

PRAYER HELPS & TOOLS



Learning To Pray As Jesus Prayed.

INTIMACY WITH GOD

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by Richard W. LaFountain

Experience Intimacy With God

Every Day Step Into The Presence of God

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]

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>

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 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 espresso 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 Be Worshipful Be Thankful	Confess Sin Clothe Yourself Cast Care

Intercession	
Focus on Others	Focus on World
Souls Saints Sick	Ministries Missions 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 ¾ 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...

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 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 firey 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 “*logizoma*” 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.”

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 - 1Cor 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

S

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

V

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

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)

45 Jehovah-Names

Jehovah The Lord Exodus 6:2 3
Jehovah "Immeku Lord Is with you (Judges 6:12)
Jehovah 'Ez Lami Lord My Strength (Psalm 28:7)
Jehovah 'Izoz Hakaboth Lord Strong and Mighty (Psalm 24:8)
Jehovah 'Ori Lord My Light (Psalm 27:1)
Jehovah 'Uzam Lord Their Strength (Psalm 37:39)
Jehovah Adon Kal Ha'arets Lord of All the Earth (Joshua 3:13)
Jehovah Adonai Lord God (Genesis 15:2)
Jehovah Bara Lord Creator (Isaiah 40:28)
Jehovah Chatsahi Lord My Strength (Psalm 27:1)
Jehovah Chereb The Lord...the Sword (Deuteronomy 33:29)
Jehovah Eli Lord My God (Psalm 18:2)
Jehovah Elyon Lord Most High (Psalm 38:2)
Jehovah Gador Milchamah Lord Mighty in Battle (Psalm 24:8)
Jehovah Ganan Lord Our Defense (Psalm 89:18)
Jehovah Go'e'l Lord Thy Redeemer (Isaiah 49:26; 60:16)
Jehovah Hamelech Lord the King (Psalm 98:6)
Jehovah Hashopet Lord the Judge (Judges 6:27)
Jehovah Helech 'Olam Lord King Forever Ps10:16
Jehovah Hoshe'ah Lord Save (Psalm 29:9)
Jehovah Jireh Lord Will Provide (Genesis 22:14)
Jehovah Kabodhi Lord My Glory (Psalm 3:3)
Jehovah Kanna Lord Whose Name is Jealous (Exodus 34:14)
Jehovah Keren Yish'i Lord Horn of My Salvation (Psalm 18:2)
Jehovah M'Kaddesh Sanctifier I Corinthians 1:30
Jehovah M'gaddishcem Lord Our Sanctifier (Exodus 31:13)
Jehovah Ma'oz The Lord...My Fortress (Jeremiah 16:19)
Jehovah Mashi Lord My Refuge (Psalm 91:9)
Jehovah Magen The Lord, the Shield (Deuteronomy 33:29)
Jehovah Melech 'Olam Lord King Forever (Psalm 10:16)
Jehovah Mephalti Lord My Deliverer (Psalm 18:2)
Jehovah Metsodhathi The Lord...My Fortress (Psalm 18:2)
Jehovah Misqabbi Lord My High Tower (Psalm 18:2)
Jehovah Naheh Lord that Smites (Ezekiel 7:9)
Jehovah Nissi Lord Our Banner (Ex 17:15) I Chron 29:11 13
Jehovah Rapha Lord that Heals (Exodus 15:26)
Jehovah Rophe Healer Isaiah 53:4,5
Jehovah Rohi Lord My Shepherd (Psalm 23:1)
Jehovah Sabaoth Lord of Hosts (1 Samuel 1:3)
Jehovah Sel'i Lord My Rock (Psalm 18:2)
Jehovah Shalom Lord Our Peace (Judges 6:24)
Jehovah Shammah Lord Is There (Ezekiel 48:35) Heb 13:5
Jehovah Tiskenu Lord Our Righteousness (Jer 23:6) I Cor 1:30
Jehovah Tsori O Lord My Strength (Psalm 19:14)
Jehovah Yasha The Lord, Thy Savior (Isaiah 49:26; 60:16)

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

Emblems of His Name

CHRISTMAS NAMES OF JESUS

No Other Name

Each of the following names of Christ can be represented graphically with physical images. Sometimes these are called icons, other times Chrismons.

- Acts 4:12 Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.
- Philippians 2:9 Wherefore God also hath highly exalted him, and given him a name which is above every name: 10 That at the name of Jesus every knee should bow, of *things* in heaven, and *things* in earth, and *things* under the earth; 11 And *that* every tongue should confess that Jesus Christ *is* Lord, to the glory of God the Father.
- Ephesians 1:21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, 22 And hath put all *things* under his feet, and gave him *to be* the head over all *things* to the church,
- Malachi 3:16 Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name.
- Psalms 68:4 Sing unto God, sing praises to his name: extol him that rideth upon the heavens by his name JAH, and rejoice before him.
- Proverbs 18:10 The name of the LORD *is* a strong tower: the righteous run into it, and is safe.
- Revelation 22:4 And they shall see his face; and his name *shall be* in their foreheads.

ADVOCATE - I John 2:1-2
ALPHA & OMEGA - Revelation 1:8
ALTAR - Hebrews 13:10
AMEN - Rev 3:14
ANCHOR - Hebrews 6:17-20
ANOINTED ONE - I Samuel 2:35
AUTHOR - Hebrew 12:2
BABE CHILD - Isaiah 9:6
BALM IN GILEAD - Jeremiah 8:22
BANNER - Psalm 60:4
BISHOP - I Peter 2:5
BRANCH - Zech 3:8/6:12
BREAD - John 6:48
BRIDEGROOM - Matthew 9:15
BRIGHT MORNING STAR - Rev. 22:16
CAPTAIN - Hebrew 2:10
CARPENTER - Matthew 13:55
CORNERSTONE - Ephesians 2:20
COUNSELOR - Isaiah 9:6
CROSS - I Corinthians 1:18
CROWN - Isaiah 9:6-7
DIADEM - Isaiah 28:5
DOOR - John 10:7-9
EMMANUEL - Matthew 1:23
EVERLASTING FATHER - Isaiah 9:6
FIRST AND LAST - Revelation 1:8
GIFT - John 4:10/ 2 Cor. 9:15
HEALER - Exodus 15:26
HEN - Matthew 23:37
HIGH PRIEST - Hebrews 5:5/6:20

HIGH TOWER - Psalm 18:2
HORN OF SALVATION - Luke 1:69
JUDGE - Acts 10:42
KING OF KINGS - I Timothy 6:15
LAMB - Rev. 5:6/ John 1:29
LIFE - John 14:6
LIGHT - John 8:12
LION OF JUDAH - Rev. 5:5
LOVE - John 3:16
MIGHTY GOD - Isaiah 9:6
PASSOVER - I Cor. 5:7
PEACE - Luke 2:13-14
PEARL OF GREAT PRICE - Mat 13:45-46
PRINCE OF PEACE - Isaiah 9:6
ROCK OF AGES - I Cor. 10:4
ROD - Isaiah 11:10
ROOT OF JESSE - Isaiah 11:10
ROSE OF SHARON - Song of Solomon 2:1
SCEPTER - Numbers 24:17
SHEPHERD - John 10:14
STAR - Numbers 24:17/ Matthew 2:1-2
SUN OF RIGHTEOUSNESS - Malachi 4:2
TREASURE - Matthew 13:44/ Col. 2:3
TRUTH - John 14:6
VINE - John 15:1-5
WATER - John 4:14-14/ 7:38
WAY - John 14:6
WISDOM - 1 Cor. 1:24
WONDERFUL - Isaiah 9:6
WORD - John 1:1

Check out "Chrismons – Emblems of His Name" at www.PrayerToday.org

The Prayer Warrior's Weapons

God has clearly given us "Weapons of our Warfare" for the pulling down of strongholds. Our weapons (the word literally is "strategies") *are mighty through God to the pulling down of strongholds, casting down imaginations, and every high thing that exalts itself above the knowledge of God, and brings every thought into captivity to the obedience of Christ.*" (2 Corinthians 10:4-6)

Like it or not, we are involved in this wrestling match against spiritual forces. Since we cannot get away from it we'd better put on God's armor and do as he did to win the day.

Pull down strongholds 2 Corinthians. 10:3-5

Positional Authority

- | | |
|-----------------------------------|-------------------|
| 1. <u>Be strong</u> in the Lord! | Ephesians 6:10 |
| 2. <u>Put on</u> the armor of God | Ephesians 6:11-18 |
| 3. <u>Claim</u> the blood | Revelation 12:11 |

Command of Authority

- | | |
|---|---|
| 4. <u>Bind him</u> in earth & heaven | Matthew 18:18-20 , Exodus 17:16 |
| 5. <u>Command him</u> to leave | Matthew 4:10, Mt 16:23, |
| 6. <u>Cast him out</u> | Matthew 10:1, Mark 16, Ps 149:5-9 |
| 7. <u>Rebuke</u> him in Jesus name | Matthew 17:20, Mt 10:18-20, Jude 9 |
| 8. <u>Declare</u> loosing of the captives | Luke 4:18, Isaiah 61:1-3, John 8:36 |
| 9. <u>Speak to</u> the Mountain | Exodus 14:16, Mt 17:20, Mk 11:23, 1
John 4:4, Hebrews 11:6 |

Prayer Authority

- | | |
|---|--------------------------------|
| 10. <u>Put a hedge</u> of protection | Ezekiel 22:30 |
| 11. <u>Resist him</u> steadfastly | James 4:7-8, 1 Peter 1:5 |
| 12. <u>Topple him</u> by Prayer & Fasting | Matthew 17:20-21, Daniel 10:12 |

Soldiers of Christ Arise

Leave no unguarded place
No weakness of the soul,
Take every virtue, every grace
And fortify the whole
From strength to strength go on
Wrestle, fight, and pray
Tread all the powers of darkness down
And win the well-fought day.

It is only when we stand in our own righteousness that we should be afraid to stand before the enemy, for our righteousnesses are as "filthy rags" but the righteousness of Christ is called the armor of God.

Pull Down Strongholds

2 Corinthians 10:3-5

Your Positional Authority

1. Be strong in the Lord! - Ephesians 6:10

“Finally, my brethren, be strong in the Lord, and in the power of his might.”

2. Put on the armor of God - Ephesians 6:13-18

“ Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day...”

3. Claim the blood - Revelation 12:11

“And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.”

Your Command of Authority

4. Bind him in earth & heaven - Matthew 18:18-20, Exodus 17:16

Mt 18:18-20 “Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

Exodus 17: 5 And Moses built an altar, and called the name of it Jehovahnissi:

Matthew 12:29 Or else how can one enter into a strong man's house, and spoil his goods, except he first bind the strong man? and then he will spoil his house.

Mark 3:27 No man can enter into a strong man's house, and spoil his goods, except he will first bind the strong man; and then he will spoil his house.

5. Command him to leave - Matthew 4:10, Mt 16:23,

Matthew 4:10 “Jesus said to him, “Away from me, Satan!”

Mt 16:23 “Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me...”

6. Cast him out - Matthew 10:1, Mark 16, Ps 149:5-9

Mt 10:1 “He called his twelve disciples to him and gave them authority to drive out (cast out) evil spirits and to heal every disease and sickness.”

Mark 16:17 And these signs shall follow them that believe; In my name shall they cast out devils;

Ps. 149: 8-9 “To bind their kings with chains, and their nobles with fetters of iron; To execute upon them the judgment written: this honour have all his saints. Praise ye the Lord.”

7. Rebuke him in Jesus name – Mark 1:25, Mt 17:20, Mt 10:18-20, Jude 9, Zech 3:2

Mark 1:25 And Jesus rebuked him, saying, Hold thy peace, and come out of him.

Mark 8:33 But when he had turned about and looked on his disciples, he rebuked Peter, saying, Get thee behind me, Satan:

Mark 9:25 When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him,

Luke 9:42 And as he was yet a coming, the devil threw him down, and tare *him*. And Jesus rebuked the unclean spirit, and healed the child,

Jude 9. Yet Michael the archangel, when contending with the devil he disputed about the body of Moses, durst not bring against him a railing accusation, but said, The Lord rebuke thee.

Zech 3:2 And the Lord said unto Satan, The Lord rebuke thee, O Satan; even the Lord that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire?

8. Declare loosing of the captives - Luke 4:18, Isaiah 61:1-3, John 8:36

Luke 4:18 The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

Isaiah 61:1-3 The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; 2. To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; 3. To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

John 8:36 36 If the Son therefore shall make you free, ye shall be free indeed.

9. Speak to the Mountain - Exodus 14:16, Mt 17:20, Mk 11:23, 1 John 5:4, Heb.11:6

Ex 14:15-16 And the Lord said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward: 16. But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry ground through the midst of the sea.

Mt 17:20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Mk 11:23 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

1 John 5:4 For whatsoever is born of God overcomes the world: and this is the victory that overcomes the world, even our faith.

Your Prayer Authority

10. Put a hedge of protection - Ezekiel 22:30

Ez 22:30 And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none.

11. Resist him steadfastly - James 4:7-8, 1 Peter 5:7-8

James 4: 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.

I Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: 9 Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

12. Topple him by Prayer & Fasting - Matthew 17:20-21, Daniel 10:12

Matthew 17: 20. And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. 21. Howbeit this kind goeth not out but by prayer and fasting.

Dan 10:12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

Rejoice not that devils are subject to you in Jesus' name – BUT rejoice that your names are written in heaven. The power is not in us (ourselves) but in him who loved us and gave himself for us. We hide ourselves behind the cross.

Strongholds of the Enemy

What Are Strongholds?

Strongholds are areas of resistance to the will of God. They are areas that have been invaded and occupied by the enemy. They are places where Satan has been given his way through surrender of some area of life that rightfully belongs to God. Strongholds can infiltrate our personal lives, our churches, our families, and our organizations. Wherever Satan is allowed to play becomes a stronghold. If we allowed bees to nest in the walls of our house they would soon multiply and occupy the entire house. So it is with Satan. Give him an inch, and he will take a mile.

The enemy leaves behind some telltale signs. Jesus said the thief comes "The thief doesn't come except to steal, and to kill, and to destroy" - John 10:10 He always leaves destruction in his wake.

You cannot fight the enemy that you do not see. (Paul said, "So fight I, not as one that beats the air.") Identify his activities and target your praying specifically. There may be strongholds that are not listed here. Ask the Lord to reveal to you the enemy's strongholds by bringing these things to mind. Identify suspicious symptoms of the enemy's by his fingerprints on your life, your family, and your church. Remember the Lord says, "We are not ignorant of his devices."

BESIEGED BY TRIALS Besieged by Enemy	BATTERED BY TORMENTS Battered of the Enemy	BONDAGE TO TRAGEDIES Bondage to the Enemy
<p><u>People</u> - persecutors, blasphemers, interferers, antagonists, hinderers</p> <p><u>Finances</u> - devouring worm, waster, losses, leaky bag, persistent joblessness, persistent poverty</p> <p><u>Family</u> - disintegration of home, runaway children, wayward children, prolonged anger,</p> <p><u>Marriage</u> - disintegrating marriage, separation, divorce, arguments, jealousy, unfaithful spouse,</p> <p><u>Problems</u> - flood of misfortune, bad events, accidents, injuries, natural disasters,</p> <p><u>Physical</u> - health attacks "buffeting," nagging sicknesses, headaches, undiagnosed symptoms,</p>	<p><u>Depression</u> - prolonged emotional attacks, hopelessness, gloominess</p> <p><u>Physical</u> - spirit of infirmity, hypochondria, psychosomatic illnesses</p> <p><u>Fears</u> - unfounded fears, anxieties, panics, timidity, insecurity, inadequacy</p> <p><u>Anger</u> - hatred, bitterness, temper, rage, violence</p> <p><u>Moral</u> - repeated failures, obsessive temptations, lusts, obsessive thoughts</p> <p><u>Backsliders</u> - apostate deliberate willful turning away, prodigal sons and daughters</p>	<p><u>Drugs</u> - under the power of substances, alcohol, illegal drugs, prescription pills, cigarettes, etc.</p> <p><u>Sexual deviations</u> - addictions, porno, homosexuality, immorality behavior, etc.</p> <p><u>Abusive behavior</u> - destructive, assaults, language, self-mutilation, suicidal thoughts and attempts, physical abuse</p> <p><u>Insanity</u> - uncontrollable mind, psychosis, voices, visions, nightmares, etc.</p> <p><u>Occult involvement</u> - consulting psychics, palm readers, horoscopes, etc</p> <p><u>Cult involvement</u> - blinded to the truth, choose to believe a lie, doctrinal error concerning Christ</p>

2 Timothy 2:26 And *that* they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

Ephesians 4:27 Neither give place to the devil.

2 Corinthians 2:11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.

Luke 13:16 And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?

The Eight-Sided Shield of Defense



Our Shields of Faith

The Roman army that the Apostle Paul referred to in Ephesians 6:10-18 used shields. The shield covered the body. But when the army advanced on the enemy the soldiers used those shields as an impenetrable barrier from the fiery darts of the enemy's arrows. They placed three in the front, one on each side, and three in the back who lifted the shield overhead, thus forming this wall of defense. By this means they overcame the enemy. God has given us shields of faith. A shield is always God's eternal, unchanging truth. It defeats the enemy. There are four major sides to the attack on the believer's mind, heart, emotions and faith. Whenever we give in and begin to doubt these truths Satan has penetrated our armor and won the skirmish. These truths are always true, for everyone, everywhere, all the time. Use them to defeat the fiery darts of the wicked one.

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God

1. God loves you and has a wonderful plan for your life. Jer. 29:11, Rom 8:35-39
2. God cares about you. Matthew 6:26
3. God answers prayer. Matthew 18:18-20
4. God forgives you all your iniquities. Psalms 103:3
5. God works everything out for your good and his glory. Romans 8:28
6. God will supply all your needs. Philippians 4:19
7. God is able to make all grace abound to you in everything. 2 Corinthians 9:8
8. God is able to do immeasurably more... Eph. 3:20

You

1. You are a victor, not a victim. Romans 8:37
2. You are an heir of God, joint heir with Christ. Romans 8:17
3. You are kept by the power of God. 2 Timothy 1:12, Jude 1:24
4. You are forgiven. I John 1:9, Psalms 103:12
5. You are saved and safe in Jesus. John 10:28-29
6. You can do all things through Christ who strengthens you. Philippians 4:13
7. You are protected by God. 1 John 5:18
8. You are blessed. Psalms 34:8

Word

1. God is not a man that he should lie. Numbers 23:19
2. God's word is always true. Proverbs 30:5
3. God's word will never fail. Matthew 5:18
4. God's word never failed. Joshua 21:45
5. God's promises are yes and amen. 2 Corinthians 1:20
6. God will take care of you. 1 Peter 5:7
7. God will provide. Jehovah Jireh - Genesis 22:14
8. God will make a way. Psalm 77

Life

1. The rain falls on just and unjust. Matthew 5:45
2. Bad things happen to good people. Job 1, 2
3. In the world you will have tribulation. John 16:33
4. Man is born to trouble. Job 5:7
5. Sickness happens. Psalm 103:3
6. Accidents happen. Luke 13:4
7. People fail. Psalms 27:10
8. Good people die. Hebrews 9:27

Seven Categories of Temptations

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.

- Where Are Your Weakness?
- What Are Your Easily Besetting Sins?
- What Are Your Re-occurring Temptations?

Rom 1:29-32, 1 Cor. 6:8-10, 1 Cor 10:6-10, Gal 5:19-21, Eph 4:25-31, 2 Tim 3:1-8, Rev. 21:8

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

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,

How To Deal With Temptation

- Flee Temptation – 2 Timothy 2:22
- Resist Temptation – James 4:7 & 1 Peter 5:9
- Endure Temptation – James 1:12
- Pray to Escape Temptation – Luke 22:40

Confess Sin

(Do spiritual inventory, open heart surgery)

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*

A GUIDE TO INTIMATE PRAYER ACTIVITIES

FOCUS ON GOD

Be Still	Be Thankful	Be Worshipful
<p>Focus Use a 3-minute timer to be quiet. Lay on the floor and present yourself to God.</p>	<p>Read Scripture of Thanksgiving. Your guide has dozens of Psalms that are thanks-oriented. Read aloud. Say it in your own words.</p>	<p>Sing a love song to God. Worship is about loving God with all your heart. Minister to the Lord in song, yes, do it aloud.</p>
<p>Relax Slowly and consciously relax your body. Begin with your head and neck and move downward. Say, "Lord, I give you my ____" (mention your body part)</p>	<p>Your Body Carefully examine your body. It is a gift of God according to Ps 139. Look in the mirror. Give thanks for your face, eyes, nose, etc. Examine your hands, arms, legs, toes, etc. Give thanks for all your parts.</p>	<p>Use a worship CD or cassette to prime the pump of praise and worship. Use music that lifts you into the presence of God. Join in the songs - don't just listen. Sing aloud.</p>
<p>Mind-Speak Slowly say in your heart. "Lord, here I am," "Lord have mercy" or "I am yours, still my mind"</p>	<p>Open your eyes to see creation that you often are too busy to observe. Thank God for everything in his wonderful creation.</p>	<p>Read Psalms of praise and worship that exalt the Lord for who he is. Read them out loud.</p>
<p>Sweep Sweep your mental clutter. As things come to mind that demand your attention deliberately put them away, or write them down on a pad to deal with later.</p>	<p>List 100 things you are thankful for in your life. Use the guide to remind yourself to give thanks for everything, the good, the bad, and the ugly. Remind yourself and God that all things are by Him, for Him, and through Him.</p>	<p>Tell the Lord of his excellent greatness in your own words. Use the Names of God. Stop on names that are significant to you and meditate on that name, then praise Him for being that to you.</p>
<p>Sing Softly In your mind and heart sing a slow song about getting still such as Be Thou My Vision, Be Still My Soul, etc.</p>	<p>Use your senses Smell things, taste things, feel things, hear things, as your say "Lord you are good." Flower, dirt, dust, flies, ants, trees, etc.</p>	<p>Write a love letter to God. Tell him how much he means to you. Tell him why you love him. Tell him how important he is to your life.</p>
<p>Walk Slowly Once you have reached a quieter state of mind begin a slow walk. Deliberately slow your walk as you move down a path. Take 15 minutes until by the end you are barely moving.</p>	<p>Thank God for people Remember people who have had an important influence and who have helped shape your life. --parents, your friends, your relatives, your teachers, your pastors, even your enemies.</p>	<p>Take a hymnbook and slowly go through the songs. Pick ones that lift up the Lord's character and attributes. Sing a few acappella songs to the Lord. Worship him with your own musical instrument, your voice.</p>
<p>Listen Listen to a tape or CD of nature, waterfalls, bird songs, wind, waves, etc. If you are in nature just listen for everything you often ignore.</p>	<p>Sing to the Lord Choose hymns or songs that focus on the goodness of the Lord, his creation, his blessings, and his faithfulness. Sing them aloud to God.</p>	<p>Use your whole body to worship the Lord. Lift your hands in worship, smile, kneel, lay down, dance before the Lord. Review all the physical positions of prayer and use them in worship.</p>
<p>Stare-Examine Pick something in nature to focus on and carefully examine with a slow, thoughtful, careful examination. A spider web, ants, clouds, bark of a tree. Try not to analyze but just observe.</p>	<p>Go for a short walk focused on thanking God for everything that you see and experience on that walk. Remember you are walking with God as Adam did in the cool of the day. Enjoy his presence.</p>	<p>Play music to God. David played his harp, not just for the Lord or for his own enjoyment. He ministered to the Lord. If you play an instrument offer a sacrifice of praise to God on the guitar, piano, harmonica, whistle.</p>

A GUIDE TO INTIMATE PRAYER ACTIVITIES

FOCUS ON YOURSELF

Confess Sin	Clothe Self	Cast Care
Read the Scriptures of confessions to prime the pump. Meditate on the confessions of great men of God. Agree with them.	Read Ephesians 6:10-18 concerning the armor of God. Begin the process of identifying each piece and put it on by faith.	Read Scripture concerning God's care for you. Matthew 6 is an excellent starting place. Read aloud.
Use music to begin to confess your sinfulness to the Lord. There are many good songs, hymns, and spiritual songs, that include confession and repentance. Use your guide to help you find them.	Use the "Who I Am" list. Remind yourself what God says about you once you are forgiven. Look up the Scripture for each of those positions God gives us before His throne. Rejoice and reckon it so.	Sing a song to the Lord about your cares and his concern for you. "I Cast All My Care Upon You" is an excellent start. "What A Friend We Have In Jesus" is another.
Do a Spiritual Inventory of your life. Pick just one section and work it through in writing then give it to God.	Pray through the ten forgiveness promises God has given to each of us. Reckon it to be so and thank God for forgiveness.	Use the workbook to work through your own heart-felt needs. Begin with your own personal needs, then your family.
Do "My Besetting Sins" inventory. This helps us identify our recurring sins that need to be addressed specifically to the Lord. These may be strongholds that need to be broken.	Review the promises of God list. Take ten of those promises as your own and in prayer believe God for His promises to you and our family. Memorize one or two of those promises.	Work through "Care" issues and carefully examine your heart for frustrations, worries, fears, anxieties, etc. Focus on your family, finances, future cares.
Write in your journal a thorough confession to the Lord. List you sins, thoughts, attitudes, words, and actions. Be specific.	Deal with accusing thoughts that make you feel like these things are not true. Talk back to the devil. Tell him what God says.	Write in your Journal List some of your goals and hopes for the future. Plan a vacation. Work on finances. Dream God's dreams for you.
Focus on your primary sin and talk to God about that issue. We all have them. It may not even be sin but it might be a major temptation or thought pattern that is displeasing to God. Tell him about it. Ask for his cleansing.	Declare out loud what God declares to be true about your authority in Christ. Act on your authority. Bind the enemy. Resist him. Claim victory over all the power of the enemy.	Go for a walk with worship CD music playing. As you walk enter into the songs with rejoicing that the Lord cares for you and will never leave you nor forsake you. Rejoice He cares for you!
Review the commands of God in your workbook. Remind yourself that the Lord's commands are good. We fail to meet the law's demands. Tell God how you have "missed the mark."	Take back the territory the enemy has stolen from you. By faith build a hedge about your own heart and life and that of your family. Declare God's victory.	Read a devotional – a book, a chapter, a daily meditation that deals with God's provision and care for you. Meditate on that.
Receive His forgiveness. We are not called to just bemoan our sins and feel bad. Confession is so that it might be cleansed. Hebrews says, "Let it be healed." So apply the 10 things God says he does with our sin.	Use Scripture in Isaiah to comfort your own heart. Our helps guide has a list of the Isaiah comfort passages that are very helpful in seeing and hearing what God has to say about what he intends to do for you. Wear it.	Pray! Lay down each of your heavy burdens to the Lord. Lay it before him. Write it out then place that sheet of paper on the floor before you and tell the Lord your cares and concerns. He cares.

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.

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

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	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.
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.
	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 W O R L D	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.
L D	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.
	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"> - 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"> - 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"> - 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"> - 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"> - 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"> - Worship & Adoration - Praise & Celebration - Give Thanks 	<p><u>Sunday</u> - <u>Focus Solely on God's Glory</u></p>	

FIND A PRAYER PARTNER

When God created man he said, “*It is not good that man should be alone.*” There are times to be alone and there are times to be with other people. Praying with a prayer partner is one of those special times in our lives when the Lord is very present. Jesus often prayed with Peter, James and John. They had a prayer partnership. Later we see Peter and John going to the Temple together at the hour of prayer. Two walked together on the road to Emmaus and their hearts burned within them as the Lord joined in their conversation.

Matthew 18:19-20

If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.

Ecclesiastes 4:9-12

9 Two are better than one; because they have a good reward for their labor. 10 For if they fall, the one will lift up his fellow: but woe to him that is alone when he falls; for he has not another to help him up. 11 Again, if two lie together, then they have heat: but how can one be warm alone? 12 And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

Malachi 3:16

God even keeps a record of those who often speak one to another of Him. *Then they that feared the LORD spoke often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name. And they shall be mine, says the LORD of hosts, in that day when I make up my jewels; and I will spare them, as a man spares his own son that serves him.*

How To Choose A Prayer Partner

- Someone of the same gender (male or female).
- Someone with whom you can confide.
- Someone with whom you enjoy fellowship and sharing.
- Someone who is spiritually mature.
- Someone who needs you, as you need him/her.
- Someone faithful who will keep the appointment.
- Someone with a “kindred spirit.”
- Someone you trust implicitly.

PRAYER ACCOUNTABILITY PARTNER

The purpose of accountability is *“To each day become more Christ-like in all of your ways.”* Remember it is Jesus who is the object of our search, our devotion, our sacrifice, and our affection. Anything less than intimacy with the living Lord will be a pallid achievement of your time together. Usually accountability is with one or two others, but no more. *“A three-fold cord is not easily broken.”*

Suggested Guidelines:

1. Try to ensure each person gets equal “air time.” However, if one of you has a particular hard struggle one week, be flexible enough to focus on that issue even if it takes an hour.
2. Let each person work through a section at a time, then let the other(s) answer. This will keep things moving better. In a one-hour meeting each has 15 minutes to share, then pray a minimum 15 minutes.
3. Don’t get bogged down on the questions and neglect the prayer time. Focus on praying for and with one another.

Questions to Start Off the Meeting:

1. How has God blessed you this week? (What went right?)
2. What problem has consumed your thoughts this week? (What went wrong?)
3. Has any temptation overcome you?

Spiritual Life

1. Have you read God’s Word every day? (If not, why not?)
2. Describe your prayer life. (Is it regular, consistent, rewarding? Is God answering your prayers? What are you believing God to do? Be specific.)
3. How is your relationship with Christ changing? (Is anything stagnate?)
4. Did you really worship in church this week? Was your faith stimulated, challenged, strengthened? Was God pleased with your worship?
5. Have you shared your faith this week? With whom and in what way? How can you improve?

Critical Concerns

1. Are you in the center of God’s will right now? Do you sense God’s presence? His peace? His anointing on your life and ministry?
2. What are you wrestling with in your thought life? (Be honest, specific, real.)
3. Is your ethical behavior what it should be? Have you told little white lies, skirted the truth, cheated a little, or compromised your standards in any way?
4. Are your priorities in the right order? What are they? Are you tithing? Serving in a ministry? Sacrificing? Are you discipling or mentoring anyone?
5. What is happening in your marriage and family? Struggles? Failures? Do you have devotions with your spouse? Your family? (If not, why not?)

Intensive Intercessory Prayer



There are times in our lives and in the ministry of the church that the greatest need is to go to God is desperate intercessory prayer on behalf of others. This is a “Call to Prayer.” A “Call to Prayer” can take on many different forms.

In our experience there are significant times to call the church to intensive prayer; In a time of internal crisis and division, a time of attack or oppression from the enemy, when great decisions such as a building program are looming, when many marriages, individuals, backsliders or lost people are in crisis or need the Lord, and before a special event. Here are some tested and tried prayer strategies that may be planned:

1. Early Morning Prayers – every morning between the hours of 6 a.m. and 7 a.m the church is called to prayer. Wherever they are, in the car, in the shower, at the breakfast table, or in the prayer closet or church, every committed prayer warrior goes to God with the same needs for one week.
2. Lunch Hour Prayers – every lunch hour ½ hour is dedicated to God to seek his intervention on behalf of those who need him. This is a week long commitment.
3. Twenty-four Hour Prayer Chain – this is a prayer schedule for each 24-hour period during an entire week. People volunteer to “man” a ½ hour time slot each day of the week. The hard part is usually the 1 a.m. to 4 a.m slots. A tag team approach can be used in which each pray-er tags the next in line with a phone call to wake them up to pray. The clock needs to be displayed for sign ups at least two consecutive weeks before the prayer week.
4. A Day of Fasting – fasting can be done many different ways. It is not always about leaving off eating all food. It can be a soup and juice fast, and only water fast, an entire week fasting one meal for the purpose of prayer, or for instance, giving up TV from 9 p.m. to 10 p.m. each even to fall on your face before God in prayer.
5. Home Cottage Prayer Gatherings – either one night is designated as intercessory prayer night with at least five homes being “Houses of Prayer.” These homes should be spread throughout the communities from which church people come. Example: Grove City College, Slippery Rock University, Grove City, Mercer, Slippery Rock, New Castle-Volant, Lake LaTonka, Sandy Lake, and other locations. At the same hour all homes gather two to eight people to pray for 55 minutes for the specified requests.

6. All Night Prayer Vigil or Half-Night Vigil – the church is opened and organized for a minimum of four hours of prayer. It is similar to a Concert of Prayer with every 20-30 minutes praying in a different manner, about different matters, by different people, even in different rooms. It can be a delightful time if organized and equipped properly. All night vigils are more difficult to populate but can be done with the interesting twist of shift-work. People sign up for prayer shifts in the three “watches” of the night: 9-12 midnight, 12-3 a.m., and 3 a.m. to 6 a.m. Coffee and refreshments should be provided as well as a schedule for active prayer as opposed to passive one-at-a-time prayers. The period of 8 p.m. to 12 midnight also works well.
7. Saturday of Sunday Morning Prayer Breakfast – If the church is not conducive for this because of many competing activities and to simplify matters it can be done at a local restaurant that has separate banquet facilities where meetings can take place.

We recommend that the Pastor of the congregation preach on the crisis and need and a clear plan an outline of events be promoted by a prayer team, so the leadership is spread throughout the congregation. Visibility of the effort is essential to its success. Leaders must be excited about doing it together. Excitement breeds excitement.

Corporate reading of the same prayer material is also helpful. Such books as *The Purpose Driven Life* by Rick Warren, *The Bondage Breaker* or *Victory Over Darkness* by Neil Anderson, *Mighty Prevailing Prayer*, or *Touch the World Through Prayer* by Wesley Duewel, *Binding and Loosing* by Neil Foster, or *The Authority of the Believer* by J.B. MacMillan.

Specific and clear purpose for these intercessions needs to be established. Too many prayer meetings are insipid because they lack passion and urgency. People need to feel the urgency otherwise they will see no motive for the effort. A clear and compelling call to prayer is needed along with clear and very specific prayer targets, whether individuals, situations, or desperate needs. Be specific about the need or needs. Be specific about what you are asking God to do, or about what you are asking God for.

A CONCERT OF PRAYER

INTIMACY & INTERCESSION



AN INTIMATE EVENING WITH GOD

WAITING ON THE LORD TOGETHER

6:30 PM TO 8:00 PM

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. – 2 Chronicles 7;14

WHAT IS A CONCERT OF PRAYER?

This Concert of Prayer is based on the style developed by David Bryant in Concerts of Prayer International. Ours contains four areas of prayer 1) Rejoice 2) Repent 3) Requests 4) Renew. Music is part of our prayers as Paul exhorted the church to “speak to one another in psalms, hymns, and spiritual songs, making melody in your heart to the Lord.” This is part of “ministering to the Lord.” Our purpose is to wait on the Lord, to listen to him, as well as to jointly carry our burdens to the Lord.

LEADER:

Someone must act as the director for the concert. This means he or she must remain at the platform area or at least near a microphone to coordinate the segments. Each division can be separated by a hymn or chorus appropriately chosen. Also, the leader needs to be time aware and ring a bell, lead a chorus, or announce between the segments to transition to the next.

MUSIC:

Music can be played softly on a CD in the background during prayers. This often enhances the prayer time and avoids uncomfortable silence. Keep it soft instrumental music. People should be encouraged to minister to the Lord as He leads. If a group senses a chorus arising in their hearts they should be free to lead out, others will join in as the Spirit leads.

SCRIPTURE:

God speaks! That is why we spend so much time in cultivating intimacy. Let God speak through his Word. An open Bible is a wonderful prayer tool whether with Psalms of praise, or admonishments and exhortations, or encouragement. Let it be Scripture read aloud so all can hear. Praying Scripture has a powerful effect on all of us. It is God speaking to the pray-ers.

SPIRIT OF GOD:

Be sure to let the Spirit of God lead. If there is a segment that lends itself to more fervent prayers and tears, don't interrupt it just to keep on schedule. The schedule is a guide, but Jesus is Lord! If revival breaks out in times of confession or burden bearing you don't want to quench the Spirit. Go with God and you cannot go wrong.

SOLOS, TRIPLETS, AND SYMPHONY:

We encourage you to divide the congregation up into sets of three, called "trio," for the purpose of focused group prayers. People should feel free at the beginning of the session to find their own group partners with whom they may be comfortable.

FORMAT

- Songs that Tune our Hearts
- Scriptures that Focus our Prayers
- Supplication in solos (1), trios (3), Symphony (all together)

PRAYER ROOMS:

During the prayer request time we have prepared separate rooms for prayer for the various concerns. Groups should circulate at the prescribed time to the next room on the list in this order, People, Missionaries, Unreached Peoples, and Our Nation. Spend about 5 minutes on each then move to another room.

AN EVENING CONCERT OF PRAYER

6:30 p.m. - 8:00 p.m.

Orchestrated Prayer

Each segment of prayer will be between 10-15 minutes in duration. A bell will sound for changing the flow of our prayers from solo, to trio, to symphony. A musical chorus will close each segment.

1. Rejoice (10-15 minutes)

Suggested Songs - *My Tribute, Bless the Lord, I Love You Lord, My Jesus I Love You*

Scripture - Psalm 100

- (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)
- Share Psalms of Praise

Suggested Song - *How Great Thou Art, I Exalt Thee, As the Deer, Thou Art Worthy*

2. Repent (10-15 minutes)

Suggested Songs - *Refiners Fire (Purify My Heart)*

Scripture - Daniel 9:4-19

Supplication - Share among yourselves some sins we need to confess

- Sins of my heart (solo)
- Sins of my church (trio)
- Sins of my nation (symphony together)

Suggested Song - *It Is Well (My sin O the bliss!)*

3. Requests & Petitions (20 minutes)

Suggested Songs - *I Need Thee Every Hour, What a Friend We Have in Jesus*

Scripture - Ephesians 1:16-23

Supplication - Rooms are provided for solo and trio prayers (see insert)

Intercession: Focus on the World (5-8 minutes on each segment)

- | |
|---|
| <ol style="list-style-type: none">1. <u>Church Family</u>: Pray for people and ministries2. <u>Missionaries</u>: for prayer for the world's peoples, missionaries.3. <u>Unreached People</u>: for those who have never heard the Gospel4. <u>United States</u>: for revival and our national leaders, President, Cabinet, Judges |
|---|

Sharing - burdens - personal burdens, church burdens, missions burdens

Suggested Song - *Great Is Thy Faithfulness, Burdens are Lifted At Calvary*

4. Rest & Renewal (10 minutes)

Suggested Song - *I Surrender All*

Scripture - Isaiah 40:28-31

Supplication - Listen to God in Silence and use Scripture "thus saith the Lord."

Surrender - Come to the altar and light a candle with your final requests.

Closing Song - *Cares Chorus, I Cast All My Care Upon You, Learning to Lean*

Leave quietly and carry the burdens and requests God has placed in your heart.

How To Enjoy Your Bible

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Heb 4:12

The Bible is God's primary agent for transforming our new lives in Christ. The Word of God is powerful in its effect on us. The more we expose ourselves to the Word the more we become like Christ. It is like getting a sun tan. The more you are in the sun the better the tan. The more you read God's word the more you will grow in faith. Even one verse each day can make a tremendous difference in you.

A good way to get the most out of what you read is to look for God's hidden treasures in his love letter to you. Here is how.

P = Look for a promise to claim.

E = Look for an example to follow.

P = Look for something to pray about.

S = Look for a sin to avoid.

I = Look for an instruction or command to follow.

You won't find all of these in every passage you read but usually you will be able to find a couple of them.

Remember the Nine-Minute Devotional Plan

Here is a simple pattern for daily prayer in a 9 minutes.

- 3 Minutes - Ponder His Word
- 3 Minutes - Praise His Worth
- 3 Minutes - Petition His Will

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. – Joshua 1:8

III. Hints For Enjoying Prayer

- ◇ Practice Quiet – Be Still - quiet time (closet, close the door) .
- ◇ 3-Minute Timer – don't stall or get distracted. Keep focused.
- ◇ Vary Positions – keep your body involved in prayer.
- ◇ Journal – your thoughts as a prayer - Dear Lord today...
- ◇ Meditate – on creation, his works, his cross, psalms, a verse.
- ◇ Plan – have a plan. *Failure to plan is a plan to fail.*
- ◇ Schedule – schedule God! Put him in your daily planner!
- ◇ Prayer Days – (once a month: 2 hrs to a day - a God soaking).
- ◇ Prayer Retreats – (weekend with God, or a night and a day).

IV. Forty Days of Devotions

Habits take time to develop. Usually a thing done consistently for 40 days, or about 6 weeks, will result in new patterns of behavior - thus a new life-discipline is born. If you are not consistent in reading your Bible every day then try this plan for six weeks.

Great Psalms	Great Stories	Great Truths	Great Comfort
Psalm 1	Genesis 1	John 14	Isaiah 40:21-31
Psalm 23	Genesis 3	Ephesians 1	Isaiah 43
Psalm 27	Genesis 6	Hebrews 1	Isaiah 44:1-3, 21-24
Psalm 46	Genesis 19	Revelation 1	Isaiah 51:11-16
Psalm 51	Exodus 20	Gal. 5:19-25	Isaiah 53
Psalm 84	I Kings 17	Philippians 2	Isaiah 54
Psalm 86	II Kings 2	I Thess 4:13-18	Isaiah 55
Psalm 100	II Kings 4	I Timothy 6:6-12	Isaiah 59:16-21
Psalm 103	Daniel 3	Romans 8	Isaiah 61
Psalm 139	Daniel 6	James 1	Isaiah 64

From there take little books of the Bible and read a chapter a day. Galatians (6), Ephesians (6), Philippians (4), Colossians (4), James (5), I Peter (5), II Peter (3), and I John (5) are good places to start. They add another (38) days to your disciplines. Include Proverbs for 31 more days of devotional discipline.



Three minutes can transform your prayer and devotional life. Use a three-minute egg timer to train yourself to keep focused at prayer and Bible reading each day. Praise, Ponder, and Petition are great starting places. It's simple, yet profound!

Positions & Actions in Prayer

In praying we often adopt certain ways and stick into that pattern the rest of our lives. In studying the Word of God we find that prayer was not the passive event that we so often experience. The prayers and the pray-ers of the Bible were active in prayer. A wonderful way to rejuvenate your Prayer Life is to begin exercising yourself in prayer as God intended. Take the Word seriously, not just the commands but the examples as well. Here are a few activities to practice as you pray.

1. Eyes open - John 11:41 / John 17:1
2. Tears shed - I Samuel 7-10/ Psalm 126:5-6
3. Shout/applaud/cheer - Ezra 3:11-14/ Ps 47:1
4. Sing - Psalm 100:4/ Ephesians 5:19
5. Loud voice - Acts 7:60
6. Unison - rush together making same noise - Acts 4:24
7. Speak to obstacle - Joshua 10:12 "Sun stand still"/ Mat. 21:21
8. Speak with no sound - I Samuel 1:7-10
9. Say "Amen" to others prayers - I Cor. 14:16
10. Fast - 2 Samuel 12:16/ Isaiah 58:6
11. Stand up - Nehemiah 9:3-5
12. Kneel - Eph. 3:14/ Philip.2:9-11
13. Lay down on bed - 2 Kings 20:2
14. Lay face on ground - 2 Chronicles 7:3
15. Walk (pace) - 2 Kings 4:33-35
16. Squat/bow down 2 Kings 18:42/ Ps. 95:6
17. Dance - 2 Samuel 6:14-16
18. Walk away, be restored - Mat. 5:23-24
19. Sackcloth & Ashes - 2 Kings 19:1
20. Sit - Mt. 26:36 / Mark 14:32,37-38
21. Bow head - Isaiah 58:5
22. Raise hands in praise - Psalm 134:2/ 143:6
23. Raise hands in authority - Exodus 17 8-15/Heb.12:11-12
24. Touch together the thing - Mat. 18:19 (sumphoneo)
25. Lift hand in blessing - Luke 24:50
26. Lay hands on (for commissioning) - Hebrews 6:2/ 1 Tim. 4:14
27. Anoint - Mark 6:13/ James 5:13-15
28. Spread it before the Lord - 2 Kings 19:14-15

Places of Prayer

Where Do You Pray?

Be careful not to make prayer a thing limited to your secret closet or at church. Praying is to be done everywhere. Paul exhorts us to prayer everywhere, and for all men. What would happen if we actually did that?

Try this:

Instead of praying for people, pray with people. Instead of telling people we will pray for them, stop right then and there and pray with them. Whether you are in an office, a factory, a supermarket, on a street corner, or on the phone, practice praying everywhere by praying with people, not just for people. Whenever possible, lay your hand on them as you do. You will find it exciting and it leaves a godly impression upon the recipient.

OUTDOORS

Mountain top - Luke 9:28-29
Wilderness - Mark 1:35
Desert place - Mark 1:35
Riverside - Acts 16:13
Garden - Mat 26:39-42
Hillside - Mat 14:23
On camping trip - Gen 32:24-30
Under a tree - 1 Kings 19:5
In a cave - 1 Kings 19:9
Beside a brook - 1 Kings 17:3-5
In a chariot - Acts 8:36-37
Up a tree - Luke 19:3
On the street - Acts 3:1-6
Street corners - Mt 6:5
Apart about a stone cast - Luke 22:41
By a brook - 1 Kings 17:3-5
On a walk - Luke 24:32

INDOORS PLACES

In a closet - Mt 6:6
In a home - Acts 12:12-13
Bed room - Daniel 6:10
Upper room - Acts 1:13-14
In synagogues - Mt 6:5
Roof top - Acts 10:9
At the table - Acts 27:35
In the Temple - Acts 4

PLACES OF TROUBLE

In a fiery furnace - Dan 3:25
On a boat - Jonah 1:6,14
Tossed at sea - Mark 4:8
Lions den - Daniel 6:22
Bottom of a well - Jer 38:6
In a dungeon - Acts 16:24-25
Isle of Patmos - Rev 1:1-2
Hanging on a cross - Luke 23:42
While being stoned - Acts 7:59-60
From belly of whale - Jonah 2:1

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 and 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.

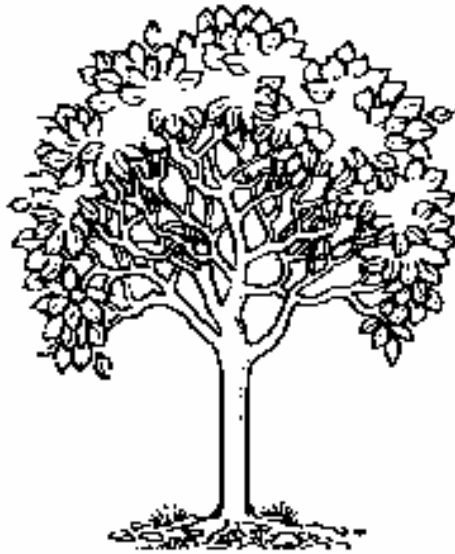
It is not necessary to buy a journal that is made of genuine bonded leather. Just a lined spiral notebook will do. Begin by putting a title on the cover so you know what is in that journal. I like the half-sheet notebook better than the 8 ½ by 11. It's less threatening to write a half a page.

- 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. See if it isn't rewarding.

READ THE BIBLE THROUGH IN A YEAR



“HE SHALL BE LIKE A TREE, PLANTED BY THE RIVERS OF WATER, THAT BRINGS FORTH ITS FRUIT IN ITS SEASON, WHOSE LEAF ALSO SHALL NOT WITHER, AND WHATEVER HE DOES SHALL PROSPER.” — PSALM 1:3

HOW TO READ THROUGH THE BIBLE

Did you know that in less than 13 weeks (Jan-Mar) you can read through the entire New Testament? We challenge you to at least read through the New Testament during the first 100 days of the year 2003. Many people start their "Through the Bible" effort with Genesis and give up somewhere in Leviticus. Start with the New Testament and it will be easier. You can read through the entire New Testament in less than 20 hours, that's less than an hour and a half per week – about 12 minutes a day!

Daily Readings

Bible reading is a great way to schedule time alone with God whether in the morning or the evening before going to bed. Each reading is about 3 chapters in length. You ought to be able to do it in less than a 1/2 hour. Discipline yourself to do it at the same time and place every day.

Sunday Readings

Sunday is make-up day. If you missed any reading or if you read only a few chapters per day make up for lost time by reading for an hour on the Lord's Day. You may even choose to make Sunday afternoon your entire Bible Reading Time. In three hours reading you can make up the entire week.

Reading Out Loud

Getting sleepy while reading the word is a common problem. One way to overcome the sleepiness is to read the Bible out loud. It can be whispered or in a loud voice. It helps. Try standing up and reading from a raised desk. It is harder to fall asleep while standing.

Listening Through the Bible

The Bible on Cassette tape is a great way to go through the Bible in a year. There are advantages to this kind of reading. 1) You can be involved in other things while listening - like jogging, walking, ironing, etc. 2) The pace is always the same, and the difficult words are pronounced for you.

Notebook in Hand

One of the drawbacks to listening to tapes is that you cannot mark your Bible while the reading is going on, unless you are accompanying it with your Bible open. Whether you listen or read the Bible through try keeping a journal of your reading either with a notebook handy while you read or marking in the margin of your Bible. As you search for promises to live by pay particular attention to Jesus' power over "all the work of the enemy." Wherever you are in the Bible there are things to pay special attention to. Nothing is so precious as to discover new and precious promises.

READING THE NEW TESTAMENT & PSALMS

Read the New Testament & Psalms in 95 days
New Testament Time – 18.5 hours to read 260 chapters

FOUR WEEKS IN THE GOSPELS

WEEK 1 - MATTHEW
WEEK 2 - MARK
WEEK 3 - LUKE
WEEK 4 - JOHN

FOUR WEEKS IN HISTORY & FUTURE

WEEK 5 - ACTS
WEEK 6 - REVELATION
WEEK 7 - 1 CORINTHIANS
WEEK 8 - 2 CORINTHIANS

FIVE WEEKS IN EPISTLES

WEEK 9 - GAL, EPH, PHIL, COL.
WEEK 10 - 1-2 THESSALONIANS, 1-2 TIMOTHY, TITUS
WEEK 11 - HEBREWS & PHILEMON, JAMES
WEEK 12 - 1-2 PETER, 1-2-3 JOHN, JUDE
WEEK 13 - ROMANS

SIX WEEKS IN PSALMS

WEEK 14 - PSALM 1-23
WEEK 15 - PSALM 24-50
WEEK 16 - PSALM 51-70
WEEK 17 - PSALM 71-99
WEEK 18 - PSALM 100-119
WEEK 19 - PSALM 120-150

THREE WEEKS OF WISDOM

WEEK 20 - PROVERBS 1-16
WEEK 21 - PROVERBS 17-31
WEEK 22 - ECCLESIASTES 1-12 / SONG OF SOLOMON 1-8

Dig For Treasure!

P = Promise to claim
E = Example to follow
P = Prayer concern
S = Sin to avoid
I = Instruction to obey



STUDY TO SHOW YOURSELF APPROVED UNTO GOD, A
WORKMAN THAT NEEDS NOT BE ASHAMED, RIGHTLY
DIVIDING THE WORD OF TRUTH.
2 TIMOTHY 2:15

READING OF THE OLD TESTAMENT

*APPROXIMATELY 25 CHAPTERS PER WEEK
OR ABOUT 12.5 MINUTES PER DAY*

THE LAW OF GOD

WEEK 23 - GENESIS 1-25
WEEK 24 - GENESIS 26-50
WEEK 25 - EXODUS 1-20
WEEK 26 - EXODUS 21-40
WEEK 27 - LEVITICUS 1-27

HISTORY OF ISRAEL

WEEK 28 - NUMBERS 1-36
WEEK 29 - DEUTERONOMY 1-34
WEEK 30 - JOSHUA 1-24
WEEK 31 - JUDGES 1-21 / RUTH 1-4
WEEK 32 - EZRA (10) NEHEMIAH (13)

HISTORY OF DAVID

WEEK 33 - 1 SAMUEL 1-31
WEEK 34 - 2 SAMUEL 1-24
WEEK 35 - 1 KINGS 1-22
WEEK 36 - 2 KINGS 1-25
WEEK 37 - 1 CHRONICLES 1-29
WEEK 38 - 2 CHRONICLES 1-36
WEEK 39 - ESTHER 1-10/

SUFFERING SERVANTS

WEEK 40 - JOB 1 - 20/ JOEL 1-3
WEEK 41 - JOB 21-42/ AMOS 1-9
WEEK 42 - JEREMIAH 1-25
WEEK 43 - JEREMIAH 26-52
WEEK 44 - JONAH 1-4/LAMENTATIONS 1-5
WEEK 45 - EZEKIEL 1-24

JUDGMENT & PROPHECIES OF END TIMES

WEEK 46 - EZEKIEL 25-48
WEEK 47 - ZECHARIAH 14/DANIEL 1-12
WEEK 48 - ISAIAH 1-40
WEEK 49 - ISAIAH 41-66
WEEK 50 - HOSEA/JOEL/AMOS/OBADIAH/JONAH
WEEK 51 - MICAH/NAHUM/HABAKKUK/ZEPH / MAL

YOU ARE DONE!!! YOU HAVE FINISHED THE BIBLE!