A Little Prayer Book

by

Followers of *The Way*

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Preface

This is a book of prayers formed and accumulated over the years by many people in multiple contexts. Since I am unable to determine where all of these prayers came from I will not apply credit to any particular individuals, except for what is offered in the acknowledgements section. Instead, I will give credit to the followers of The Way. Early Christians were referred to as followers of The Way, and were only later known as Christians. As you may know, the Way is Christ— the Messiah and Lord and Teacher for the people, who remains with us to this day in the Spirit.

As you begin to consider implementing these prayers into your life and practice I would like to offer a few comments. First, know that God is the most important consideration. He is the power behind the prayers and the purpose for which we pray. As much as you are able, keep your eyes focused on him and seek his presence while engaged in these prayers. You will always be able to know that God is with you either by faith or experience. Either way, let him be the one you fix the inner eyes of the heart on as you enter into the holy of holies of his presence.

In this way, as much as you focus on sin or wounds or the action of the prayer, you will be led astray. When you focus on the behavior of sin it becomes ever-present. You do not gain victory over anything by focusing on it. You switch your attention to the very thing that you desire, that God in his will is able to release. You overcome the struggles of the Christian life by setting your gaze on God and his holiness and his provision, not you and your imperfections and what you can do. If you rely too heavily on the prayer then the prayer becomes more important than God.

It would also prove beneficial to know you are not praying with your mind exclusively or only. As Paul wrote in Ephesians chapter six we are to pray in the spirit for all the saints. Praying in the spirit, or Spirit, is not mental, it is spirited, spiritual. This version of prayer is deeply spiritual from a sacred space within you, not from the mental machinations of cognition. So, get out of your head and into your heart.

As you pray these prayers, pray in reference to the spirit of the words in each prayer, not just the words. You may pray by reading through the prayers word by word, but if the Lord prompts you to digress into a spirited prayer led by him, please do so. Many pray best when engaged in a task as the Lord speaks to the heart, revealing what to pray without any script. As you do this, take your time, don't rush through but linger in the prayer as the effect is applied deeply in you.

Additionally, we typically pray asking for what we don't have to a God who can provide for us. This is known as supplication or petition and these are very good prayers. I would like to urge

you to make a shift, to pray for what may not be present in your life, or at least you don't see it. The shift is to pray as if these things are already present. In this way you are praying regarding the things that are not as if they are. In faith you can capture a vision of recovery, or what you sense is God's will in a situation, and pray in the present tense as if it is a current reality.

While engaged in these prayers, press on until you sense an answer has come or an inward change has occurred. This will reveal God's work in you is complete or on its way. Praying a prayer one time may be sufficient, but I have found that when you press on you begin to bring the answer to you. Don't give up, continue on, and pray hard until the answer comes. Then, when you sense the result has come know that the work of God in you is being finalized.

Know as well, that the Lord speaks to his people, so listen for his Voice (see John 10:27). Our God is a speaking God and we would be lost if we did not hear him. Listen for his voice and know that it may come in circumstances, other people or events, your own thoughts or feelings or sensations, or even in dreams and visions. God is always talking, able and willing to provide his answer in any situation. Our stance is to be still and silent enough to hear him speak in us.

Keep in mind that the Lord's involvement very often, if not always, results in peace, so endure in prayer until you sense his peace. (John 14:27, Romans 15:13) God's best work in our lives culminates in a peaceful heart, so look for this and know that this is a confirmation that he is with you, bringing his work in you to a positive outcome.

Now, seek the Lord, let him be the one you fix your eyes on, the inner eyes of the heart. And our God, the Author and Perfector of our faith, will provide us with joy that strengthens us and helps us endure. As a reminder, consider your spirit, pray less with thoughts and feelings and more with spirit, moving through all the parts of you until you arrive in the deep place of spirited inner being. It is your spirit that is most connected to God's Spirit, and has all the wisdom and power to guide you through any situation.

May God bless you richly with his presence and power and provision.



1. Establishing Belief

The Holy Scriptures say a whole lot less about certain steps to inclusion, how to get into the Christian club, than modern day Christians do. The predominant standard for the early Christian church was belief. Believing in Christ as the Son of God, that he lived, died, and rose again, was about all that was required. Yet, even this wasn't always insisted upon.

Christ didn't check anyone's credentials before they received a healing or began to follow him. He even offered miracles to anyone and everyone without assuring that they measured up to certain criteria or understood anything in particular. If there was anything consistent about what the Lord expected of those who followed him it was to maintain a lifestyle of self-denial. In addition to this, he did say this phrase very often: "Your faith has made you well." I would like to conclude that faith and belief and believing are very important.

This is not very clearly something rational, but rather something very close to the heart, and therefore something that changes a person from the inside out. Belief as it is offered in Scripture has very little to do with a doctrinal statement, so we ought to just give all that up. There is also no reference in the Bible to accepting Jesus Christ into your heart as your personal Savior, which appears to be more about the head than the heart. There is no need for a "Sinner's prayer" or "The Four Spiritual Laws." Most people that Christ or the early leaders encountered didn't pray anything and there was no assurance that they believed in "the right way." Many people who Christ talked to or healed didn't even know who he was afterward when others, like the religious leaders, asked: "Who did this to you?" From what I can see the focus was on the spectacular loving action that Christ and his followers offered and not on the recipient's thoughts or behavior in response.

In belief there is little emphasis on doing or performing as if any action on our part will help secure a spot in heaven. The main point about real Christianity is that there is nothing anyone can do to earn it; it is simply received as the greatest gift ever known. Heaven as a far away place that we will eventually get to if we do things right was a foreign concept to early Christians. When Jesus said the Kingdom of God was near and within he meant an ever present current reality that is a power ready to be unleashed. So, no one achieves it, but simply receives it. No one does anything other than know God did everything for us. And, it is not for another time, but now.

I have always liked the story of the thief on the cross with Christ. This guy was a convicted criminal worthy of death so there was nothing wholesome about his lifestyle. One of the gospels gives the impression he was part of a large group of people hurling insults and mocking Christ. Then, in one brief moment he looked at the Savior dying next to him and realized that

there was something extraordinary about the man on the middle cross. With the eager intent encased in this new realization he asked if he could go to the place where Christ was going. The Lord then told this man he's in, that he would be with him in Paradise on that very day! All this was credited to this man's account before he had the chance to get down and earn it or prove that he really understood the message. He didn't even have the chance to clean up his life or put on a good face before he met Christ. He didn't go to a beginning believer's class or teach Sunday School or play some religious role that affirmed his entrance into the group. He just gave a momentary look, Christ discerned something in the man's heart, and there you go.

We would do well if we could make belief and believing that simple. If we treated it as something that entirely rests on God's performance for us and not our own, that would surely help. Who really understands salvation and grace anyway? Just jump in, and you might get it later, or maybe not.

Even more, Christ not only died for our sins because we are sinners, he died to bring us back to him because he loves us so much. He wants relationship, intimate communion, oneness, so he gave a lot so we could get a lot. He died because he loves us. Jesus died to reveal how much we are loved and accepted and valued. This is the Gospel— you are loved.

I heard someone say recently that the early followers of The Way *belonged* before they *believed*. Look through the gospels and you will see that this is true. Many didn't really understand a whole lot, but they entered into this dynamic movement because they were loved and valued like never before. Love is all you need to know, and love eclipses knowledge every time.

I have a prayer that I would like for you to consider. I'm not even saying that there is a guarantee that praying the following prayer is going to do anything for you. You do not get all the great gifts God has for you because you pray a prayer. You already have everything; you only need to realize it. With this in mind, I offer this prayer:

"Lord God, I confess that I believe You and I believe in You. I believe that even though I don't always love myself, I know You love me. You died to reveal my value to You. You rose again on the third day that I may have life. I believe that there are so many things that I don't understand, so teach me what I am to know. I believe You are a good God who gives me so much and I receive all that You have for me. As I walk with You I know I will come to understand all that You have given me. I believe You and I love You back."

2. Offering Confession

You are probably very familiar with confession. In confession you simply agree with God that there is something about you that keeps you from him and his purposes, so you admit this to him. When you confess to God you are forgiven. (1 John 1:9) When you confess to other safe and trusted people you are healed. (James 5:16)

So what do you confess? You confess your sins. These are behaviors, thoughts, emotions, intentions, attitudes, beliefs, and lies. You can also confess the root cause or energy behind the sin.

All of these things, everything you have done, are doing, and will do, have already been taken care of on the cross. Jesus Christ died and everything about you died there also. You died with Christ! In a very real sense you were there with him dying as he died. Everything about you that is dark and not of God was nailed to the cross of Christ as his body was nailed against those wooden beams. He took all of your junk on himself and his blood covers you. Your acknowledgement of this applies the effects and power of the cross and the blood to your life as you identify with the Savior's death. Being covered with the blood of Christ from the cross is a powerful reality in our lives that removes all of these dark elements. You may even see this in your mind's eye, the spiritual eyes of the heart. Seeing Jesus on the cross dying for you is a powerful tool.

We tend to stop there with confession, but we do need more. The cross of Christ and his blood are essential for forgiveness and healing, yet we also need the power of the resurrection. Jesus died for us and his blood is the power that cleanses. Additionally, the powerful influence of the resurrection enables us to disable and destroy the old life so that we may activate the new life in Christ. Here is an astonishing fact: you rose with Christ on the third day! You died with him on one day and rose with him on another day. Seeking resurrection power to be applied to every part of us is another amazing reality as we live the Christ-life.

Sin and sinning usually, if not always, creates a wound. Sin results in wounds and wounds generate sin. It is a seemingly endless cycle. Confessing the sin is important, but don't forget the wound. The blood from the cross AND the power from the resurrection need to be applied to the sin AND the wound. Keep this in mind when you offer the prayer of confession.

In addition, as we confess to God we need to be certain that we are removing all our self-effort while relying completely on God to help us overcome and remove the sin. The Spirit of God helps us here by activating the power of the cross and the resurrection that is flowing in us. As

we completely depend on the Spirit he releases this power out through us to completely overcome the sin.

Sin has been defined as missing the mark. The mark is perfection and when you sin you miss this intended goal. In another way, missing the mark is living in reference to your false self or old self and not your true self or new self. Confessing sin is getting rid of something so that you can be who you really are, who God made you to be. When we sin we can say, "That's not who I am." God didn't make us to be sinners, those who miss the mark; he made us to be a spectacular new creation, those who hit the mark of perfection. We are able to do this with his help.

With all of this in mind the following prayer has been crafted. I encourage you to speak this prayer out loud to God as a statement of confession. You may also choose to admit these things to another trusted and safe person. In this way you will receive:

Forgiveness AND Healing

By the power of the Cross AND the Resurrection

For the sin AND the wound

Then, the person who God made you to be will be represented in your daily life. Your new self created to be like God will be manifested in all you do. Please pray with me:

me from all unrighteousness. I receive Your fo (these) sin. Soak me in the blood from the cro	and I ask that You forgive me and cleanse rgiveness. I forgive myself for participating in this ss of Jesus to cover my sin and the wound that is lunamis power of the resurrection of Christ to this
sin and its wound, in Jesus' name.	, ,
· -	is in You, the One who lives in me. I turn mbrace the power of the Spirit flowing within me. I to completely overcome the sin of
	nave hit the mark of perfection. I am holy in all of me according to his purposes. I put on the Lord

Jesus Christ, being adorned in his robes of righteousness."

3. Initiating Examination

I am sure there are many things you are very aware of that you wish you didn't do. For this, there is confession and repentance, as we have just discussed. I would like you to know that there are other forces. These are the deep powers of the inner life in the subconscious that are often the energy behind sinful behavior. Most of what you maintain as a driving force is too often beneath your level of awareness. Paul wrote to the church at Ephesus that they were to be "renewed in the spirit of the mind." This was no small matter and it required an exhaustive look into the deeper places of the heart.

Scripture offers that the Spirit of God knows everything about God. God's mind, heart, and entire being are known in complete detail to the Spirit of God. That would make sense since the Spirit is God, an integral part of the Godhead. It also says in the same passage that our spirit knows everything about us. What is revealed in this passage is that this all knowing Spirit searches and reveals all things, principally the deep matters of God and also the vast depths of our being. This Spirit reveals all that we need to know in our spirits that we may live the full life in God. (see 1 Corinthians 2:10-12)

In another passage of Scripture we read Paul's statement that we too often "only look at the surface of things." (2 Corinthians 10:7) We tend to look on the surface, the external aspects of being, and believe this is full reality. There is so much more that we need to know and we need to find a way to increase awareness and insight of deeper realities.

The Spirit, as Helper, can help us. The Spirit of God knows everything about everything and your spirit knows everything about you. Not only that, but God's name is Word so he must be talking. We know his Voice, he knows us in the fullest detail, and we respond to what he tells us. (John 10:27) If he's talking, if he knows, we ought to ask so that he can tell us what we need to know.

So what do we need to know? We need to know truth. Truth is a person—truth is our God. God is a God of truth, Jesus is the Truth personified, and the Spirit is the Spirit of truth who leads us into all the truth. In addition to this, truth in the innermost being, in our spirit, is a place inside of us. What the Spirit helps us with is revealing the truth about the dark shadowy energies that result in sin and wounds. These are the forces that need to be exposed and expunged. The Spirit also helps to reveal the truth of who we are, the true self or the new self in Christ. This is our true identity and is a beautifully radiant representation of the living Christ from within us. We need to get through the dark to get to the light and the Spirit is our greatest ally.

What the Spirit may reveal to you is a life experience or event in your history that needs to be addressed. What is deeply imbedded in us may be something from long ago that is affecting us now, perhaps without much awareness on our part.

You may spend some time with this; it may take days or weeks, or longer. It may come in the daytime or it may be revealed in a dream at night. The Spirit may remind you of something you have not thought about in a long while. If there is sin, confess it. If there is bitterness and resentment from unforgiveness, forgive the person involved—you or someone else. If there is a wound that causes pain, release this to the Lord who is willing to take it upon himself on the cross as he covers you with his blood. If you need healing, say, "Lord, heal my heart in this area." Whatever the Spirit leads you to, be courageous and go into it. Keep pressing in until you sense it is resolved.

When situations come up in your life, no matter what they are, ask the Spirit to search in you and reveal truth to you. For example, if you have an illness or struggle of any kind, physical or mental or emotional, ask the Spirit what the source and origin is to this ailment or problem. My oldest son experienced severe psychotic illness that debilitated him for several years. He was able to determine the fear based energy behind this struggle and the subconscious belief that generated it. He altered his beliefs to accommodate truth and he is now completely well.

I would encourage you to boldly offer the following statements:

"Search me, O God, by Your Spirit, who knows all things and will lead me into all the truth. Holy Spirit, you know the vast depths of God and You know everything about me. Search all that I am and reveal to me what I need to know this day. Spirit, what is it that You want to show me?

Search me and know my heart; test me and know my anxious thoughts. See if there is any offensive way, or way of pain, in me, and lead me in the everlasting way. (Psalms 139:23-24)

I know Your Spirit is in communication with my spirit, so reveal to me from the hidden places all that I need to know. As You do, reveal to me the source and origin behind what You have made evident. Spirit, what is the cause behind the issue You have shown me?

Reveal to me what I have come to believe in the spirit of my mind that does not line up with Your truth. Remove the lies embedded in me and renew my mind by revealing truth, Your truth. I ask that Your truth go into my entire being so that I may be filled up with Your amazing truth."

4. Surrender's Sacrifice

The spiritual life is one of giving up, giving in, letting go, having less, and denying self. In a word, it is a life of surrender. Yet this surrender is not to be casual or limited. In the words of Andrew Murray, the South African pastor from a time gone by, it is "Absolute Surrender."

This surrender is not unlike Christ's presentation of his will in the garden the night he was betrayed and night before his crucifixion. He knew what he was in for, what would be required of him. His human nature rebuffed under the anticipated anguish-laden massacre that awaited him. In spite of this, he knew that there was something to offer— his life. Yet before he could begin to walk the pain-soaked trail toward Calvary's pinnacle he would need to offer his will. This is why the holy word records his pronunciation as: "Your will be done, Father, not mine."

This is the end result of our pilgrimage on earth, that we would be fully submitted to God. It is also our posture at each point all along the way as we daringly move into the alarming rhythms of God's purposes for us.

The Apostle Paul states in Romans 12 that this surrender is like an offering, which reminded the readers of the sacrificial system of old that always required giving something up. Paul wrote that we are to offer a sacrifice of every dark or limited aspect of our life and being. Oddly enough, even though we may conclude that our presentation is nasty, God considers this offering holy and alive. In addition, this giving up of who and what we are is acceptable. God, strangely from our perspective, accepts the muck that we give to him. He is pleased with it, it is pleasing to him. And then, the giving up of the unsavory aspects of our dark interior is like a spiritual service of worship. We yield the worst parts of us and it is spiritual, it is a service, and it is worship. In a deep spiritual sense we serve and worship God in the sacrifice of surrender.

This is how we no longer line ourselves up with this world. We are no longer conformed to the surrounding ethos of this present age. We are transformed in structure and substance from old self to new self. This metamorphous releases us into the truth of who God made us to be. Our minds are renewed to truth— the truth of who God is in us and who we are in God.

And all of this is his will, yet we must give up our will so the power of his will may be brought to a timely climax in our lives. He wants us to give up the things of little value to gain the things of great value so that we can realize our own significant value. The more we give up the more he gives us. He is a good God who gives good gifts. We have every spiritual blessing in the heavenly places and we are seated with him NOW in the spiritual realms of God. To get there we give up the stuff that prohibits us from walking in the truth.

This is how surrender helps us, so keep this in mind as you pray the following prayer.

"Lord God, I offer myself as a living and holy sacrifice, acceptable and pleasing to You, as a spiritual service of worship, that I may no longer be conformed to the patterns of this world, but transformed by the renewing of my mind. This is how I know Your will, that I am now fully submitted to in absolute surrender. My Lord and my God, I give everything about me to You. I offer my entire life and being— my heart, my possessions, my relationships, my pursuits and passions, my dreams and goals, my past and future— everything of me I give to You. I am completely Yours. I say as Christ did, Your will not mine. May this sacrifice be full and complete each day as I walk humbly with You."

5. Breaking Generational Sins and Curses

It is represented in Scripture that sins and curses are carried down generational lines. The Bible states that the sins of our ancestors are passed down through the ancestral lineage for several generations. What one person has done has an impact on those in succeeding generations. Just as physical characteristics are hereditary, so are spiritual characteristics. I know people who say that most or all of our sins are generational.

If there is a sin that you are having trouble with, it may be generational. Confessing your involvement in the sin is one helpful facet, yet confessing and repenting of the generational sin and curse can thoroughly wipe out this scourge in you and also for the generations that follow.

You can confess and repent of the sin of your ancestors even though they are dead and gone. This is possible and necessary because the influence of their sin is alive in you and will continue to travel in the family line until its power is broken. Forgiving and releasing these people is vital to spiritual growth in order to cut off all curses that are resident in your soul and in your family. You may not have done anything directly to inherit these sins and curses, but you are responsible for whether or not they are retained in the family line. They can stop with you and there is something you can do about it.

Somewhere in the spirit of your mind you may wonder about God's involvement in the generational processing of these sins and curses. Why did he not stop it? Why did he allow you to be cursed like this? Why can't we all begin with a clean slate and only be responsible for our own transgressions? In asking these questions there is a realization that we may have issues with God about the multigenerational transmission of sins and curses. This is why, as a part of this prayer, you confess and repent for not only your ancestors sin and your own, but also any anger and resentment against God. You may have caution about this, but I would urge you to trust this process because there are elements of this prayer that allow this cleansing to be very thorough.

Forgiving and releasing your ancestors and yourself is a sensitive endeavor, so do not rush through this. Allow yourself pause at each of these steps as the Spirit guides you through them. Forgive your ancestors while being very specific regarding the curses involved. Seek forgiveness from God for yourself for participating in this sin or sins. Receive this forgiveness and allow this cleansing to saturate your soul. Also, forgive yourself for your own participation in this sin.

You have been given much power and authority for healing and cleansing and renewal.this is how Christ commissioned his disciples and early followers, and also how he has commissioned

you. You can do everything Christ did, all of the headings and miracles he performed, and even greater things that he presented while on earth. (see John 14)

Whatever words you use or mental pictures from your spirit via God's Spirit, allow the Lord to gracefully move you through this vital process. The visual provided in the prayer is important and also pertinent to God's purpose as you clean out all sins and curses in the family line. Whatever arises and however the Spirit leads, honor it as from the Lord. Just as David stated in the Psalms, in sin my mother conceived me, you can return to this place of conception as a baby in your mother's womb and eradicate everything there. This is possible because the timeless God of Eternity moves through all space and time for your benefit.

You may have trouble seeing how you can go back in time to change what is occurring now. God is a God of all time who lives in the present centered moment of the Eternal Now and he has the power to impact all time. You are not cooperating with God here in a way that changes history, but you are able to work with him in current time to eliminate the influence regarding what has occurred in the past. This is all for a better future.

With all of this in mind, the prayer to break generational sins and curses is as follows:

	e sin of my ancestors, my parents, and my own sin of,
ana oj my anger ana resent	ment against You, God, for allowing this to happen in my life.
,	cestors for passing on to me this sin and for the resulting curses of ask You to forgive me. I receive Your forgiveness. I forgive myself for
participating in this sin.	zon rou to jorgire merriedente rour jorgirencoorijorgire mjoeij jor
I place the cross of Christ be	tween my ancestors and myself, as a baby in my mother's womb. I
command the sin of	and all accompanying curses to be halted at the cross of Jesus
Christ, and for freedom and womb."	release to flow down from the cross of Christ to that baby in the

6. Eliminating Judgment

Judgment is very destructive. It is also very common, perhaps more than we realize. It is a force that keeps us from truth and power in a way that is debilitating. It may be one of the greater hindrances in the spiritual life of God. Its frequent usage by God's people is appalling.

I would urge you to become mindful of your propensity to judge by asking the Spirit to enlighten you. In doing so you may become aware of how easily and frequently you step into judgment. What I notice about myself is that there are certain situations that allow me to operate in judgment before I am able discern it. I even feel justified in doing so and no one appears led to stop me because it remains so customary in our lives. When I do become aware I am dismayed. As I talk with others I observe language that too swiftly moves to judgment. The person barely notices it and even feels vindicated in offering it.

Gossip is a consequence of judgment. Gossip is verbal confirmation of judgment in the heart. When we notice our gossip we are given the opportunity to clear judgment from the inner life. Watch your words, they tell tall tails regarding what lies hidden in the heart.

Christ taught that we are not to judge because of its harmful consequences. His words are as follows: "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." (Matthew 7:1-2) Our judgment always comes back to us. The measure we send it out is returned in equal measure. I believe it comes back because it never left. We judge as we hold this power, nurturing it as its insidious force swirls around in us. As we send it out its potency is cultivated in our hearts. Judgment unchecked is a poison that is destructive, one small thought at a time, made large as it is propagated.

I would like for you to ask the Lord to prompt you when judgment occurs. You may gain insight here as certain other individuals you have judged come to mind. These may be situations and people that are represented in your current life or these may be judgments from anywhere in your past. The people in question may be those who have hurt you or wronged you, so take note of these examples.

As these events come to mind, isolate one or more people. Then, I would invite you to pray this prayer:

"Lord, I confess	that I have judge	ed, and I repent	of my judgement against
I a	sk that You forgi	ve me for my judgment. I red	ceive your forgiveness. I forgive
myself for judgir	ng		
I forgive	for what I h	have perceived as his/her wr	ongdoing. I release
from my judgme	ent and I choose	to hold nothing against him/	/her.
the cross of the my soul where t	Lord Jesus. Apply his judgment orig	the potent effects of Your re	ash me clean with the blood from esurrection power upon the place in leanse me completely from my urtured.
accordance with	n Your sovereign	purposes. I replace my judgn	ou will make all things right in ment with the presence of the living fill me up with all the fullness of
		, and I also bless ssing and favor You have in s	I pray that you will supply

7. Uninstalling Lies

There are lies we believe that need to be immediately confessed and repented of as soon as we are made aware of them. These are the kind of untruths that are more obvious as a prompt from the Spirit or our conscience. It is here that we know we are lying and we know what to do. When these lies surface we are mindful of the deceit we have entertained and we promptly confess and repent of them.

There are other lies, running deep as subconscious beliefs that pervasively govern our lives, yet these are the untruths that we are scarcely aware of. It may be possible that we believe a host of lies that we do not conclude are lies, which we may even lump into the category of truth. These are the untruths that are so imbedded in us that we fail to see their insidious impact.

To be renewed in the spirit of the mind (Ephesians 4:23-24) and to be transformed by the renewing of the mind (Romans 12:1-2) is a movement from untruth to truth. If we believe lies then we are unrenewed, even deluded. We become less deluded and more true as we walk in truth. The Psalmist reminds us that our God desires truth in the innermost being. (Psalms 51:6) This truth is already within us by the work of Christ. We have truth in our deepest place, our spirit, because the Spirit of Truth lives there. All we have to do is get to the truth and live from this place.

In the Garden of Eden the great Fall of humankind did not occur because of apples or snakes or any particular action by those involved. It was the lie that brought Adam and Eve down. Both of them entertained a lie, ingested it, and then the lie poisoned their lives before they ever acted upon it. They ate the lie before they ate the apple. Believing something that wasn't true caused more destructive damage than anything else. It just may be possible that the serpent targeted a particular untruth and was able to exploit this couple because they had already entertained these untruths in their hearts.

For us, we believe lies all the time. Lies and deception are the sinister force that affects much or all of our behavior. Just like Adam and Eve, we harbor certain untruths in our hearts that keep us from a full life in God.

The lies we are referring to here are not about cheating on your taxes or telling your boss a fib to make yourself look better or get out of trouble. It is not even those times when you tell someone something and you know that you have fudged the truth in a way that alters the other persons understanding of the situation. We are talking about untruths that define what you believe about God, yourself, others, and the reality around you. These lies are often about

believing less about God, or yourself, or allowing your fears based on experience to conclude something about other people that isn't true.

Some of the most common lies we believe about God are that he helps others but he won't help you. Or he may talk to special people but he does not speak to you so that you will find your way in life. Or he's big enough to run the planet and he has so much to do that he's too busy for you and your little problems. The lies we tend to believe about ourselves are often centered around unworthiness, not believing in ourselves or knowing our value, or feeling like we are a failures and we will never get it right. Some people believe the lie that no one really loves them or cares about them. You may believe the lie that you have done something so bad that you will never recover from this indiscretion. You may have been treated in a certain way, been hurt or abused, so that you don't trust people and conclude others are always poised to harm you. These are just examples and with lies the possibilities are endless.

To discern the lies that you live by you will need the Spirit's help. In a particular situation, especially those that did not turn out well, ask this: "Lord, what is the lie I have come to believe here?" Take some time with this if need be, and listen to the Spirit speaking his Word of truth in you. When you are able to discern a lie, confess and repent of believing that lie while asking that it be completely removed from you.

Then, ask the Lord for the truth. Discerning the truth is a powerful way to replace the lie. Ask this question: "Lord, what is Your truth?" He will then tell you the truth. It is this truth that you will know in conscious experience and this truth will deeply and experientially set you free. And then repeat this process as often as necessary.

This entire process is outlined in the following prayer:

me completely of this unt from the resurrection to a	ruth. Immerse me entirely wit cover this sin. I receive Your fo	I ask that You forgive me. Cleanse th the blood from the cross and the power rgiveness. I forgive myself for believing
this lie. I forgive	for playing a role in helpir	ng me form this lie.
	the deceiver. I abolish every ag	everything that came with it, including all greement I have made with the father of
me until my entire inner l		and ask that it go into every part of ruth. I declare that I believe You and ruth "

8. Instituting Forgiveness

Many people have been hurt in so many ways by too many people. Harm happens so very often, and you may have people in your life who have hurt you deeply.

Our lives can be categorized in two general ways, either we brought harm to another person or someone brought harm to us. We hurt someone or someone hurt us. When we offend another we are to seek amends, we state the offense and ask for forgiveness. When someone offends us, we are to forgive.

This appears simple and swift, but so often it is not. Arriving at the place of forgiving another person may be a long and protracted course that may take many years. Be patient with this process.

You may have trouble with forgiveness because you conclude there is some sort of benefit that will come to the other person. How can you forgive a person who committed such an egregious offense against you? Forgiving this person seems like exonerating this person, as if what they did can be easily swept away. Truth be told, forgiving the other person helps you, and only you.

Unforgiveness, on the other hand, is an assault on you. When you don't forgive you bring an additional attack on yourself. Someone hurt you, and then you hurt yourself by not wisely appropriating the offense. It has been said that the bitterness of unforgiveness is like swallowing poison hoping your offender dies. When you do not forgive you bring great calamity to yourself. I know people who have contracted diseases, and even died, because the deleterious effects of unforgiveness was allowed to course through their bodies and souls.

When you forgive you empty your soul of toxic material, so it does not enter your body, resulting disease and/or death. The other person may have no realization of what has occurred, and doesn't have to for it to be complete. You can work through this process regarding any person, even those who have died. Forgiveness is so often a very solitary act; you do this for yourself by yourself. You are the one who reaps the many positive benefits of such a work.

Forgiveness is certainly a choice; you have to choose to forgive. Forgiveness does not have to be at full 100%. It can be much lower, even 11% or 42%. That's okay, you are working toward 100% and it may take awhile to get there. Be kind to yourself and work incrementally toward a positive end. I find that saying out loud and often, "I forgive _______", is helpful in bringing me closer to full forgiveness. Slow and steady is the pace.

In forgiveness you release any right you feel you have to exact revenge. Forgiveness releases the offending person from your hands to the capable hands of the Lord. Jesus, as the Righteous

Judge, is the only one who can judge and bring about retribution. We are to trust him that he will bring out the best result. We cause great injury when we seek to bring about a vengeful action by trying to pay back the offending person for what they have done. We cannot repay evil with evil, but we can repay evil with good. "Vengeance is mine," says the Lord, so we must trust him and allow him to bring about a perfect outcome. (see Romans 12)

Repenting and confessing of the curses we have imputed on the other person, by breaking the power of these curses, is essential. When we hold a grudge with all the acidic emotions of pay back and get back, it is like cursing this person. We must be willing to give this up and let God take care of what has occurred. It is an important step to seek forgiveness for cursing the other person.

Then, instead of a curse, we bless. We know when forgiveness has traveled a long way when we begin to consider and apply a blessing instead of a curse. Just as in vengeance, this blessing is the business of God. Only he can really perform this action. As we bless we are really bringing the fullness of blessing on ourselves. When we forgive we give up a lot to receive a lot. We replace the curse with a blessing. We become so very richly blessed once we walk in grace through this process.

This is so freeing, it frees us from the shackles of a pointless imprisonment. We walk in grace and live by grace, full of the liberty of a grace-filled life. We have appropriated the offense and the offender by forgiving, releasing binding emotions from us so we are able to lighter and freer.

If you are aware of anyone you conclude you need to forgive, look over the following prayer. When you are ready, pray this prayer, perhaps many times, and feel and sense the relief that comes.

"Lord, I am ve	ry aware of the harm and	pain that has come to me through	gh I
release	to You that You ma	y deal with him/her according to	Your purposes.
In the name o	f Jesus, I choose to forgive	as I have been forgiven. I now m	nake the choice to
forgive	I forgive	for all that s/he has done to n	ne.
I release any i	right I have retained to bri	ng revenge. I will repay evil with	good. I release
f	rom my hands and place _	into Your hands, Jesu	ıs, my Just Judge.
I break every	curse I have sent to	and I call it back. I bring fo	orth a blessing to
i	nstead. I bless	_ and I ask that You bless	with Your favor.
Thank you for	the arace to foraive and t	he power to live in freedom."	

9. Severing Ungodly Soul Connections

In Scripture we read about the language of soul connection in the marriage between two people. This is referred to in some translations as a one flesh union. Unfortunately, we have often interpreted this as something physical and have too often limited it to the body and sexuality. We may believe it has something to do with certain spiritual realities, but we may not know what that is.

In the Hebrew Bible there is a story of a deep inward connection between two men named Jonathan and David. It is said that their souls were knit together in love. They loved each other so much that they made a covenant bond together that lasted beyond the life and death of one member, Jonathan. A soul connection is very strong.

From this we are able to surmise that the soul bond connection between people is a common experience. Everyone has a soul connection with someone and most probably with many people. This is how we operate as humans, we are soulful people who thrive on connection. Even though you may not be close to anyone and may conclude you have few or no friends, you still have soul ties in some manner and measure. You can have soul ties with people you have never met, like someone that you watch on the television or even a sports hero.

The soul tie connection can be godly or ungodly. The ungodly variety may be represented by Christ's warning about lust from the Sermon on the Mount. He said that if you lust for a woman in your heart it is the same as committing adultery with her. This is true because you have set up an alliance with this person that runs deep in you that is just as damaging as being physically sexual with that person. You can connect yourself to people physically and sexually, but what is more detrimental is a spiritual soul connection.

A soul tie is like an invisible band that attaches one person to another person. I have been mindful of this for years and have established godly soul ties with those I love whom I choose to remain bonded with. I have also discerned unhealthy alliances with certain people and prayed for soul ties be cleansed and made honoring to God. I once prayed a prayer to sever an ungodly soul tie with someone who had been a regular part of my life and mysteriously I never saw that person again. The soul tie connection was ungodly enough that there was no other purpose to remain attached to this person.

In soul ties there is an exchange. There are items in our souls planted there by God that are meant only for us, like our calling, destiny, gifts and so on. When it says in Scripture that the enemy came to kill, steal, and destroy, he does this in the soul and very frequently through our ungodly soul connections with others. Godly aspects of the soul that we were meant to retain

can be taken from us and given to another through an ungodly soul tie. Also, dark items from the enemy can be deposited in us through a soul connection. The prayer below recognizes that this transfer has occurred with a particular person as we call back the things we were meant to keep and send back or destroy that which does not support God's purposes in our lives.

Your soul needs some measure of cleaning in reference to all of your soul connections. Consider praying the following prayer regarding all of the people you maintain an alliance with. Again, seek the Lord by the Spirit on this. Allow the Spirit to guide you through this prayer, praying in your spirit as much as you are able. Take your time, pausing and reflecting as necessary. I would suggest that you cleanse one soul tie at a time instead clumping several together. Then, with someone in mind, pray this prayer:

"I confess and	repent of my ungodly soul tie with	I confess and re	pent of my anger
and resentmer	nt against you, God, for allowing this soul co	nnection to happen	in my life.
I forgive	for his/her involvement in this sin. I a	sk that you to forgiv	e me. I receive
your forgivene	ess. I forgive myself for participating in this si	n.	
Lord, in Your h	ooly name, sever the ungodly soul tie betweer	n me and	Destroy
anything that	has come into me through this soul tie that is	s not from You. Rene	ew and restore
the broken or t	torn portions of my soul. Also, bring back any	ything godly that ha	s been stolen
from me and r	remove anything that blocks the flow of these	e godly attributes in	my life."
The following i	is added for those relationships with others	you maintain a regu	lar alliance with
so that your so	oul connection would be godly and honoring	to the Lord.	
"I pray in my s _i	pirit in the power of Your Spirit that my allian	nce with	_ would be godly
and honoring t	to You. I also pray that and I wo	uld humbly and sub	missively
cooperate with	h Your Spirit to fulfill our calling and advance	Your kingdom on th	ne earth each day
of our lives. I p	oray that my new self in Christ and	's new self in Chri	st would be
	u called for us to be for Your purposes and glo		
	Christ we would be knit together in love, Your		
would reach e	-		•

10. Breaking Word Curses

You may choose to read through this section on curses and the following on vows before you offer the corresponding prayers. This is said because there are many times when curses and vows run together.

We have already talked about generational sins and curses and what we can conclude from this is that sins and curses go together. We also know that sins are generational, and, therefore, curses can be generational. Word curses, by way of definition, are specific words spoken over us, from someone else or even ourselves that we receive as true.

There are people throughout our lives who have spoken negative words over us. These people have said certain things and these words were like arrows in our hearts, piercing us with their sharp arrows of pain. We took these words in as truth and concluded they were a part of our identity. Now, we live by them, believing them even though they cause great discomfort.

A curse is the opposite of a blessing. The blessing has the intent to bring good fortune to another person. A curse is a deliberate intention to speak against someone in order to bring harm or misfortune.

Word curses may have come to you as direct and specific words that you received and you now repeat them in your mind and speech. Word curses may have been received from another person without that person speaking any specific words to you. You sensed or concluded something from this person and received it just as if it was spoken. How the message was received doesn't matter because you still believe words that injure you in untold ways.

You may be well aware of how these words are untrue and harmful, but they are so entrenched in your personal belief system that you may feel that you are bound to them. Word curses are another deadly force which may be obvious, or not so obvious. Whether we are aware of them or not they can rule with an iron fist. Word curses are like a script that we live by and we may wonder how we consented to something so damaging. We don't want to believe these words, but we do, again and again.

The problem with word curses are that we believe what has been spoken and then we perpetuate their power in a way that debilitates. The enemy and all the powers of darkness align against us because we have made agreement with something that is not true. Something else is true, the truth of who we were made to be from before the creation of the world. When we believe a lie about what we are not we disbelieve who we really are in God. What we say

about ourselves is like a slap in the face to the true person God made us to be. In due time, our true identity becomes unrecognizable and unreachable.

The most deadly part of the curse is how we retain it, giving it space in our lives. The other person who first spoke these words to us may be long gone from our lives and what was said may be in the distant past. Our role is perpetuating the curse is worthy of careful examination.

It may prove helpful to take a closer look at your thoughts and speech. Take some time to examine your mental ruminations and impressions. Also, ask help from the Spirit, and begin to discern which word curses are most prominent for you. Whatever this phrase or these phrases are for you, whether you discern it on your own or by the Spirit, I would like to ask that you pray the following prayer. It may prove to be very helpful.

"In the name of Jesus I break the power of every word curse spoken against me or over me:			
ame all curses you can recall and break each one individually):			

I take every word captive that has been spoken over me and that I have spoken over myself. I break the power of those curses and empty them of their power, in Jesus' name. I cancel every assignment of darkness and I cast them to the ground to be without effect.

I no longer believe these words which were spoken over me, but rather I choose to believe in my true identity in God as a beloved child, valued by the Lord. I declare I am loved by God just as I am. I am the Beloved of God— Abba's Child. I call forth a blessing from God to fall on me and I bless myself.

I take back every curse I have spoken against another. These include _____ and all other curses I am unable to remember. I cast those words down to the ground to be without effect.

I return a blessing on those whom I have cursed. (take some time to bless this other person)
Jesus took my curse, so I can live in blessing."

11. Renouncing Inner Vows

Inner vows are another way to align ourselves with the powers of darkness in a way that binds us to a lifestyle of limitation. These vows are like a contract that locks us into certain behaviors. Vows usually come in statements that are an emphatic conclusion regarding what we are not able to do or achieve.

We have already dealt with word curses, which are words we apply to ourselves or others that are like a spell or hex. In curses we believe something that aligns us with the enemy. Curses limit light and godliness while promoting darkness and are the opposite of a blessing.

A vow is a promise that holds us to the intended object or power or person. We can vow to God or a person in a way that promotes the best for all involved. Marriage is a positive example of an inner vow that is able to support love and honor and blessing.

Vows are not always positive or helpful. Inner vows can be a binding contract based on an agreement with the enemy's domain of darkness. With curses we agree with and believe something in a way that sends its force outward and in vows we bind ourselves to the belief like a pact. In curses we attach ourselves to something or someone, and with vows we identify with what is stated.

The Bible states that we are to be very careful and precise with our vows. Our yes is to be yes and our no is to be no. We need to take seriously what we vow because vows are a binding agreement that are either honoring to God's kingdom of light or the enemies domain of darkness.

There is usually someone who has helped us form inner vows. In the inner vow prayer it is important to name this person and forgive them. This person is then removed so that we will be able to isolate our responsibility in perpetuating the vow.

The next step is to ask the Spirit to supply you with something to believe other than the vow. In this way we replace the vow with a godly principle. The Spirit may tell you most anything, so listen closely. When our Lord speaks he provides a powerful spiritual principle that helps transform our hearts. It is here that we switch our vows from darkness to light, from the enemy to God. This prayer allows us to realign our vows with God.

May God bless you as you offer this prayer to him:

"I confess and repent of my sin of vowing that
Lord, I ask that You forgive me for aligning myself to this vow. I receive Your forgiveness. I
forgive myself for my role in making this vow.
I forgive for their role in forming this vow. I no longer hold responsible
for the formation of this vow.
Lord, break the power of this vow in every area of my life and remove any dark influence or evil effects from making and keeping this vow, in Jesus' name.
(Ask the Spirit what you are to believe instead)
I now purpose by the power of the Holy Spirit to believe
Spirit, I now align myself with You and I allow this new belief to be instilled in my heart and to be manifested in my life."

12. Removing Idols

In the Hebrew Bible there is record of physical idols that were entertained as a god worthy of devotion and attention. These idols were made of wood and stone and other materials and were constructed as a tangible reminder of a presence to help in a time of need. Scripture, conversely, states that there is one true God that we are to elevate above all others. No idol can provide what our God is able to offer because these objects are a lifeless and inert physical construction.

The mention of these idols from a past era seems like a representation of an archaic culture that has no application to this time. Surely we don't have idols in the same way. We don't build something lifeless with our hands and offer devotion to it, do we? Well, we do, yet our idols tend to be physical constructs representing our 21st Century culture. These may be possessions or people or any such thing that we are able to apprehend and dedicate ourselves to. Our idols may also be non-material. Addictions are idols, as well as any other obsession or preoccupation that leads away from God. There are also aspects of the inner life, idols of the heart that we have strong affections for. Emotions, like fear or anxiety or anger, can be idols or a manifestation of an idol. These idols need to be removed from within a dark inner shrine in much the same way as physical idols were brought down and destroyed in days long ago.

Please discern, on your own and with the aid of the Holy Spirit, which idols are in operation in your life, and then pray this prayer.

"Lord God, these are the idols in my life that I am aware of:		
Spirit, reveal to me now the other idols in my heart that I have built an altar for, offering devotion on an inner shrine:		

"Mighty God, I give myself completely over to You. I present these idols to you and I give You permission to destroy them. By Your righteous right hand, bring down and obliterate each one of these idols so that they no longer rule in my heart and my life.

I declare that I will never return to these idols again because they are completely destroyed. These idols no longer have any power or influence over me.

I am fully devoted to You and committed to You, the one true God. My affections are set for no other, only You. No idol can provide for me like You do. Oh my Lord and my God, I am fully Yours."



1. Alignment Prayer

Since there is an ideal order in God's universe we need alignment. For the human being it is as simple as this: we are body and soul and spirit and the Spirit of God lives inside of us. Our bodies are to submit to our souls and our souls are to submit to our spirits and our spirits are to submit to God's Spirit.

We seem to have this mindset that to submit means you lose something or you get less. The opposite is actually the truth, especially from God's perspective. Most everything in God's kingdom is opposite to the standards of this world. Heavenly order is much different than earthly order. In heaven's government subtraction can result in addition. As we submit in God's economy, even when we give something up, the transaction results in a yield.

With this in mind, the order of our submission goes from Spirit to spirit to soul to body, each informing and influencing the relationship with each other. If aligned appropriately, the Spirit of God feeds and informs and fills our spirit, which in turn does the same to our soul, which in turn achieves this with the body.

If any of these aspects of being operate in isolation it soon depletes its source of life and influence. An example of this is that when we die our spirit is no longer in the body, so the body cannot function. It will eventually disintegrate into nothing. The soul cannot operate without the spirit either. If it does it becomes a worldly soul bent on all sorts of debauchery instead of a spiritual soul set toward God and his kingdom. The spirit, as well, is nothing unless God's Spirit is the life-energy source that provides a power from God's realm. The spiritual substance received by our spirit from God's Spirit is then released to our souls and bodies and the sphere of influence around us.

This is how we become properly aligned spiritual people focused on God instead of worldly people focused on something else. To align your being, you may pray the following prayer:

"In Jesus' name, I command my body: submit to my soul. Soul, in Jesus' name, submit to my spirit. And I command my spirit: submit to the Holy Spirit of the Living God and no other. I choose to be a person who walks in and by the Spirit, so that the spiritual becomes supreme and dominant over the physical, that the internal governs and guides the external, and that the eternal becomes the true reality more than the temporal."

2. Presenting Jesus

In Ephesians chapter four it is stated that following the death of Christ he descended into the earth, or hell, and then he ascended to fill the whole universe. Before the creation of the world, as recorded in Genesis chapter one, it is said that the Spirit hovered above the watery abyss in a cloak of darkness. If these statements are true then Jesus by his Spirit is everywhere and in all places. The Lord is also inside of us— we are in God and God is in us. We are the temple of the Spirit and this Spirit of God lives inside of us. (see Romans 8 and 1 Corinthians 3 and 6)

In the Gospel of John, chapter 10 and verse 27, Jesus states that his sheep hear his voice, he knows them, and they follow him. In Matthew 13:16 while telling the parable of the sower, Christ uttered these words: "Blessed are your eyes because they see and your ears because they hear." Jesus also offered in John 3 that you must be regenerated in order to enter the kingdom of God and see the kingdom of God. What we may gain from these passages is that seeing and hearing God is important to our lives if we ever hope to find our way.

Scripture is full of examples where God visited people in person. Sometimes this occurred through visitation by an angel. God came in person during the life of Christ, but he has encountered many people, face to face, as recorded in Scripture and throughout history.

To allow these truths to be applied to you, Christ has been present with you in every moment of your life. He was also there in the moment of your greatest pain and difficulty. You may wonder where he was when you struggled the most, or even why he did not seem to intervene when another person hurt you or violated you.

You may not know that you can hear the voice of God, or even see him. You may not even believe this is possible because it does not fit into your theology or what you have been taught. You may believe you can see and hear God, but you are not sure how to get there. Whatever the case, I would like to stretch you a bit.

We are going to enter into an exercise that will hopefully result in hearing and seeing God by the Spirit. Before we begin this exercise, if you are willing, I would like for you to confess and repent of not believing that you are able to see and hear from God. Perhaps better put, for believing the lie that seeing and hearing is not possible. The prayer is as follows:

"Lord God, I confess and repent of believing the lie that I cannot hear Your voice or see You with my physical or spiritual eyes. Please forgive me and remove this lie from me and everything that came with it, in Jesus' name. I ask that You, by Your Spirit, open my spiritual ears and my spiritual eyes that I may hear and see everything that You want me to see and hear. I now believe You, in Your truth, that I can hear You and see You, all for my spiritual benefit and for Your glory."

Now, I would like for you to ask the Spirit to help you go back to a situation in your life, one that he would like to reveal himself in. This may be a moment of pain or difficulty, or any time when you sense you would like for the Lord to be involved. Ask this:

"Spirit, what situation in my life would you like for me to return to so I may receive the healing presence of Christ?"

Wait patiently until a picture from your history comes to mind. This may take some time, so be patient. While in the visual of remembering this scene, make this statement:

"Jesus, please show me where you are."

Now, look around, even behind you, until you see him. You may visualize this memory often in your life, and it may be very painful for you. We are only returning to this picture in order to see Christ in it so that he can heal your broken heart.

I hope you have been able to see Christ in this visual. While you are here seeing Christ, perhaps in a moment of great pain, I would like for you to ask him anything. You may wonder what he did or is doing for you. Whatever question comes to mind, ask it.

Then, let him talk to you. He has things to say so listen quietly. Begin a dialogue with Christ, being honest with him about how you feel, and also ask him to help you or show you how he did help you.

You may also draw near to him to let him help you or protect you. Allow his presence to be the help you needed, the intervention that is able to supply so much. In this situation that may have been very painful for you, let him comfort you and love you.

Spend some time here, and when you sense this is complete, thank him and take him with you in your day. He is the Omnipresent God and is always with you. He will never leave you or put you aside, and he loves you so much. I hope you felt his great love for you, even in this very difficult moment in your history.

Return to this or other scenes and see how Christ by his Spirit has been with you, is with you, and will always be with you. Make this activity a regular part of your prayer life and know that the healing that comes from these encounters will result in a deep and loving intimacy with the God of your heart and life.

3. Setting Your Spiritual Heart Free

There is a true person which is who we really are, who God made us to be. This is our new self or true self made in the image of God. (see Ephesians 4 and Colossians 3) There is another person, a false self. This is the old self which is a product of the inner nature of sin, held captive by the enemy of our souls.

It is important to submit every part of ourselves to our Lord, including our imagination, because we have too often imagined ourselves to be something other than what we were made to be. As we do this we are delivered from the enemy in our imagination so that Jesus will be the only one who rules in our imagination. In this way the true person Jesus created us to be is able to rule and reign in our imagination and thought life instead of the false person that Satan has put in our memory.

Whether or not we are aware of it, our imagination rules in every part of us and leads us into a life of limitation. Imagine for a moment the person who you will be in Eternity's heaven. This is how God sees you, even now. You were also chosen in Christ from before the foundation of the world to be holy and blameless before him (Ephesians 1:4). There was a pre-existence to your true self, who God made you to be from long ago. You are living a life on earth to manifest your new self God, not some substitute concocted in the mind of the deceiver.

Through the following prayer we see how Jesus and the true person we were made to be are able to be preeminent so that our thoughts and emotions are delivered from evil influence not from God. Then, Jesus and the Holy Spirit are able to fill our mind and emotions with the true thoughts and emotions that come from the kingdom of God.

Look over this prayer, see how it may benefit you, and then offer it as a prayer to the Lord.

"I choose to totally submit my imagination to Jesus, and have him deliver me from Satan in my imagination. I want Jesus to be the only one that rules in my imagination from this day forward.

I ask Jesus to place in my memory the true person that Jesus created me to be in heaven before I was born. I want this true person to rule and reign in my memory and I do not want the false person that Satan has put into my memory to rule and reign in any way in my life from this day forth.

I ask Jesus and the true person in my memory to go into my mind and emotions and deliver my mind and my emotions from all the thoughts and emotions that Satan has placed in my mind

and emotions that are not from God, and for Jesus and the Holy Spirit to fill my mind and emotions with the true thoughts and emotions that come from the kingdom of God.

I choose from this day forth that what I have just prayed will forever be in me, around me and over me in everything that I think, and everything that I do from this day forth and forever more. Amen and amen."

4. Spirit Transfer

The spirit transfer we will consider here is the same as deliverance. We all need deliverance from dark forces that oppress us. The enemy of our souls is roaming throughout the earth seeking people to devour. He is the father of lies who deceives us until we believe his lies. In our deluded imaginations we then follow him instead of our Lord. I believe his aim is to distract us and disturb us until he destroys us.

The word for salvation is the New Testament literally means being saved and delivered in order to be made whole. In the early church when new followers entered into the gathering they were discipled through a process that included many aspects, not the least of which was deliverance. The early leaders were aware of a spiritual world and the need to remove people from dark influences. This was very simple and uncomplicated, not like the long exorcisms we have seen in movies. In fact, if you have effectively prayed many of the prayers found in this book there is little for the enemy to stand on so this prayer could have very few complications. It may be like swatting an annoying fly that is buzzing around your head.

To deemphasize or overemphasize the removal of dark and evil influences from demonic forces has crippled the church. Some people spend too much time on this, yet even more focus on it very little. Discipling believers, new converts or otherwise, is to always include deliverance. Our focus currently seems to be the indoctrination of certain narrow truths for the rational mind while the soul remains encumbered by dark powers. In a matter of time these forces manifest in a person's life and some version of destruction emerges.

To pray the following prayer you are to discern, on your own and with the help of the Spirit, what issues in your life have a spirit behind them or are spiritually influenced by darkness. It may be like this: if you have fear in your life, confess and repent of fear. You can also confess and repent of the lie or lies surrounding the fear. You may also renounce the issue of fear in your life, in the name of Jesus Christ. Then, since fear can be a spirit, you can command the spirit of fear to leave, in Jesus' mighty name.

In the Gospels Christ tells the story of a man who had a spirit sent out of him. The demon was restless so it went out to find seven devils worse than itself. It then re-inhabited the person. Jesus said that the last state was worse than the first. This happened because even though the man was delivered from spirits and his house swept clean, he did not receive a filling. If the person was interiorly filled up following the deliverance there would be no possibility for any other spirits to invade that inner space. The house in this analogy is the soul. Our souls are to be emptied of darkness and filled with light.

The principle here is to be delivered from spiritual forces of darkness, to be swept clean, AND to fill ourselves up with spiritual powers or qualities from our God. The Spirit is helpful here in this entire process, particularly in the final step because the Spirit has fruit that can replace what was vacated. (See Galatians 5:22-23) Since we are to be filled up to all the fullness of God and the Spirit lives in us he can help us with the spirit transfer. God's Spirit transfers dark spirits out and transfers his powers of light in.

With all of this in mind, discern what spirit you would like to be relieved of, and pray this prayer:

"In the name of the Lord Jesus Christ, I renounce and powers or strongholds of	•
I command the spirit of	to leave me now, in the name of Jesus.
Lord, what is (are) the spiritual fruit(s) or quality (qu	alities) you would like to replace this with?
I receive Your Spirit to fill up this place vacated by th power in me, filling me up with all the fullness of Go following quality or qualities in that very area where	d. I now ask that Your Spirit fill me with the

Now, live in me Lord God, by Your Spirit, as You lead me into truth and protect me from the evil one."

5. Prayer to Enlighten the Heart

Paul's prayer for the Ephesians, in chapter one of this letter, verses seventeen to nineteen, is an amazing prayer that we can pray for others and ourselves. In this prayer we pray for the Spirit to provide wisdom and revelation that we may know God better. We certainly are often lost and confused. We don't always know what to do or which way to go. We make bad decisions that we have to live with and we too often bring harm to ourselves or others. The Spirit who lives inside of us can provide us with wisdom to live well and revelation about the life in God. The result of this wisdom and revelation is intimacy with God as we increase our knowledge of God and his ways.

We also need our hearts open to truth. Since our hearts are often darkened by our old nature and this dark world, we need light. We need our hearts to be enlightened. When this occurs we gain a more definitive realization of the hope to which we are called. Even more, God's rich and full glorious inheritance is opened up to us. All too often we feel weak and defeated so this prayer grants power, that incomparably great power for all of us who believe. This is the power that works in us with a great dynamic thrust by God's mighty strength.

The power referred to in this passage is an energy from God. In fact, the word in the original language from Scripture in its root form is translated into English as energy. When the Bible talks about energy it has three possible sources— God, the devil, and our old nature. This prayer helps release God's powerful energy in us to subdue and overthrow any other energy that may have undue influence over us. We need help to change our energy source and this is what occurs through this prayer.

This power and hope and glory and light and wisdom and revelation is in us by the Spirit. The Spirit of God is here to help us manifest these compelling and essential realities in our lives. That is the purpose of this great apostolic prayer as we pray it over ourselves and/or someone else. It is as follows:

"I ask that the God of my Lord Jesus Christ, the Glorious Father, provide for me the Spirit of wisdom and revelation, so that I may know God better. I pray also that the eyes of my heart may be enlightened so I may know the hope to which You have called me, the riches of Your glorious inheritance in the saints, and Your incomparably great power for everyone who believes. I receive this power that is the energetic working of Your mighty strength. As a result, I now walk in wisdom and power and glory and I have within my possession everything that God has for me."

6. Light and Glory

There is a pivotal passage of Scripture that provides imagery of the realities in the old covenant and their fulfillment in the new covenant. (see 2 Corinthians 3 and 4) Paul wrote to those in ancient Corinth that we are like a letter not written on tablets of stone, but on the human heart. This is a letter from Christ written not with ink but with the Spirit of the living God. We are ministers of this new covenant, not of the letter, but of the Spirit. The letter kills, resulting in death, but the Spirit gives life. If this ministry of the letter of the law brought death even came with glory, how much more will the ministry of Spirit be saturated with glory?

In the old covenant there was a veil that covered the faces and hearts of the people so that they were unable to see the fullness of glory. This veil was also in the temple of old separating the Holy Place from the Holy of Holies. There has always been a veil separating the people of old and also us from deeper spiritual realities. As soon as Christ died on the cross this veil in the temple was torn in two from top to bottom. This allowed access to the Holy of Holies where God's manifest presence may be known in actual human experience. The temple from that time was destroyed but God's temple is now inside of us. We were made in the image of God and we house his sanctuary of glory in our hearts. The Holy of Holies is inside of us!

Yet even now this veil covers the human heart and only in Christ is it removed. Whenever anyone turns to the Lord the veil is taken away. When this veil is removed from our hearts our unveiled faces reflect the Lord's glory. In this way we are being transformed into the likeness of God with an ever-increasing glory from the Spirit of the Lord. I heard someone say recently that there is only one direction for God's people—from glory to glory.

It is the aim of the enemy of our souls to blind our minds through unbelief so we are unable to see the light of the gospel of the glory of Christ, who is the image of God. God, on the other hand, has made his light shine in our hearts to provide for us the light of the knowledge of the glory of God in the face of Christ.

What we learn from these chapters is that the veil over the human heart, in the temple of the inner life, needs to be removed. This is performed by Christ as we turn to him and every time we turn to him. As this action occurs we will, with unveiled faces, see the light of the knowledge of the glory of God in the face of Christ. This is how we will be transformed into the Lord's image with increasing glory by the Spirit.

The image of God inside of us is meant to match the image of the Lord reflected on the outer countenance. We have the Lord in us and we are to represent the Lord on us as we look to him. What we see we become. As we look at the Lord we reflect his divine image of glory. This is

how God's Spirit transforms us. Our practice is as simple as looking at him in order to reflect his image. As we look, we reflect, and as we reflect, we become.

We were made for glory and we are to shine with this glory in all that we are. This is our freedom, for it was for freedom that Christ set us free and the one whom Christ has set free is free indeed.

With all of this in mind, I invite you to pray the following prayer with me:

"My purposeful intent is to turn to the Lord by the Spirit. I ask the Lord to remove the veil that covers my heart. I know that only in Christ is the veil over my heart taken away. I am completely dependent upon the Lord to remove this veil that covers my heart and I agree with him that this is done.

I am confident that the Lord is the Spirit and where the Spirit of the Lord is, there is freedom. I declare my freedom, in the name of Jesus Christ by the Spirit to the glory of the Righteous Father.

I pray to the Lord to shine his light in my heart to cleanse my soul and renew my mind. I seek the Lord's glory and with an unveiled face I reflect the Lord's glory. I look at the Lord and I reflect what I see. As the Lord shines on me the light of the knowledge of the glory of God in the face of Christ, I am now transformed into the likeness of the Lord with ever-increasing glory by the Spirit.

And now, as I am transformed into his image I manifest the light and glory of the Lord everywhere I go."

7. Being with God

In Exodus chapter 33 the Lord told Moses to leave the place where he and the people of God were in the wilderness. God told him to go to the land of promise that he told them he would give to them. Along the way they would encounter trouble from numerous people groups, but the Lord said that he would send an angel before them to drive out the enemies. God also told Moses that he would not travel with them because they were stubborn and hard-hearted people and he might destroy them along the way. In addition, the Lord instructed Moses to tell the people to take off their ornaments of adornment and then he will decide what he would do with them.

So, the people stripped off their ornaments at Mount Horeb. They took off the things that provided significance and security from a self-created glittering image. For the Hebrews this was a physical reality because their ornaments were items they placed on their bodies. What may be more detrimental for us is that we adorn our hearts with paraphernalia that keeps us from the deeper spiritual life with God. I am certain that our God views us in the same manner— hard-hearted, stubborn, self-seeking, and stiff-necked. He could very easily destroy us along the way.

We do have an advantage here, our God sees us through the window of Calvary so that the blood and the cross of the Savior absolves all of our self-absorbed waywardness. He knows who we really are and he views us in the light of this truth. He has adorned us with the robes of his righteousness so that we have no need to cover ourselves with anything other than his beautiful creation.

Next in this chapter of Exodus there is mention of the Tent of Meeting. This was the place where the people would go to inquire of the Lord. When Moses went up to the Tent the people rose and stood at the entrance of their tents, watching as Moses entered this meeting place with God. As Moses entered the Tent, the pillar of cloud would come down and rest upon the entrance of the Tent. When the people saw this they stood and worshiped, each at the entrance of their own tent.

It was during these times that the Lord God would speak to Moses face to face, as a man speaks with his friend. Then, during those times when Moses would return to the camp because he had responsibilities in leading the people, something else interesting would occur. The young protégé of Moses, Joshua, who would later become leader of the people, would not leave the Tent. Joshua, amazingly, had opportunity to sit and bask in God's glorious presence while in the Tent of Meeting. Oh my!

Following this a conversation between Moses and God is revealed. Moses knew that to be a good leader of the people he needed to know God even more intimately. Moses stated the following to the Lord, "I know you by name and you have found favor with me. If you are pleased with me, teach me your ways so I may know you and continue to find favor with you." The Lord replied, "My Presence will go with you, and I will give you rest." In response to this, after further dialogue between Moses and God, Moses bravely asserted to God, "Now show me your glory." In response, Moses had an experiential encounter with God's glorious presence.

I would like to offer a prayer based on this chapter of Scripture. This prayer would need to include these aspects: leaving the wilderness to enter into promise, requesting the Lord to send an angel to go before us, the removing of ornaments, entering the Tent of Meeting, sitting under the pillar of cloud, and asserting the need for more glory. The consequence of this answered prayer would inevitably lead to a deeper friendship with God, more knowledge of the Lord and an understanding of his ways, and for a lifestyle postmarked by the glory of God's manifest presence in all that we do. This prayer is as follows:

"Oh Lord, my God, I come empty and open before You as I remove all of my ornaments. I take off everything that would keep me from a deeper union with You. Even more, I give You permission to further remove all of the paraphernalia from my soul that keeps me from Your presence and Your purposes.

I confess that I have been stubborn and self-seeking, and I repent, asking that You would forgive me and cleanse me of seeking my own way and not Yours. Renew my heart that I may not seek my own interests, but You and Your interests.

Now Lord, I ask that I may enter the Tent of Meeting, with Your pillar of cloud over the entrance, and that I may rest in Your Presence for as long as I am able. I will sit in the Tent as Joshua did, lingering in the warmth of Your cloud of glory.

I pray that I would be able to speak to You face to face as a person speaks to a friend. I seek to know You and understand Your ways. Now, show me Your glory. Let me see Your glory that I may be full of the knowledge of the glory of the Lord.

Allow me to live all of my days resting in Your glorious presence. These things I pray in faith believing, and in Your holy name, amen."

8. Joy and Strength

There are verses in Scripture that I like to string together for prayer and encouragement for myself and others. Praying from God's word is powerful. You can pray prayers from any one Scripture or any number of verses. Here is an example.

- In Psalms 16:11 we read that in God's presence there is fullness of joy;
- In Lamentations 3 we find that the joy of the Lord is our strength;
- We also find in Paul's letter to the Ephesians that we can do all things through Christ who strengthens us;
- In the Gospel of John we know that whatever we ask in the name of Christ, he will give it to us (John 14:14);
- In the Gospel of Mark we find that everything you pray for, believe you have received it, and it will be given to you (Mark 11:24).

To repeat this progression: Joy is found in God's presence... the joy we receive from God's presence strengthens us... with his strength, this strength he gives us, we can do anything... and whatever we ask in his name believing, we will receive.

Here is an example of a prayer from the above passages:

"Lord God, I draw near to You in order to enter Your holy presence. It is here, close to You, that I experience the fullness of joy. My joy in You is full.

This is the joy that strengthens me. I am made strong as I rejoice in You. I know that it is Your strength flowing through me.

I pray now in Your name, in the name of Jesus Christ of Nazareth, who came in the flesh. It is by this name, the name above all names, that every knee will bow and every tongue will confess that You are Lord of all.

I know that everything I pray for in Your name, believing, I will receive. With the strength You	
have provided, Your strength not mine, I know I can do anything, and this I will do. I ask	
specifically for	

My faith is in You to provide this so I trust You with all that I am. I thank You in advance for Your provision and I praise Your name."

9. Love

In the Gospels Jesus offered that the two greatest commandments are to love the Lord God with all your heart, mind, soul, and strength, and to love your neighbor as yourself. In these two commandments there are three loves— love of God, love of self, and love of others.

In the love of God we enter into that place, God's presence, where we receive the unending supply of his magnanimous regard for us. This first love is not about us loving God but God loving us. We step into that wide breach of the inexhaustible supply of God's great love, and then bask in these warm rays that penetrate through every part of our being. This is essential because if we do not know how much God loves us it will be difficult, if not impossible, to carry on.

In loving self we receive God's love, realize who we are to him and in him, and bathe in the boundless ocean of God's love. Here we try to love ourselves as much as God loves us. Since he's crazy about us this is undoubtedly impossible, but we ought to give it a go. He loves us so we take his love and apply it to ourselves. This is not haughty or self-seeking, but something that allows us to enter deeper into God.

Then, with the unlimited supply of the love of God flowing through us, we allow this energy to flow out of us to others. The power that is supplied in loving others has its genesis in God's love that we receive from him and apply to ourselves before we can ever hope to offer it to anyone else. You love others with the love of God, not your own, and his large supply is unlimited.

Love needs to flow in this direction— from God to self to others. Any other direction will result in fatigue and discouragement and a limited supply. You cannot create love, it already exists in God. You only receive it and manifest it. To receive God's love, dive in the ocean, swim freely, and soak.

Also, we know from Scripture that God is love. We are also well aware that God lives in us by his Spirit. Since this is true then we are also love. Love defines God in the best sense and since God lives in us we are love as God is love. God is love. God is in us. We are love.

We love because God first loved us. (see 1 John) If we need love, if we are in low supply of this essential power, we are to go to God and get filled up. Then we can represent God's love wherever we go.

The Apostle Paul informs us in Romans 5 that the love of God has been poured out from within us through the Spirit who was given to us. Since this love has been poured out it must have been poured in. The love of God has been deposited inside of us. We only need to find a way to

get it out. Well, that's easy. The Holy Spirit put this love in us so he can pour the love of God out of us. All we need to do is keep in step with the Spirit as he manifests the love of God in our lives.

It makes sense that the Spirit is involved here since he has fruit and the one that is first on the list is love. (see Galatians 5:23-24) So, the Spirit has fruit. This fruit has been planted in us; it has been germinated and allowed to grow and blossom into a plentiful shrub or tree with fruit on it ripe and ready for the picking. The fruit of love is entirely the job of the Spirit and he is set on its production. Our job may be as simple as living by this Spirit and walking in the Spirit. When we do, love is the result, as well as all the other fruit listed in this passage.

All of these ideas about love can be conveniently represented in a prayer, which is recorded here:

"Almighty God, I enter into Your presence by the Spirit. I encounter You by faith or experience. I enjoy being with You, it is my delight.

While here with You, I receive Your love. Fill me up with Your love. I experience Your great love and know how much You love me. I love myself with this love. If you love me I can love myself. And on this day, bring people to me that I may love them with Your love. Fill me up with Your love that I may love others.

Your Spirit has poured Your love into me so I ask that the Spirit pour this love out of me. Manifest in my life the fruit of the Spirit that is in me and start with love.

Oh God, You are in me and I am in You. You are love so I must be love too. Now let this love, Your love, define me and be applied to every situation and every person that I meet today. I thank you for all of this, for loving me and allowing me to walk in Your love.

And I love You very much."

10. Identity Statement

We all need to realize who we are. There are so many times in our lives when we live in the misguided delusion of who we have concluded ourselves to be, which may have little or nothing with who God made us to be. Scripture speaks the truth and can set us straight.

It would be very helpful for every one of us to be reminded of the truth of our identity every chance we get. The prayer below is a declarative statement that has been gleaned from passages in the Bible that we can utter often, to ourselves and out loud. Let everyone know the truth, the truth of who God made you to be, while praying this prayer:

"I am a child of the King, I am a co-heir with Jesus. All Jesus bought and paid for is my inheritance. I am united with Jesus, I have been crucified with Christ. I died with Him, I was buried with Him, I was raised with Him, I am seated with Him in the heavenlies far above all rule, all power, all authority, and above every name that is named, not only in this age, but also in the one to come. Therefore I carry the authority of Christ. I have authority over sickness, over sin, over demons, and over the world. I am the salt of the earth, I am the light of the world. I will displace the darkness, I have the full armor of God. I put on the breastplate of righteousness, the belt of truth, the helmet of salvation, the sandals of peace, I take up the shield of faith and the sword of the Spirit, for the weapons of my warfare are not fleshly. They are divinely powerful to tear down the strongholds of darkness. I can do all things through Christ, because greater is He who is in me than he who is in the world."

11. Oneness

Your final destination is oneness with God. You will be one with God for all of Eternity. Oneness with God is the pinnacle human experience. In heaven's eternity you will know and experience this in fullness, and you are to move into this unity even now while living on the earth.

At the end of his time here on earth Jesus prayed an astonishing prayer. It is known as the High Priestly prayer of Christ and it is recorded in John 17. Oneness and glory and love were the principle themes in this prayer. Jesus prayed that all people, those at that time and all those of every time who believe him, would all be one. He proclaimed toward heaven that just as the Father was in him and he was in the Father, that we would be in them. He stated that he had given to us his glory that the Father had given them, so that we would be one as the Godhead is one. His words, "I in them and you in me," are the source of our power that sustains us in this life and the life beyond. He continued by offering, "May they (us) be brought into complete unity to let the world know that you sent me and have loved them (us) even as you have loved me."

Christ ends this tremendous prayer by representing words about glory and love. He desired that we would become aware of the great glory of heaven and the amazing love that is available to us. He appeared satisfied with what he had done on earth, saying that his work is complete because he revealed the Father. His mission was that we would know the Righteous Father. This was so we would know the love the Father has for Christ, and that this love would be in us as the Lord God through Christ would be in us. In the space below is a prayer crafted for us in response to Christ's great priestly prayer. Pray it often as you are able.

"Lord God, can I draw near to You to be closer to You? Can I come into You and be one with You? Will You give me a picture or an experience so that I will know this intimacy with You?

Lord God, we are one! I agree with You that we are united in all that I am and all that You are, by the overlapping bonds of Divine Love. You are in me and I am in You. Christ Jesus, You are in me and You are the hope of glory. My spirit is now able to look upon Your Spirit in loving unity.

As the Father and the Son and the Spirit are one, I pray that I may know You in Your glory and experience a oneness with You. It is in this place that I receive Your love, and I acknowledge to You that I love You with all that I am.

I pray also that I would be one with all of Your people everywhere. As the Father and the Son and the Spirit are one, I am in complete unity with the people of God in all places."

12. Prayer for Release from the Oppression Curse

As those with a generational heritage dating back to early American history or certain moments in European history, our ancestors may have played a role in violating and assaulting many cultural groups. This was a big part of life, especially in earlier epochs because it was a kill or killed scenario. Skirmishes resulting in the death of many occurred frequently. However, there have been groups of people who were harmed or destroyed by other people groups when there was no threat. Innocent blood was shed by our ancestors because they killed people who would not have, in most cases, killed them.

Because of this there may be a curse upon the land and a curse on us. Curses can be applied to us, now, even though the act itself was nothing that we did. Nonetheless, there are curses that we must rid ourselves of.

The Native Americans, or First Americans, are a people group that were assaulted with unbridled harm. I will not recount the horrible tragedies we have afflicted upon these people, but know there are many and countless assaults. The curse of this oppression, at least in some cases, is on us. This is so because we live in the United States, whether or not our ancestors were here at the moments of these unnecessary tragedies.

The African-Americans are another people group who were assailed in American history, particularly by Anglo slave owners. Watch the movie "Twelve Years A Slave" and view how devastating slavery was to everyone, slave or free.

There are other groups yet it may be very difficult to recount all of them. You may know of certain groups from your family or experience that are not mentioned here. Any time there was a war in human history there was subjugation, although there have been incidents of suppression even when there was not war. Examples might be the dominance against women, children, Asians (i.e. internment camps) and the Hebrew Nation. The Holocaust was perhaps one of the greatest assaults on a people group that I am aware of.

We could go on, but I hope you get the idea. You may want to ponder this a bit, or even perform research of history or speak to members of other cultural groups. Take note mostly how there may be a curse upon you or those around you because of certain actions of those who lived before you. When you sense you have particular people in mind you may want to pray this prayer:

"On God of all time, the one true G	∍oa, i pray now in rejerence το tr	ne oppression that was		
enacted against	I am not aware of all of the u	ınspeakable harm against this		
group of people, but You are, You know all of the tragedies that was brought against them.				
By the power and authority that has been given to me through the risen Christ and by the Spirit,				
I break all curses resulting from th	e oppression against	, in the name of		
Jesus. All demons and spirits and works of the devil associated with these curses, I remove you				
and I command you to leave now,	in the name of Jesus Christ.			

I place a blessing instead on those who have been cursed due to the actions of their ancestors. Bless them, us, with all the spiritual blessings in the heavenly places in Christ Jesus, who sits on a throne in heaven at the right hand of the Father. Shower these people who have been cursed with blessing.

Now, regarding the people group who have been oppressed in history, and whose oppression may continue to this day, I pray that all of heaven, and You, Oh God, would grant to them strength and favor and wisdom and power and mercy. May they also be blessed with every spiritual blessing in the heavenly places in Christ Jesus, who sits on a throne on high at the right hand of the Father. I pray that everything that was taken from them would be replenished many times over, in Jesus name, and that they would receive a great reward in heaven for the assaults and tragedies they experienced on earth.

Righteous Father, I pray that You would make all things right, according to Your supreme will, and that Your kingdom would come, Your will would be completed, on earth as it is in heaven, and all those who are being oppressed in any measure would be visited by Your ministering angels and Your holy presence. Amen."