

Lydia Prayer Suggestions #10

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Begin your prayer session reflecting on the following quote by S. D. Gordon found in the book *37 Days of Prayer* by Ruth and Warren Meyers:

“The great people of the earth today are the people who pray. I do not mean those who talk about prayer, nor those who say they believe in prayer, nor yet those who can explain about prayer; but I mean those people who take time and pray. They have not time. It must be taken from something else. This something else is important. Very important, and pressing, but still less important and less pressing than prayer.”

Focus prayer for yourself on Galatians 5:22-23 praying through each fruit of the Holy Spirit and asking God to develop the image of Christ within you. You can be assured you are praying in the will of God when you pray very specifically for His spiritual fruit to grow in you. As you pray through the list, ask God not only to fill you with that trait, but to also reveal how you are not presently living that particular fruit. Sample prayers can be found in *How to Develop a Powerful Prayer Life* by Dr. Gregory Frizzell. Pray these prayers aloud then look up the scripture references and read them prayerfully.

Love: “Father, I ask You to fill me with a deep love for You (Romans 5:5). Grant that my love for You be passionate and not lukewarm (Revelation 3:15). Please fill me with Your powerful love for things that further Your Kingdom (Matthew 6:33). Endue me with a love for souls and a passion to grow our church. Fill me with a burning love for serving You. Baptize me with a selfless, compassionate love for my family and for those I meet each day. God, by the power of Your Spirit, please fill my heart with Your powerful love.” [Page 73]

Now ask God to show you how you are failing to love Him with all your heart, soul, mind, and strength and how you may be putting time, thoughts, and energies ahead of Him. Ask Him how you are doing in the love area with your family, coworkers, friends, and the body of Christ.

As you focus on one Fruit of the Spirit at a time, you may wish to use other sample prayers by Dr. Frizzell:

Joy – Lord, I believe You to fill me with a supernatural joy that is unspeakable and full of glory (I Peter 1:8). Show me how I fail to rejoice and give praise at all times (Philippians 4:4).

Peace – Lord, I trust You to fill me with Your perfect peace that passes understanding and guards my heart and mind (Philippians 4:5-8). Show me how am I choosing to worry and fret instead of trusting You?

Longsuffering – Lord, I believe You to fill me with the powerful ability to wait on You and calmly endure hardships. In what way am I impatient or complaining?

Gentleness – Lord, I trust You to fill me with kind and gracious attitude toward others. Show me how I have been harsh or unkind to others.

Goodness – Lord, I believe You to fill me with a generous attitude that is always looking to help others. Please show me how I have been selfish and oblivious to the needs of others.

Faith – Lord, I trust You to fill me with powerful mountain-moving faith. Fill me with steadfastness. Lord, show me how I have doubted You.

Meekness – Lord, please fill me with genuine humility, brokenness and a repentant, obedient spirit. Show me how I have been proud, arrogant or rebellious.

Temperance – Lord, please fill me with self-control and discipline. Please show me how I have been undisciplined, careless, or indulgent in any area of my life.” [page 75 –*How to Develop a Powerful Prayer Life*]

Let each member of your group choose a fruit of the Spirit she longs to see developed in her life, and then spend time praying for each other that the fruit chosen will be evident in a greater way than ever before.

As You continue your prayer time interceding for others, use Galatians 5:22-23 to pray for family, friends, neighbors, coworkers, and others God brings to your attention.

Now bring your church, its pastor, staff, and members before God praying that each will develop the Fruit of the Spirit in their lives. Choose a particular fruit for focused prayer for your church.

Use this same model as you continue praying for leaders in your community, country, and the nations of the world.