international HOUSE OF PRAYER NORTHWEST

Ten Prayers to Strengthen Our Inner Man: F-E-L-L-O-W-S-H-I-P

I. OUR PERSONAL PRAYER LIFE: THREE CATEGORIES

A. Three main prayer categories: my personal life, for people and places, then for social issues

1. Prayer for personal life: breakthrough of God's glory (strength, favor, etc.) on my ***inner man***, in my ***circumstances*** (physical, financial and relational) and through my ***ministry*** as God's power is released through my hands, His authority through my words (prayer, singing, preaching, conversations) and prophetic revelation to help others (1 Cor. 14:25)

2. Prayer for people and places: individuals, ministries, marketplace and governmental authorities, and the destiny of cities or nations (Israel, Egypt, etc.)

3. Prayer for strategic social issues: justice (abortion, human trafficking), civil unrest (riots), natural disasters (hurricane, drought), disease (AIDS, Avian bird flu), social crisis (famine, terrorism, genocide, etc.) or economic crisis, etc.

B. ***Three main prayer themes***: ***gifts*** of the Spirit (God's power/favor); ***fruit*** of the Spirit (character); ***wisdom*** of the Spirit (insight, revelation). Most prayer requests fit into one of these 3 themes.

C. A foundational Kingdom principle is that God releases more blessing as we ask Him. He knows all of our needs (Mt. 6:32), but requires that we ask Him for increased blessing, because it causes us to interact with His heart. **"I will give you more if you ask, but if you don't ask, I will starve you out to bring you to the point of connecting with my heart to ask."** To ask implies that we **verbalize our prayers, not just think** on them.

2 You do not have because you do not ask. (Jas 4:2)

6 In everything by prayer…let your requests be made known to God… (Phil. 4:6)

D. Our highest call is to fellowship with God, so we use the acronym F-E-L-L-O-W-S-H-I-P, which combines the three main prayer themes of ***gifts*** (power), ***fruit*** (character) and ***wisdom*** (insight) for our inner man (mind, emotions and will), into one prayer list with 10 specific prayer requests. **These ten specific requests are based on promises of God that require the supernatural work of the Spirit on our heart**. We can not immediately measure the work of the Spirit on our heart.

3 Truly our fellowship is with the Father and with His Son Jesus Christ. (1 Jn. 1:3)

E. I recommend all to establish a prayer list to provide focus to their prayer time. Most of us will pray much more with a schedule that establishes ***"when"*** we pray, and a prayer list to focus us on ***"what"*** to pray, along with a right paradigm of God so we ***"want"*** to pray. Many who love Jesus never develop a prayer life because prayer is not on their weekly schedule. Some people have scheduled time to pray, but don't know "what to say" when they show up to pray.

F. I take liberty to leave my prayer list or omit parts of it. Sometimes, I just pray Ps. 119, Mt. 6:9-15; Jn. 14-17; 17:20-26; Eph. 1:17-22; 3:16-19; Phil. 1:9-12; Col. 1:9-13; 1 Thes. 3:12-13.

II. PERSONAL PRAYER LIST FOR SPIRITUAL STRENGTH: F-E-L-L-O-W-S-H-I-P

[16] To be strengthened with might through His Spirit in the inner man… (Eph. 3:16)

A. ***F- Fear of God***: Father, release the spirit of the fear of God into my heart. Release the lightning and thunder from Your Throne to strike my heart (Rev. 4:5) with Your majesty, that I might live in awe before You. Release Your presence and holy dread that makes me tremble before You. Unite my heart to your heart and Word and cause me to delight in the fear of God.

[40] I will put My fear in their hearts so that they will not depart from Me. (Jer. 32:40)

[13] The Lord…you shall hallow; let Him be your fear, and let Him be your dread. (Isa. 8:13)

[11] Unite my heart *(to Your heart and Word)* ***to fear Your name. (Ps. 86:11)***

[3] His delight is in the fear of the LORD… (Isa. 11:3)

[2] On this one will I look: on him who…trembles at My word. (Isa. 66:2)

[12] Work out your own salvation with fear and trembling… (Phil. 2:12)

B. ***E- Endurance*** *(patience)*: Father, strengthen my spirit with endurance that I may do the will of God with zeal and diligence, especially in difficult circumstances. Impart strength and endurance for fasting. Direct my heart by the Spirit into the endurance and patience that Jesus walked in.

[11] Being strengthened with all power…may have great endurance and patience… (Col. 1:11 NIV)

[5] May the Lord direct your hearts into the love of God and the patience of Christ. (2 Thes. 3:5)

[17] It was written, "Zeal for Thy house will consume me *(Jesus)***." (Jn. 2:17, NAS)***

[9] Zeal for Your house has eaten me *(David)* ***up…10 I wept and chastened my soul with fasting that became my reproach. 11 I made sackcloth my garment… (Ps. 69:9-11)***

[11] Phinehas…was zealous with My zeal among them… (Num. 25:11)

C. ***L- Love***: Father, pour out Your love into my heart by the Spirit by releasing revelation of Your love for me, that it may overflow in love back to You and to others. Lord, take the reigns of my heart and direct it into the vast ocean of Your love.

[5] The love of God has been poured out in our hearts by the Holy Spirit... (Rom. 5:5)

[5] May the Lord direct your hearts into the love of God… (2 Thes. 3:5)

9 I pray that your love may abound still more and more… (Phil. 1:9)

6 Set Me** (Jesus) **as a seal on your heart…for love is as strong as death…its flames are flames of fire…7 Many waters cannot quench love, nor can floods drown it. (Song 8:6-7)

1. Father, impart Your love for Jesus in my heart (Jn. 17:26). I agree with Jesus' prophecy (Mt. 22:37) to receive grace to love God with all my heart and soul and mind.

   26 …That the love with which You loved Me may be in them… (Jn. 17:26)

   37 You shall love the Lord…with all your heart…soul…and mind. (Mt. 22:37)

2. Father, help me comprehend Jesus' love for me and to abide in it (stay connected to it).

   18 That you…may be able to comprehend…what is the width and length and depth and height…19 to know** (experience) **the love** (affection) **of Christ… (Eph. 3:18-19)

   9 As the Father loved Me, I also have loved you; abide in My love. (Jn. 15:9)

3. Father, reveal Your name (personality) to me that I may feel Your affection. Write it on my heart and inflame my desire for You. Tenderize my heart. Reveal Yourself as Father and Jesus as Bridegroom. Let me hear the voice of the Bridegroom (Jn. 3:29).

   12 I will write on him** (reveal) **the name of My God…and My new name. (Rev. 3:12)

4. Let me see and love myself through Your eyes. Thank you for who I am to You.

   13 You formed my inward parts; You covered me in my mother's womb. 14 I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. 15 My frame was not hidden from You, when I was made in secret, and skillfully wrought… (Ps. 139:13-15)

5. Father, "I agree with Jesus' command and prophecy in Mt. 22:39 that I will love others." Let me abound in love by seeing what You see and feeling what You feel about others.

   39 …You shall love your neighbor as yourself. (Mt. 22:39)

   12 May the Lord make you increase and abound in love to one another… (1 Thes. 3:12)

D. ***L- Light of glory***: Father, let me see the light of Your glory. Give me Holy Spirit encounters (dreams, visions, angelic visitations, supernatural manifestations of light, fire, wind, etc.) as You gave them to Moses, Isaiah, Ezekiel and John (Ex. 33; Isa. 6; Ezek. 1; Rev. 1).

6 A great light from heaven shone around me…8 He said to me, "I am Jesus of Nazareth…" 11 I could not see for the glory of that light…I came to Damascus. (Acts 22:6-11)

18 And he** (Moses) **said, "Please, show me Your glory." (Ex. 33:18)

6 Lord, lift up the light of Your countenance upon us. (Ps. 4:6)

4 The light of the gospel of the glory of Christ…should shine on them. (2 Cor. 4:4)

3 Send out Your light and truth! Let them lead me…bring me to Your holy hill… (Ps. 43:3)

9 For with You is the fountain of life; in Your light we see light. (Ps. 36:9)

16 His countenance was like the sun shining in its strength. (Rev. 1:16)

1 Give ear, O Shepherd of Israel…You who dwell between the cherubim, shine forth! ...3 Restore us, O God; cause Your face to shine, and we shall be saved! (Ps. 80:1-3)

17 I will pour out of My Spirit on all flesh; your sons and your daughters shall prophesy, your young men shall see visions, your old men shall dream dreams. (Acts 2:17)

51 You shall see heaven open, and the angels of God ascending and descending… (Jn. 1:51)

17 I pray, open his eyes that he may see. Then the LORD opened the eyes of the young man…the mountain was full of horses and chariots of fire all around Elisha. (2 Kgs. 6:17)

E. ***O- One thing life focus***: Father, strengthen me to maintain a life in Your word with desire for it and a steady gaze (prayer without ceasing). Give me grace to choose the "good part" (as Mary of Bethany did). When I lose this focus, **send Your word to deliver me as you did the churches at Ephesus, Sardis and Laodicea** (Rev. 2:4-5; 3:1-3; 3:15-20) that may realign my heart to recommit my schedule and priorities to live as a "person of one thing" who regularly sits at Your feet.

4 One thing I have desired…that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. (Ps. 27:4)

41 Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her. (Lk. 10:41-42)

8 I have set the Lord always before me…He is at my right hand I shall not be moved. (Ps. 16:8)

17 Pray without ceasing… (1 Thes. 5:17)

32 Did not our heart burn within us while...He opened the Scriptures to us? (Lk. 24:32)

F. ***W- Walking Worthy*** (*purity/holiness)*: Father, strengthen me to walk in a way that You consider worthy of my highest calling, that I escape all compromise to ***stand*** victorious in full obedience.

11 We pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power… (2 Thes. 1:11)

34 Lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. 35 It will come as a snare on all those who dwell on…the

whole earth. 36 Watch…and pray always that you may be counted worthy *(prepared)* ***to escape all these things*** *(sins of v. 34)* ***…to stand*** *(in victory)* ***before the Son of Man. (Lk. 21:34-36)***

1. Help keep me free of compromise that I would walk blameless body, soul and spirit.

   [23] May the God of peace sanctify you completely; may your spirit, soul, and body be preserved blameless *(without compromise)* ***at the coming of our Lord… (1 Thes. 5:23)***

   [13] That He may establish your hearts blameless in holiness before God… (1 Thes. 3:13)

2. We agree with David who prayed, "Keep me close to You as the apple of Your eye."

   [8] Keep me as the apple of Your eye… (Ps. 17:8)

3. We agree with David's prayers to walk in purity.

   [10] Create in me a clean heart, O God, and renew a steadfast spirit in me. (Ps. 51:10)

   [17] Your people…offer willingly to You. 18 O LORD…keep this forever in the intent of the thoughts of the heart of Your people, and fix their heart toward You. 19 And give my son Solomon a loyal heart to keep Your commandments… (1 Chr 29:17-19)

4. Father, I set my heart to obey You by denying the lust of the flesh (related to food, alcohol, drugs, immorality) and the lust of the eyes (pornography, covetousness, etc.)

   [16] The lust of the flesh, the lust of the eyes…is not of the Father… (1 Jn. 2:16)

   [1] I have made a covenant with my eyes; why should I look on a woman? (Job 31:1)

   [3] I will set nothing wicked before my eyes… (Ps. 101:3)

5. Lead me from the storm of temptation, rescue me from its deep waters, and cleanse me from secret faults (Ps. 19:12; 69:1-2). Search me and show me my heart (Ps. 139:23).

   [13] Do not lead us into temptation, but deliver us from the evil one. (Mt. 6:13)

   [15] That You should keep them from the evil one. (Jn. 17:15)

   [12] Who can understand his errors? Cleanse me from secret *(unperceived)* ***faults. (Ps. 19:12)***

   [23] Search me, O God, and know *(reveal)* ***my heart; try me, and know my anxieties… (Ps. 139:23)***

   [1] Save me, O God! The waters have come up to my neck. 2 I sink in deep mire, where there is no standing; I have come into deep waters…the floods overflow me. (Ps. 69:1-2)

G. **S**- ***Speech***: Father, set a guard over my lips as I set my heart to obey You (Ps. 17:3; 39:1). Free me from defensive, angry and foolish speech (Eph. 4:29; 5:4). Sustained communion with the Spirit requires restrained conversation with man. The Spirit is most easily quenched in our life by our speech.

[3] Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Ps. 141:3)

[2] If one does not stumble in word, he is a perfect man, able to bridle the whole body. (Jas. 3:2)

[29] Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit… [5:4] Neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting… (Eph. 4:29-5:4)

[14] Let the words of my mouth and the meditation of my heart be acceptable... (Ps. 19:14)

H. ***H- Humility***: Jesus, I want to learn from You how to walk in lowliness. I commit to take Your yoke of humility (lowliness of heart) on my life in my attitudes, speech, and actions. Give me wisdom on how to live before Your eyes and to carry my heart in love, purity, and humility.

[29] Take My yoke…and learn from Me, for I am gentle and lowly in heart… (Mt. 11:29)

[3] Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself…5 Let this mind be in you which was in Christ… (Phil. 2:3-5)

I. ***I- Insight and wisdom unto intimacy***: Father give me insight into Your Word, will, and ways. Give me wisdom on how to live before You that I may walk in intimacy (union) with You. Let me know the secrets of Your heart (Ps. 25:14). What are You thinking and feeling?

[17] May give to you the spirit of wisdom and revelation in the knowledge of Him… (Eph. 1:17)

[9] Ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; 10 that you may have a walk worthy of the Lord… (Col. 1:9-10)

[4] Show me Your ways…teach me Your paths. 5 Lead me in Your truth…14 The secret of the LORD is with those who fear Him, and He will show them His covenant. (Ps. 25:4-5, 14)

[12] Epaphras…always laboring fervently for you in prayers that you may stand perfect and complete in all the will of God. (Col. 4:12)

1. We ask for insight into the Spirit's leadership in every issue in our life including finances, schedule, circumstances, our emotions, physical body (diet, health), relationships, people we are responsible for (in the home, office, ministry), our future, fears, addictions and shortcomings. We ask the Spirit to give us new ideas in each area of our life.

   [26] The Holy Spirit…will teach you all things... (Jn. 14:26)

2. We ask for the Spirit's insight into God's end-time purposes (Dan. 11:35; 12:10), eternity, the New Jerusalem, the Judgment Seat of Christ and Hell.

[13] The Spirit…will guide you into all truth; He will tell you things to come. (Jn. 16:13)

[22] O Daniel, I have now come forth to give you skill to understand. (Dan. 9:22)

J. ***P- Peace and Joy***: Father, strengthen my heart with supernatural peace, joy, hope and comfort that overpowers fear and anxiety that we would not sin. **Sin grows fastest in our life when fear or anxiety work strongly in us**.

[13] Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope *(confidence)* ***by the power of the Holy Spirit. (Rom. 15:13)***

[16] Now may the Lord of peace Himself give you peace always in every way. (2 Thes. 3:16)

[7] The peace of God…will guard your hearts and minds through Christ Jesus. (Phil. 4:7)

[16] May our Lord Jesus…and our God and Father…17 comfort your hearts… (2 Thes. 2:16-17)