

## Lydia Prayer Suggestions #12

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Speak the Word of God aloud often during your prayer time today. It is a powerful way to defeat the enemy and resist temptation. You might wish to begin with the following verse: **“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms, with every spiritual blessing in Christ.” (Ephesians 1:3 – NIV)**

**Praise and Thanksgiving:** Give God praise focusing on His attributes. Begin your praise with the words, “You are \_\_\_\_\_.”

Example: I give You praise for You are Holy, the Righteous One, Faithful and True.

You are full of mercy, love, and grace, a Redeemer whose love knows no boundaries.

Spend a few moments meditating on each attribute or the various names for God then move into your prayer of thanksgiving for His blessings:

Example: Thank you, Redeemer God, for salvation, for peace that passes understanding, for your faithfulness to me, your limitless love, and your glory that fills the earth and blesses my life.

During this time of thanksgiving, think of specific times when He has given you peace, been faithful, demonstrated His love, and blessed you abundantly. Do not rush through this time of praise and thanksgiving.

**Confession and Cleansing:** Allow God to search and cleanse you from anything that would hinder your power to pray. “Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (Psalm 139:23-24 - KJV)

- Allow the Holy Spirit to thoroughly search and reveal truth to you about your thoughts. We are told in II Corinthians 10:5 to take every thought captive to the obedience of Christ. Proverbs 23:7 says that as a man “thinketh in his heart, so is he.”
- Next, allow God to expose your attitudes and relinquish anything displeasing to Him such as pride, unbelief, materialism, and judgmentalism. “Your attitude should be the same as that of Christ Jesus.” (Philippians 2:5 – NIV)
- Ask God to give you discernment regarding your speech. Are your words laced with criticism, gossip, condemnation, exaggerations, deceitfulness, or unkindness? “Let no corrupt word proceed out of your mouth.” (Ephesians 4:29 – NKJV)

Continue this time of confession and cleansing praying for one another until all hearts are clear.

**Petition and Intercession:** Now that you have allowed the Holy Spirit to search your heart and have prayed a prayer of confession and cleansing, you are in a position to bring your requests to God. You can now come boldly to His throne with your petitions for yourself, your family, your church, and others. “if My people, who are called by My name, will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land.” (II Chronicles 7:14 – NKJV)

Intercede for the lost and backslidden. Dr. Gregory Frizzell in his book *How to Develop a Powerful Prayer Life* gives the following example:

“Lord, pour out Your Spirit upon (name of person) and:

- *Convict* him of his sin and separation from You. John 16:8
- *Reveal* to him who You are and what Christ has done for him.
- *Open* the eyes of his understanding. Ephesians 1:18 Remove the spiritual blindness. 2 Corinthians 4:4
- *Draw* him to Yourself in a powerful fashion. John 6:44
- *Bind* Satan from him. Guard him from Satan stealing Your Word from him (Matthew 12:19).
- *Pray* for grace and mercy to *surround* him.
- Help *me* to be willing and anxious to be the means by which You save and deliver him. [page 83]

Close your prayer time by again quoting together Ephesians 1:3 from above.