You are _____ (<i>attributes of God</i>) [adjectives] • List His Names: You are my _____ (<i>Names of God or Jesus</i>) [nouns] • Lively worship - <i>shout, exalt, extol, bow, clap, sing, dance, etc.</i> [verbs]
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F O C U S O N Y O U	<p><u>Confess Sin</u> (Do spiritual inventory, open heart surgery)</p> <ul style="list-style-type: none"> • Your <u>W</u>ords - <i>have you spoken evil of anyone, criticized, sharp words</i> • Your <u>A</u>ttitudes - <i>complaining spirit, depressed, grouchy, know-it-all</i> • Your <u>T</u>houghts - <i>evil desires, lusts, doubts, fears, hatred, bitterness</i> • Your <u>A</u>ctions - <i>broken God's laws, trespassed on forbidden ground</i> <p><u>Clothe Yourself</u></p> <ul style="list-style-type: none"> • Apply God's forgiveness x 10 - <i>covered, forgotten, buried, etc.</i> • Reckon who you are in Christ - <i>I am...</i> • Raise the shield of faith against Satan - <i>resist, rebuke, command, etc</i> • Embrace a promise of God for this day - <i>I believe you God when you said...</i> <p><u>Cast your Care</u></p> <ul style="list-style-type: none"> • Family - <i>each one by name and need</i> • Finances - <i>debts, needs, provisions, wisdom</i> • Frustrations - <i>with spouse, self, life, job, etc.</i> • Fears, worries - <i>anxieties about tomorrow</i> • Failures - <i>faults, weaknesses, struggles, etc.</i>
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Workbook Exercises



James instructs us to be DOERS
of the word and not HEARERS only

*“Do not merely listen to the word,
and so deceive yourselves. Do what it says.” – James 1:22 NIV*

*In fact, though by this time you ought to be teachers, you need
someone to teach you the elementary truths of God's word all over
again. You need milk, not solid food! Anyone who lives on milk, being
still an infant, is not acquainted with the teaching about righteousness.
But solid food is for the mature, who by constant use have trained
themselves to distinguish good from evil. – Hebrews 5:12-14*



Workbook Exercises for Stillness

"Be still, and know that I am God." - Psalms 46:10

Some Hints and Helps

- 1) The Gift of Silence - Stillness is a sacrificial gift we offer to God. It is costly because it is hard to do. It is hard to spare the time. But if God is worth the effort then give him this personally painful gift. It is the gift of stopping. Stillness is the absence of motion, the absence of noise, and the absence of hurry. Mary Magdalene broke the alabaster box of precious ointment and wasted it on Jesus. He is worth the waste.
- 2) Picture "stillness" as a far off island. You will need to take time to get there. I cannot do it suddenly. It must be done slowly. For many people it takes a fair amount of time to get quiet and to become peaceful.
- 3) Imagine yourself before the Throne of God - that's the idea! You really are before His throne, so there's no pretending about it. Picture yourself, like Mary, sitting at Jesus' feet, quietly waiting for his still small voice - his whisper, "peace be still."
- 4) Quiet Music: Quiet music can still the raging beast within. Find a good instrumental music that is quiet and gentle. There are some wonderful nature CDs with nature noises and quiet music in the background. Stillness is a process. I put myself into a quiet mode. I am moving toward silence and stillness.
- 5) A Gentle Song in my mind that helps to slow me down and focus me on being still is helpful to the process. *Be Still My Soul* is a good one. Or you might choose to sing a song of surrender.
- 6) Light a Candle: A good tool I have found helpful is to light a small birthday candle and watch it burn down. The process of watching a slow burning candle has an effect on you in that it requires waiting. You cannot hurry it. Just wait
- 7) Exhale Slowly: Getting still is "breathing out." I exhale my troubled, busy, and hurried thoughts. I exhale them to God. "Lord, quiet my heart. I give it to you." I may say that slowly some fifty times.
- 8) Lay It Aside: Sometimes I have to exhale by writing the thing to do down on my to-do list and physically pushing it away.
- 9) Ask Yourself: "*Am I quiet inside? Am I quiet enough to hear my own breathing, or can I hear my heartbeat?*" If not, I start all over again. If I don't succeed and run out of time, I start again tomorrow, and the next day, and the next... Eventually I will get it. Learning to ride my bike involved a lot of falling down, getting up, and falling again.
- 10) Schedule Uninterrupted Time: Remember you will need to schedule some extended times when you are not pressured by the clock so you can practice stillness. It takes practice. You'll need some white space in your life to really get still.



Workbook Exercises for Stillness

"Be still, and know that I am God." - Psalms 46:10

Key Ingredients – Jesus set down some pretty clear definitions for how we ought to get alone with God and pray. Where do you go to get alone with God? How often do you go there?

DO THIS

- **Solitary Place** - get alone before God. Get away from people and distractions.
- **Stop All Noise** - shut the door to your prayer closet. Don't let noise intrude on God.
- **Stop Motions** - stop fidgeting, planning, thinking about other things.
- **Silence Your Thoughts** - hush you inner and outer self. Our hearts can be noisy places.
- **Slow Down** - give yourself time to slow down your pace.
- **Sweep the Clutter** - junk piled high in your mind or office will be distracting. Put it away.
- **Set Aside To-Do Lists** - push away the screaming to-do lists, and the tyranny of the urgent.
- **Surrender Yourself** - before God. Physically laying down before him can be helpful.

Practice using the 3-minute sand-timer. When you perceive that your mind and heart were not still during a three minute period then do it over. It will take time, patience, and discipline to keep at it.

IDENTIFY THESE

Your Daily Closet

Where do you shut the door?

1. _____
2. _____
3. _____
4. _____

Your Other Solitary Places

Do you have a secret retreat?

1. _____
2. _____
3. _____
4. _____

Your Daily Time(s)

When do you stop and how long?

1. _____
2. _____
3. _____
4. _____

Your Greatest Struggles

From the list on the left

1. _____
2. _____
3. _____
4. _____

Your New Goals

My new disciplines

1. _____
2. _____
3. _____
4. _____



Workbook Exercises for Thanksgiving

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” - 1 Thessalonians 5:18

Wouldn't prayer be wonderfully transformed if we would offer 10 sacrifices of thanksgiving for every request we make of God? Practice thanksgiving. Write down 50 things for which you are sincerely thankful today.

For His Creation

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

For Problems

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For His Provisions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For Answered Prayers

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For People

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For Protection

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Thanksgiving is always a state of mind and an attitude toward God. Bad attitudes of ingratitude always point to a bad relationship with God. Your heart condition can always be seen by others though the telescope of thanksgiving. – Give thanks because the Lord is good – that never changes! Circumstances change day to day, but God never changes.!



Workbook Exercises for Thanksgiving

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." - 1 Thessalonians 5:18

Thankful Exercises

Enter his gates with thanksgiving and into his courts with praise. Be thankful unto him and bless his holy name. (Psalm 100) Now it is time to celebrate his specific acts, mercies, faithfulness, kindness, benefits, blessings, answers to prayer, and goodness.

<u>General Thanks</u> for all his creation and blessings.	Psalm 139 is an excellent meditation to prime your thanksgiving pump.
<u>Specific Thanks</u> for blessings and benefits to you.	Psalm 103 is a good starting place.
<u>Tearful Thanks</u> for all things - the bad, the ugly, the unwanted.	Make a list of all the bad things you have been bemoaning. List them to God. Ask him to help you believe that he is using that for his glory and your good. Believe him! Read Romans 8:28 and put your heartache into the passage. Turn "all things" into, for example "My financial loss God is working together for good. Believe Jeremiah 29:11 Tell God you believe it! Rejoice in it! It is true!

Thank God for the Past, Present, and Future

Past Answered Prayers and Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Bad Things That Have Happened

1. _____
2. _____
3. _____
4. _____
5. _____

Present Circumstances & Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Promises of What Will Happen

1. _____
2. _____
3. _____
4. _____
5. _____

*Faith is seeing what is not yet visible to the rest,
but what God has already promised.*



Workbook Exercises for Thanksgiving

Feelings Check List – "I feel..."

The following list contains negative feelings that all of us feel from time to time. Whenever you are "feeling" any of these emotions it is good to remember that we are responsible for the thoughts behind these emotions. Our thoughts and beliefs actually create these unhealthy emotions. There is a thought behind every negative feeling. Correct the thoughts and bring them in line with scripture and the emotions will follow. We are what we allow ourselves to think. When we are feeling sad we are thinking sad.

<input type="checkbox"/> afraid	<input type="checkbox"/> exasperated	<input type="checkbox"/> rejected
<input type="checkbox"/> agony, in	<input type="checkbox"/> frantic	<input type="checkbox"/> remorseful
<input type="checkbox"/> alarmed	<input type="checkbox"/> frustrated	<input type="checkbox"/> ridiculed
<input type="checkbox"/> alienated	<input type="checkbox"/> furious	<input type="checkbox"/> repulsed
<input type="checkbox"/> angry	<input type="checkbox"/> grieved	<input type="checkbox"/> repulsive
<input type="checkbox"/> anxious	<input type="checkbox"/> grief-stricken	<input type="checkbox"/> resentful
<input type="checkbox"/> appalled	<input type="checkbox"/> guilty	<input type="checkbox"/> sad
<input type="checkbox"/> apathetic	<input type="checkbox"/> humiliated	<input type="checkbox"/> shameful
<input type="checkbox"/> apprehensive	<input type="checkbox"/> heartbroken	<input type="checkbox"/> shocked
<input type="checkbox"/> awkward	<input type="checkbox"/> hopeless	<input type="checkbox"/> sorry
<input type="checkbox"/> bewildered	<input type="checkbox"/> horrified	<input type="checkbox"/> sorry for self
<input type="checkbox"/> burdened	<input type="checkbox"/> hurt	<input type="checkbox"/> sorrowful
<input type="checkbox"/> cheated	<input type="checkbox"/> hysterical	<input type="checkbox"/> spiteful
<input type="checkbox"/> confused	<input type="checkbox"/> immobilized	<input type="checkbox"/> stupid
<input type="checkbox"/> cowardly	<input type="checkbox"/> inadequate	<input type="checkbox"/> terrified
<input type="checkbox"/> crushed	<input type="checkbox"/> incompetent	<input type="checkbox"/> threatened
<input type="checkbox"/> cut off	<input type="checkbox"/> indignant	<input type="checkbox"/> torn up
<input type="checkbox"/> defeated	<input type="checkbox"/> inferior	<input type="checkbox"/> troubled
<input type="checkbox"/> dejected	<input type="checkbox"/> insane	<input type="checkbox"/> unappreciated
<input type="checkbox"/> depressed	<input type="checkbox"/> insecure	<input type="checkbox"/> uncertain of others
<input type="checkbox"/> deprived	<input type="checkbox"/> irritated	<input type="checkbox"/> uncertain of self
<input type="checkbox"/> deserving	<input type="checkbox"/> jittery	<input type="checkbox"/> uptight
<input type="checkbox"/> punishment	<input type="checkbox"/> lonely	<input type="checkbox"/> used
<input type="checkbox"/> desperate	<input type="checkbox"/> manipulated	<input type="checkbox"/> unsettled
<input type="checkbox"/> despondent	<input type="checkbox"/> misunderstood	<input type="checkbox"/> victimized
<input type="checkbox"/> devastated	<input type="checkbox"/> offended	<input type="checkbox"/> weary of living
<input type="checkbox"/> disappointed in others	<input type="checkbox"/> oppressed	<input type="checkbox"/> weepy
<input type="checkbox"/> disappointed in self	<input type="checkbox"/> out of control	<input type="checkbox"/> wishy-washy
<input type="checkbox"/> disgusted	<input type="checkbox"/> overlooked	(add your own feelings)
<input type="checkbox"/> disheartened	<input type="checkbox"/> overwhelmed	_____
<input type="checkbox"/> disillusioned	<input type="checkbox"/> panic-stricken	_____
<input type="checkbox"/> dissatisfied	<input type="checkbox"/> paralyzed	_____
<input type="checkbox"/> dominated	<input type="checkbox"/> persecuted	_____
<input type="checkbox"/> downhearted	<input type="checkbox"/> pessimistic	_____
<input type="checkbox"/> embarrassed	<input type="checkbox"/> perplexed	_____
<input type="checkbox"/> envious	<input type="checkbox"/> pressured	_____
	<input type="checkbox"/> provoked	_____
	<input type="checkbox"/> regretful	_____

EXERCISES FOR STEP 3 – WORSHIP

“And into his courts with praise... bless his name.” – (Psalm 100:4)

We worship because God is worthy, not because we feel like it. God is always worthy of our adoration every day regardless of the weather, our circumstances, or our feelings. Worship is an activity of the mind, heart, soul and body. Worship is one of the ways we “love the Lord our God with all our heart, mind, soul and strength.” It needs to be done with vigor and enthusiasm.

Worship with your body. Don’t just “Say” your worship but involve your whole body – sing worship to the Lord, shout his names aloud – “You are my _____” (helper, keeper, strong tower, shield, fortress, etc) Use your body, not just your mind. Be an active worshiper.

Listen to worship music and dance before the Lord, lift up holy hands to His throne, kneel before him, or lay prostrate on the ground as you tell Him of His excellent greatness. But don’t just listen to worship music, sing the music with your voice out loud. Even a bad voice is a sweet voice to God who created your voice.

Read aloud from the Psalms. Many of the Psalms are prayers David made to say and sing to the Lord. Remember worship is a celebration of the Lord. Exalt his name together. Tell forth his excellent greatness.

Alpha and Omega Praise

Praise His name through the alphabet. Lift up and exalt God’s names beginning with A and end with Z. (Alpha and Omega - 26 Praises) Do it together in the congregation. Attempt to give 3-5 on each letter. There are more than 600 names of God and the Lord Jesus Christ is Scripture.

Behold His Beauty

The worship part of prayer is to behold the beauty of the Lord. That means to take time to muse, meditate, and focus on who God is in all His splendor and glory, until the truth of His greatness fills us with awe, adoration, love. True worship is to quietly, deliberately look into the kaleidoscope of God's character, and then stand in awe of His matchless beauty. Remember that Isaiah saw the Lord high and lifted up and was never the same.

Worship Before the Throne of God. This was not a worship service in the Temple or Synagogue. It was private worship, “on-your-face-before-a-living-God” worship. It stirred the heart and cleansed the soul. David said his one overriding supreme desire was this.

One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple. – Psalms 27:4



Workbook Exercises for Worship

*“O magnify the LORD with me, and let us exalt his name together.”
- Psalm 34:3*

Alpha and Omega Praise

Praise his name through the alphabet. Lift up and exalt God’s names beginning with A and end with Z. Do it when you are worshiping alone. Do it together in the congregation, or in a small prayer group. Attempt to give at least 3 on each letter. Prayerfully choose two or three names for each letter that are especially precious to you and use them as you pray the name of Christ. Exercise these most familiar names so that they are quick to come to your mind.

A = _____

B = _____

C = _____

D = _____

E = _____

F = _____

G = _____

H = _____

I = _____

J = _____

K = _____

L = _____

M = _____

N = _____

O = _____

P = _____

Q = _____

R = _____

S = _____

T = _____

U = _____

V = _____

W = _____

X = _____

Y = _____

Z = _____

Group Exercise (10 minutes max)

Simply writing down God’s names may or may not be worship. Worship is exalting his names together. So let’s do it. In groups of 3 begin to worship the Lord by telling him of his excellent greatness. Exalt his name together.

Discipline

Focus! Do not allow yourself to drift into confession, or thanksgiving or petition. This is a time solely to *“behold his beauty.”*

Songs

There are many songs and hymns that go with the names of Jesus. Try to match a name of Jesus with an accompanying song. Then sing it as part of your worship experience.



Workbook Exercises for Worship

“O magnify the LORD with me, and let us exalt his name together.” - Psalm 34:3

Daniel said, *“The people that know their God will be strong and do exploits.”* (Daniel 11:32) Solomon said, *“The name of the Lord is a strong tower. The righteous run into it and they are safe.”* (Proverbs 18:10) The Lord through Malachi commends those who *“think on his name.”* Jesus taught to ask anything “in His name” and it will be done for us. Jesus’ name is a powerful name. It is a *“name above every name”* so that *“at the name of Jesus every knee shall bow and every tongue confess that Jesus Christ is Lord to the glory of God.”* (Philippians 2:9-11)

Ask Yourself

- ❖ Who Is He? Exalt and extol his character, virtues, and attributes.
- ❖ What Are His Wonderful Names? Call upon him by the names you can remember and that are significant to you.
- ❖ What He Does. How Great Is He? Remember all the great things he has done. Review historical miracles, mighty miracles, etc.

Learn to exalt His name(s) in prayer.

- Lord, you are _____ (*attributes of God*) [adjectives], therefore I will ...
- Lord, you are my _____ (*names of God or Jesus*) [nouns] , therefore I will ...
- Lord, your name is _____ and I exalt and worship You.

Steps to Follow

1. Read Scripture that exalts who he is. (Prime the pump with Scripture)
2. Sing songs to the Lord. (Sing out loud!)
3. Exalt His Names. (Magnify his names) Use the list of 640 names of God and Christ.
4. Remember his mighty works. (Think on, Meditate on)
5. Tell of his excellent greatness. (Rehearse it to him)
6. Physically express your worship and adoration. (Lift hands, lay prostrate, kneel, walk and pray, stand, etc.)

EXERCISES FOR STEP 4 – CONFESS SIN

"If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" – (1 John 1:9)

There are sins that *"easily beset us"* that serve only to weigh us down and cause us shame and hinder our fellowship with God. (Hebrews 12:1) Each of us has our own set of reoccurring sins. Confession is laying it out before the Lord... for *"all things are naked and opened unto the eyes of him with whom we have to do."* (Hebrews 4:13)

CONFESSION CHECKLIST

(Check up on your own secret sins)

Selfish desires	_____	James 4:3
Secret sins	_____	Psalms 66:18
Idle words	_____	Matthew 12:36
Lustful fantasies	_____	Matthew 5:28
Marriage conflicts	_____	I Peter 3:7b
Ingratitude	_____	Philippians 4:4-8
Unforgiving Attitudes	_____	Mark 11:25-26
Unresolved conflicts	_____	Matthew 5:23
Doubt	_____	Hebrews 11:6a
Prayerlessness	_____	James 1
Indecision & doubt	_____	Hebrews 11:6b / Jer 2:32
Bitterness	_____	James 1:6
Rebellion of heart	_____	Hebrews 12:15
Known disobedience	_____	I Samuel 15:23
Temper	_____	James 4:17
Anger	_____	Ephesians 4:26-27
Impatience with others	_____	Ephesians 4:26, 31
Murmuring/complaining	_____	Ephesians 4:32
Lying/saying half-truths	_____	1 Corinthians 10:10
Strife in your heart	_____	Colossians 3:9

Confess Sin

(Do spiritual inventory, open heart surgery. Make a list of each of the areas where you may have failed the Lord. Write out your confession, then receive his forgiveness, claim his promises and then BURN the list!))

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*

Identify Your Temptations

*Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and **the sin which does so easily beset us**, and let us run with patience the race that is set before us,*

We are all tempted. Even Jesus was tempted of the devil. James tells us that we are all tempted when we are drawn away of our own lusts and enticed. Be honest with yourself. What are your weaknesses, besetting sins, recurring temptations?

1	2	3	4	5	6	7
Spiritual	Mental	Emotional	Verbal	Physical	Financial	Ego
Idolatry Witchcraft Fortunes Horoscopes Ouija Boards Charms	Doubts Fears Worry Anxiety Evil Thoughts Fantasies	Hatred Jealousy Anger Bitterness Prejudice Self-Pity Discouraged Depressed	Curse Swear Lie Criticize Condemn Gossip Slander Blasphemy	Sexual Sensual Drugs Alcohol Smoking Body worship Beauty obsession Figure obsession	Cheating Workaholic Things Not Tithing Stealing Lotto Gambling Fraud	Pride Self-pity Ambition Greed Coveting Prejudice

Even Jesus was tempted. Jesus was tempted in all points like as we are but without sin. (Hebrews 4:15) James says we are tempted when we are drawn away by OUR OWN desires and enticed. (James 1:14) Be honest with yourself. You are drawn away from time to time by certain sins. You are enticed from time to time by your own natural tendencies. What are they? Identify them!

- Where Are Your Weaknesses?
- What Are Your Easily Besetting Sins?
- What Are Your Recurring Temptations?

Identify Your Struggles

List those things that have been stumbling blocks to your spiritual growth. Write them down. Now say them out loud. Admit them to a trusted friend.

<i>Spiritual</i>	
<i>Mental</i>	
<i>Emotional</i>	
<i>Verbal</i>	
<i>Physical</i>	
<i>Financial</i>	
<i>Ego</i>	

Confess Your Sins

*(Do spiritual inventory; do open heart surgery on self.
List your sin specifically as God brings it to your remembrance.)*

Words - *have you spoken evil of anyone, criticized, complained about anyone, used sharp words, angry words, swear words, hurtful words, derogatory words, name calling, etc.*

Attitudes - *complaining spirit, gloominess, grumpiness, depression, moodiness, grouchiness, pessimistic, fatalistic, know-it-all “I’m always right,” selfishness, “me first” attitude, etc.*

Thoughts - *hatred, bitterness unforgiveness, lust, doubts, fears, evil wishes on others, coveteousness, pity party, “poor me” mentality, “nobody loves me”, “I wish I were dead”, etc.*

Actions - *broken God’s laws, lying, cheating, stealing, revenge, murder, adultery, immoral behavior, pornography, watched immoral scenes in movies, TV, read books, magazines with immoral content, trespassed God’s laws, etc.*



Workbook Exercises for Confess Sin

*"If we say we have not sinned, we deceive ourselves..."
1 John 1:8*

My Major Temptations (1 Corinthians 10:13)

(See the list on the next page)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

My Besetting Sins (Hebrews 12:1)

(Those that easily overtake me and occur again and again.)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

My Failures & Faults

(Confess or admit them one to another – James 5:16.)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

What God Did With My Sin

(Memorize these verses so you can apply them.)

"If we confess our sins he is faithful and just to forgive us our sins and cleanse us from all unrighteousness." 1 John 1:9

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

(See the Helps Booklet for answers to above)



Workbook Exercises for Confess Sin

“Confess your faults one to another and pray for one another.” – James 5:16

Common Sins and Temptations

What are your temptations, or easily besetting sins? *Have I committed any of these? Or am I guilty of repeated offenses?*

- | | | |
|---|--|---|
| <input type="checkbox"/> adultery-emotional | <input type="checkbox"/> hoarding things | <input type="checkbox"/> proud |
| <input type="checkbox"/> adultery-in-mind | <input type="checkbox"/> hopeless | <input type="checkbox"/> psychic-hotlines |
| <input type="checkbox"/> adultery-physical | <input type="checkbox"/> horoscopes | <input type="checkbox"/> quarrelsome |
| <input type="checkbox"/> abuser | <input type="checkbox"/> idolatry | <input type="checkbox"/> quitter |
| <input type="checkbox"/> anger | <input type="checkbox"/> impatient | <input type="checkbox"/> resentful |
| <input type="checkbox"/> anorexia | <input type="checkbox"/> inconsiderate | <input type="checkbox"/> respect of persons |
| <input type="checkbox"/> backbiting | <input type="checkbox"/> inconsistent | <input type="checkbox"/> rude |
| <input type="checkbox"/> backsliding | <input type="checkbox"/> indifferent | <input type="checkbox"/> sarcastic |
| <input type="checkbox"/> bitterness | <input type="checkbox"/> irresponsible | <input type="checkbox"/> self-centered |
| <input type="checkbox"/> brawler | <input type="checkbox"/> jealous | <input type="checkbox"/> self-destruction |
| <input type="checkbox"/> breach of confidence | <input type="checkbox"/> judgmental | <input type="checkbox"/> self-hatred |
| <input type="checkbox"/> bulimia | <input type="checkbox"/> jump-to-conclusions | <input type="checkbox"/> self-indulgent |
| <input type="checkbox"/> callous | <input type="checkbox"/> know-it-all | <input type="checkbox"/> self-pity |
| <input type="checkbox"/> cheating | <input type="checkbox"/> lazy | <input type="checkbox"/> self-serving |
| <input type="checkbox"/> clamor | <input type="checkbox"/> lewd | <input type="checkbox"/> severe |
| <input type="checkbox"/> complaining | <input type="checkbox"/> lying | <input type="checkbox"/> sensual |
| <input type="checkbox"/> compulsive | <input type="checkbox"/> lost 1st love | <input type="checkbox"/> sex sins |
| <input type="checkbox"/> condemning | <input type="checkbox"/> lukewarm | <input type="checkbox"/> slander |
| <input type="checkbox"/> covetous | <input type="checkbox"/> lustful-mind | <input type="checkbox"/> sharp answers |
| <input type="checkbox"/> critical | <input type="checkbox"/> lustful imagination | <input type="checkbox"/> smoking |
| <input type="checkbox"/> cry-baby | <input type="checkbox"/> mal-content | <input type="checkbox"/> spiteful |
| <input type="checkbox"/> cursing | <input type="checkbox"/> meddling | <input type="checkbox"/> sports-aholic |
| <input type="checkbox"/> cynical | <input type="checkbox"/> money addiction | <input type="checkbox"/> stealing |
| <input type="checkbox"/> defensive | <input type="checkbox"/> murder | <input type="checkbox"/> steal tithe |
| <input type="checkbox"/> demanding | <input type="checkbox"/> murmuring | <input type="checkbox"/> stinginess |
| <input type="checkbox"/> dirty mind | <input type="checkbox"/> necromancy | <input type="checkbox"/> suicidal thoughts |
| <input type="checkbox"/> disobedient to authorities | <input type="checkbox"/> neglect of children | <input type="checkbox"/> superstitions |
| <input type="checkbox"/> disobedient to parents | <input type="checkbox"/> neglect of church | <input type="checkbox"/> swearing |
| <input type="checkbox"/> doubt | <input type="checkbox"/> neglect of family | <input type="checkbox"/> temper |
| <input type="checkbox"/> drunken | <input type="checkbox"/> neglect of fellowship | <input type="checkbox"/> touchy |
| <input type="checkbox"/> easily hurt | <input type="checkbox"/> neglect of gifts | <input type="checkbox"/> un-sympathetic |
| <input type="checkbox"/> evil joking | <input type="checkbox"/> neglect of parents | <input type="checkbox"/> unfairness |
| <input type="checkbox"/> evil speaking | <input type="checkbox"/> neglect of service | <input type="checkbox"/> unkind |
| <input type="checkbox"/> excessive debt | <input type="checkbox"/> neglect of spouse | <input type="checkbox"/> unloving |
| <input type="checkbox"/> faithless | <input type="checkbox"/> ouija-boards | <input type="checkbox"/> unreliable |
| <input type="checkbox"/> falsify | <input type="checkbox"/> over-spender | <input type="checkbox"/> unfaithful |
| <input type="checkbox"/> fearful | <input type="checkbox"/> overeating | <input type="checkbox"/> vengeful |
| <input type="checkbox"/> fortune tellers | <input type="checkbox"/> perfectionist | <input type="checkbox"/> vulgar |
| <input type="checkbox"/> gamble | <input type="checkbox"/> pessimistic | <input type="checkbox"/> wishing evil |
| <input type="checkbox"/> getting even | <input type="checkbox"/> pleasure seeker | <input type="checkbox"/> witchcraft |
| <input type="checkbox"/> gluttony | <input type="checkbox"/> pornography | <input type="checkbox"/> workaholic |
| <input type="checkbox"/> grumbling | <input type="checkbox"/> prejudice | <input type="checkbox"/> worry |
| <input type="checkbox"/> hypocrisy | <input type="checkbox"/> procrastination | |
| <input type="checkbox"/> hatred | | |

Try to identify at least five areas in which you struggle with temptation. They may not be listed here. Be honest. They are your temptations

EXERCISES FOR STEP 5 – CLOTHING SELF

“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ.” - Ephesians 1:3

God sees us in Christ as new people (2 Cor. 5:17) We are cleansed by the blood of Jesus and made accepted in the beloved. (Ephesians 1:6) What God has cleansed we dare not call common or unclean. (Acts 10:15) We are victors and not victims. (Romans 8:37) It is good for us to daily remember our standing in Christ based on his merits, not our own. Here are a few of the things God says about us in Christ. Speak them out loud. Memorize and wear these truths! They’ll look good on you.

I Am Accepted

1. Zech 3:2 I am a brand plucked out of the fire
2. John 1:12 I am a child of God by faith in Jesus Christ
3. John 15:15 I am Christ’s friend, and my name is written in heaven
4. Romans 5:1 I am justified freely, therefore I have peace
5. Romans 8:17 I am a heir of God, joint-heir with Christ (Galatians 4:7)
6. I Cor 6:19, 20 I am paid for by Christ, redeemed from the enemy
7. Eph 1:1 I am included with the saints
8. Eph 1:5 I am adopted into God’s family
9. Eph 2:6 I am seated with Christ in heavenly places
10. Eph 2:18 I have direct access to God

I Am Secure

1. Romans 8:1-2 I am not condemned before the throne
2. Romans 8:28 I know all things work together for me
3. Romans 8:31 I am free of all the enemy’s accusations.
4. Romans 8:35 I cannot be separated from God’s love by anything
5. I Cor 1:20-22 I have been forever sealed by God
6. Hebrews 4:16 I have boldness before the throne of God
7. Col 3:3 I am hidden with Christ in God
8. Phil 1:6 I am confident God will complete the work he began in me
9. Phil 3:20 I am a citizen of heaven
10. II Tim 1:7 I have been given a sound mind

Rejoice in What Happened to Your Sins

1. They were paid in full - Romans 5:11 / Isaiah 53:6
2. They were pardoned – 1 John 1:9
3. They were laid on him – Isaiah 53:6
4. They were washed whiter than snow – Isaiah 1:18
5. They were covered – Psalm 32:1
6. They were cleansed by blood of Jesus – Hebrews 9:22/ 10:4
7. They were blotted out – Isaiah 44:22
8. They were removed as far as east from west – Psalm 103:12
9. They were cast in depths of sea – Micah 7:19
10. They were forever forgotten – Jeremiah 31:34

Don’t just sit there and think these things. They are not to be thought only but spoken, confessed, and believed out loud. “With the mouth confession is made unto salvation.”



Workbook Exercises for Clothing Self

"Be strong in the Lord and in the power of his might ..."
- (Ephesians 6:10)

BELIEVE YOUR POSITION IN CHRIST

I Am...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I Have Been ...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I Can...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I Have...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I Cannot...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My Sins Have Been...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

EXERCISES FOR STEP 6 – CASTING CARE

“Casting all your care upon him for he cares for you” – (1 Peter 5:7)

Ps. 55:22 - Cast your burden on the Lord...He shall sustain you.

Phil. 4:6 - In everything...let your requests be made known unto God.

Job 1:5 - Job rose up early in the morning and offered burnt offerings his family.

Unpacked Baggage

We cannot properly intercede for others until we have cleared away the baggage of personal concerns, needs, and cares. We must find a resting place where we can lay down our burdens, in order to bear other's burdens in prayer. Hearts that are "overloaded" with care will be distracted in prayer and made ineffective in their intercession.

In Luke 21:34, Jesus warned his disciples to beware of the danger of three distracting pitfalls:

1. Over-abundance (over-spending, over-charging, too many possessions)
2. Over-indulgence (drunkenness, lover of pleasures, over-eating, over-playing)
3. Over-load (cares, burdens, worries, fears of this life)

What are your greatest pitfalls in carrying excess baggage?

Take Your Burden To The Lord

The most deceptive and innocent looking is the *"overload...with cares of this life."* We cannot escape the cares of normal living, but we can UNLOAD the OVERLOAD. Jesus concludes the issue in verse 36 by saying, *"Therefore watch and pray always..."*

Leave It There!

The solution to overloaded cares is to pray. That means to bring those excess burdens, cares, concerns, problems, worries, fears, anxieties, and troubles to the Lord and leave them there! Too often we take these concerns to the Lord, and walk away just as burdened as before we prayed. There is no "leaving it there."

Cast, Roll, Dump It!

David used an interesting word for "leaving it there." *"Cast thy burden on the Lord."* – Psalm 55:22 The word "CAST" is the key. It literally means... ROLL... DUMP... UNLOAD... as one who is carrying a backpack of heavy equipment allows it to slide from his shoulders to another who is stronger, more able to carry the load.

In the next few pages you will have opportunity to identify your burdens and cares. Take the time to specifically identify those areas of worry, care, burdens, anxiety, grief, and sadness that over burden your heart.



Workbook Exercises for Casting Care

“Casting all your care upon him for he cares for you.” – (1 Pet 5:7)

Cares include everything that is on your mind and heart. A good way to unload your burden to the Lord is through journaling. Write out your thoughts and your prayers to God

OK, now it is time to dump your load. What is on your mind and heart? It is not about a prayer list, but about your inner longings, your hurts, your pain, your worries, your fears, your anxieties, your family, your finances, your fun, your foolishness, your failures, etc.

Tell God all about it. Unload and leave it at the foot of the cross. He cares about your worries, your fears, your troubles, your sicknesses, your temptations, your finances, your family, your children, your spouse, your marriage, your job, your tests, your trials, and your needs. There is nothing that you care about that God doesn't care about.

Family	Place each family member before the Lord. Name them by name. Tell God about their lives, needs, spiritual condition.
Frustrations	Begin with your marriage and your relationship. Are there frustrations? Is there anything that needs to change?
Fears	Tell God about your worries, or anxieties, and your fears.
Finances	Tell God about your financial concerns, goals, aspirations, debts, your needs, wants, wishes, worries.
Faults	Tell God about you. Your weaknesses. Your temptations. This is not confession, we have already done that.
Failures	It is time to be naked and honest before the throne.

Exercise

Confession is already past but “to one another” is not. It is also time to “*bear one another's burdens and so fulfill the law of Christ.*” No one can help you to bear a burden if they do not know what it is. Share your key burdens, worries and fears with your prayer partners as you are able.

Discipline

There will be no time after this point in your intercession to go back to self petitions. This is the time to lay them fully before God so as to NOT take them up again. Dumping on God is one thing. It is quite another to dump in faith knowing that you are doing it at his invitation because “*he cares for you.*” So thank him for hearing, “*being touched with the feeling of your weaknesses.*”



Workbook Exercises for Casting Care

“Casting all your care upon him for he cares for you.” (1 Peter 5:7)

Set Your Spirit Free By Casting All Your Care on Him

There are several “spirits” that need to be dealt with in this closet of prayer. It is time to give everything to God. We often live our lives hiding from the truth and covering the shame of our nakedness. Tell the Lord about it. Be honest.

Genesis 3:7-10 *And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.*

Hebrews 4:13 *Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.*

1. Cast Before Him Your Spirit of Fear

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” (2 Timothy 1:7 KJV)

2. Cast Before Him Your Spirit of Anxiety

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6 NKJV)

3. Cast Before Him Your Spirit of Worry

“And why do you worry about clothes? See how the lilies of the field grow. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:27-33 NIV)

4. Cast Before Him Your Spirit of Gloom

“O afflicted city, lashed by storms and not comforted, I will build you with stones of turquoise, your foundations with sapphires.” – Isaiah 54:11,

5. Cast Before Him Your Spirit of Grief

“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me... to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.” – (Isaiah 61:1-3 KJV)



Believing God

"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." – (Hebrews 11:6)

There's Only One Impossibility

Prayer is, and always should be, the core of the church. It is the umbilical cord that ties us to the Lord Jesus. Jesus said, "Without me you can do (accomplish) nothing." (John 15:5) Paul expounds this truth in Hebrews 11:1-3 when he declares that it is virtually impossible to please God without seeking him, and believing that he hears and answers.

What Promises Are You Claiming?

I am believing God for souls, healings, deliverances, miracles, answers to prayer, revival outpourings, presence of God manifest, transformed lives, restored marriages, backsliders restored, missionaries called, prayer warriors raised up, gifts of the Holy Spirit demonstrated.

Are you believing God for miracles, or just passively hoping they might happen? Are you envisioning a bright tomorrow, or a tomorrow about the same as the past?

Conditions for Answered Prayer

To put it another way, without being involved in believing prayer you cannot expect that you can approach God, nor receive any reward from him. Let's look at the conditions of believing prayer:

I. Believe that he is...

1. He is Able - Jeremiah 32:17, 27
2. He is Sovereign - I Chronicles 29:11
3. He is Still on the Throne - Ephesians 1:18-21
4. He is Listening - Psalm 34:15

II. Believe he rewards "diligent seekers"

1. He Answers - Isaiah 59:1-2
2. He Does More Than We Ask - Ephesians 3:20
3. He Rewards Us - Luke 11:9-13

Are You a "Believer?"

God is not a wishing well that we should cast our prayer coins at his feet and hope for the best. Wishful praying is not praying in faith. It is not part of Jesus' promise that "when you pray, believe that you shall have..." Jesus meant "know assuredly" that you will have, not wish hard enough and maybe God will hear you.

Can You Name Three Promises for Each Request You Make?"

Prayer is not wishing, but believing what God has said. Search the Scriptures for promises of God that apply to your situation, and then pray them back to God.



What Are You Believing God to Do?

“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.” – (Hebrews 11:6)

Doubt is the suspicion, fear, or belief that God may not care, hear, or answer my prayers.

What are you presently (right now) believing God to do in your life? Don't pretend you have faith when you really doubt that he will answer you and bless you. Real faith trusts God's goodness faithfulness, and his promises.

Be specific in the request that you believe God wants you to have. Persist in believing prayer, reminding God of his promises and claiming them for yourself and your family.

In Your Spiritual Life

1. _____
2. _____
3. _____

In Your Life or Body

1. _____
2. _____
3. _____

In Your Marriage or Family

1. _____
2. _____
3. _____

In Your Church or Job

1. _____
2. _____
3. _____



Devotional Journaling

Write the things which you have seen, and the things which are, and the things which shall be hereafter; – (Revelation 1:19)

We are not told anywhere in Scripture that Jesus ever wrote anything down, except for that brief incident in which he stooped down and scribbled on the ground while the Pharisees who had caught an adulteress in the act were ready to stone her.

Men have been journaling ever since the first caveman drew on a wall. There is something in man that cries out to be heard. We need to express ourselves, be heard, to tell the thing from our own perspective. From time to time the children in our children's ministries will give me little notes to express their appreciation. Those notes are precious to me and must be to God as well. I often save them.

How to Start

Getting started is always the hardest part of any new discipline. If you are not naturally one who writes then it will be even harder.

It is not necessary to buy a journal that is made of genuine bonded leather. Just a lined spiral notebook will do. Begin by putting a title on the cover so you know what is in that journal. I like the half-sheet notebook better than the 8 ½ by 11. It's less threatening to write a half a page.

- Each page should begin with a day and date. Don't date each page ahead since you might get gabby and run over onto several pages.
- Mine is a *Devotional Journal* so I put the Bible reading at the top.
- Start with what God said, "Jesus, said..." Then what that means to you.
- Close with a written prayer. Be honest to God.
- Write a brief sentence. State a fact that sums up where you are, "Lord, I'm tired."

Try it:

Start this month. For the next 30 days keep a daily diary, journal, or commentary. Write out your prayer to God every day. You will find it a helpful way to see what is really on your mind and heart. Try it. See if it isn't rewarding.

Devotional Journal Sheets are available in PDF format on our web site at www.PrayerToday.org

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.

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 stripes 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 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 can charge 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 me than he who is in the world.
Jude 1:24 I am presented faultless before God's throne

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 pour 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...

1. Advocate - 1 John 2:1
2. All, and in All - Colossians 3:11
3. All-Knowing - Psalm 139:1-6, Job 23:10
4. Almighty - Revelation 1:8
5. Alpha and Omega - Revelation 1:8
6. Altar - Hebrews 13:10
7. Amen - Revelation 3:14
8. Anchor - Hebrews 6:17-20
9. Ancient of Days - Daniel 7:13 & Daniel 7:22
10. Anointed & Anointer - 1 Samuel 2:35, Ps 23
11. Author of my Faith - Hebrews 12:2
12. Banner over Me - Psalm 60:4, , Song S. 2:4
13. Bishop of my Soul - 1 Peter 2:25
14. Bread of Life - John 6:35
15. Bright and Morning Star - Revelation 22:16
16. Captain of my Salvation - Hebrews 2:10
17. Changeless One - Malachi 3:6, Hebrews 13:8
18. Comforter - John 14:16-18
19. Cornerstone - Ephesians 2:20
20. Counselor - Isaiah 9:6
21. Daystar to Arise - 2 Peter 1:19
22. Defense - Psalms 94:22
23. Deliverer - Psalms 40:17
24. Door of the Sheep - John 10:7
25. Dwelling Place - Psalms 90:1
26. Emmanuel - Matthew 1:23 Immanuel - Isaiah 7:14
27. Everlasting Father - Isaiah 9:6
28. Faithful Friend - 1 Thessalonians 5:24
29. Finisher of the Faith - Hebrews 12:2
30. First and Last - Revelation 1:8
31. Fortress - Psalms 18:2
32. Fountain of Life - Psalms 36:9 & of Living Waters - Jeremiah 17:13
33. Friend closer than a brother - Proverbs 18:24
34. Gift of God - John 4:10/ 2 Cor. 9:15
35. Glory and Lifter of my Head - Psalms 3:3
36. Good Shepherd - John 10:14
37. Goodness, my - Exodus 33:19
38. Guide Even Unto Death - Psalms 48:14
39. Healer - Exodus 15:26
40. Health of my countenance - Psalms 43:5
41. Heir of All Things - Mark 12:7, Heb 1:2
42. Helper - Hebrews 13:6
43. Hen - Matthew 23:37
44. Hiding Place - Psalms 32:7
45. High Priest - Hebrews 5:5/6:20
46. High Tower - Psalms 18:2
47. Horn of Salvation - Luke 1:69
48. I Am - John 8:58
49. Inheritance - Psalms 16:5
50. Judge of All the Earth - Genesis 18:25
51. Keeper - Psalms 121:5
52. King of Kings - 1 Timothy 6:15
53. Lamb of God - John 1:29
54. Lawgiver - James 4:12
55. Life - John 14:6

The Name of the Lord

*is a strong tower.
The righteous run
into it and are safe.
- Proverbs 18:10*

56. Lifter of my head
57. Light (My) - John 1:7, 9, 8:12
58. Light of the World - John 8:12
59. Lily of the Valley - Song of Solomon 2:1
60. Lion of Judah - Rev. 5:5
61. Lover of my Soul - John 3:16
62. Master-Teacher - Matthew 23:10
63. Mediator - 1 Timothy 2:5
64. Mighty God - Isaiah 9:6
65. Morning Star - Revelation 2:28
66. Omnipotent - Isaiah 40:25-26
67. Omnipresent - Isaiah 41:10
68. Omniscient - Isaiah 40:13
69. Passover - 1 Corinthians 5:7
70. Pearl of Great Price - Mat 13:45-46
71. Physician - Luke 4:23
72. Portion - Psalms 119:57
73. Potter - Jeremiah 18:6
74. Prince of Peace - Isaiah 9:6
75. Ransom for All - 1 Timothy 2:6
76. Rear Guard - Isaiah 58:8
77. Redeemer - Job 19:25
78. Refiner's Fire - Malachi 3:2
79. Refuge (escape) - Psalms 59:16
80. Refuge (shelter) in Everlasting Arms - Deuteronomy 33:27
81. Resting Place - Jeremiah 50:6
82. Resurrection and Life - John 11:25
83. Reward & Rewarder - Revelation 22:12, Hebrews 11:6
84. Rock that is Higher than I - Psalms 61:2
85. Rose of Sharon - Song of Solomon 2:1
86. Ruler - Micah 5:2
87. Scapegoat - Leviticus 16:8 & John 11:49-52
88. Scepter, my authority - Numbers 24:17
89. Shade - Psalms 121:5
90. Shadow of the Almighty - Psalms 91:1
91. Shelter - Psalms 61:3
92. Shepherd, my - Psalms 23:1
93. Shield - Psalms 84:9
94. Song, my - Isaiah 12:2
95. Star - Numbers 24:17/ Matthew 2:1-2
96. Strong Tower - Proverbs 18:10
97. Sun of Righteousness - Malachi 4:2
98. Treasure - 2 Corinthians 4:7
99. Truth - John 14:6
100. Unspeakable Gift - 2 Corinthians 9:15
101. Very Present Help in Trouble - Psalms 46:1
102. Victory - 1 Corinthians 15:54
103. Vine - John 15:5
104. Water of Life - John 4:14, 7:38, Psalms 143:6
105. Way in the Wilderness - John 14:6, Isaiah 43:19
106. Well of Living Waters - John 4:14
107. Wisdom - 1 Corinthians 1:25
108. Wonderful - Isaiah 9:6
109. Word of Life - 1 John 1:1
110. Worthy Lamb – Revelation 5:12

The Name of the Lord

*For whosoever
shall call upon the
name of the Lord
shall be saved. –
Rom. 10:13*