

MY PRAYER¹

I began praying this daily for my family when the Lord said to me, “You’ve given up. Get up off the mat. Get on your knees and fight like a man.” Things got worse before they got better, but that was ultimately a turning point that led our family into a season of joy and freedom.

It takes about 15 minutes to pray this prayer. It is powerful and potent. You can do it in 3 minutes on some days by just praying the bold portions. Now I pray the entire prayer weekly, as kind of a regular tune up and realignment.

It is an approach to putting on the armor of God described in Ephesians 6. I believe that putting on that armor is fundamentally preaching the Gospel to yourself and invoking it in behalf of those you love.

My dear Lord Jesus, I come to You now to be restored in You—to affirm my place in You, and to reaffirm my loyalty and fidelity to You. I come to receive the grace and peace I so desperately need this day. I bow before You as my sovereign liege, surrendering every aspect of my life to You. **I offer myself to You as a living sacrifice.** As such, I once again turn over to You my lips, eyes, hands and feet... heart, soul, mind, and strength. Please use any and every part of me for Your purposes and pleasure today, for I am Your servant. I am asking You to restore my union with You during this time of prayer.

In all that I now pray, I also bring with me those I love: [names] and all those in my sphere of influence: my extended family, my team and coworkers, those I am mentoring, those I serve, my support teams, and my local church. By faith, I bring them along with me.

O Lord, You are always holy, powerful and loving, and together those qualities make You worthy of our complete trust. And I do trust You and once again turn to You with the longings and anxieties of my heart because Your motives are always pure, You never fail to do what You promise, and You always have our best interests in mind. You alone are The Way, The Truth, and The Life, and You have infused Your Life into us. **So I renounce all other gods and idols:** ideas, appetites, desires, dreams, positions, methods, people and things **to which we have looked for life. And I embrace the fact that today You are our Fountain Of Living Waters.** So, may rivers of Living Water flow from our innermost being. I confess here and now that it is all about You, God, and not about us... not about *our* ideas of what should be, *our* fulfillment, or *our* comfort, convenience or control. For You are the Hero of this story and we are merely Your bondservants. Please forgive us Lord, for our many sins. Have mercy Lord, although we don’t deserve it. Do continue to search us and reveal to us facets of our lives that are not pleasing to You. Please persist to show us aspects of our hearts that we’ve withheld from You, or that need Your healing, transforming touch. And in those areas grant us the grace of deep and true repentance and renovation.

Getting Dressed

Now I once again put on Your armor—the belt of solid, unchanging, Life-giving Truth... the breastplate of authentic righteousness that deflects the condemnation we sometimes feel or inflict on ourselves... the shoes of being ready through the gospel of peace... and the helmet of salvation guarding our minds....

Embracing Our Sonship & Our Father

Father, thank You for loving us as You do, for conceiving us in Your mind and setting Your heart on us before You made the world, and now making us Your beloved children. You are truly our Father:

¹ Adapted and personalized from Waking The Dead by John Eldredge.

our designer and creator, our provider and sustainer, our mentor and defender, and the true beginning and end of all things in our lives. Papa, we need and love Your warm, prolonged embrace. Thank You for showing Your love for us by sending Your beloved *firstborn* Son, Jesus, to be our substitute and liberator. I bow before You as I once again thank You for the priceless gift of Your beloved Son. Thank You for including us in Christ, for covering our sins with *His* blood, for grafting *His* righteousness into us, for filling our innermost being with *His* Spirit, and for actually making us Your authentic sons and daughters - born from above and born of Your Spirit. Thank You for making us alive *with Him*, for raising us *with Him*, for placing us *with Him* at Your right hand, for entrusting us with *His* authority, and for anointing us with *His* Holy Spirit. As Your beloved child, I enter into Your joy over us and over all You have done in and for us, and gratefully yield my life to You.

Embracing the Crucifixion

Jesus, how I thank You for coming to personally rescue us... giving Your own life as a ransom. We do owe You everything. So I humble myself before You. **I once again come fully into the work and triumph of Your rescue operation, the crucifixion, whereby we have been cleansed from all our sin through Your shed blood, our heart of hearts has been circumcised unto God, and our old nature has been put to death.** So every claim being made against us has been disarmed and deactivated. I take my place in Your cross and death, whereby we have died with You to sin. I am crucified with Christ, so **I take up my cross today and put to death the residual effects of my former nature** (my flesh): pride, desire to be in control, selfishness, self-indulgence, sensuality, lust, hypocrisy, deceit, impatience, jealousy, harshness, and irritability. I put off those works of my past nature. I now bring the cross of Christ between me and those vestiges of what I used to be. Holy Spirit, please lead us into the fullness of the work of the crucifixion of Jesus Christ. I receive it with thanks and yield to Your total claim to our lives.

Embracing the Resurrection

Jesus, I also take in the fruit of your resurrection, and embrace You as our true Life... Your righteousness, wisdom, love, joy and strength live deep within us now. We have been raised with You to walk in new Life, dead to sin and alive to God. It is no longer we who live but Christ who lives in us. So I now take my place in Your resurrection, whereby we have been made alive with You. I now put on Your humility and holiness, righteousness and purity, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-government, and courage. Christ is our Life, the One who strengthens us. So Holy Spirit, please lead us into the fullness of the resurrection of Jesus Christ. I receive it with thanks and yield to Your total claim on our lives.

Embracing the Ascension

Jesus, I also solemnly invoke Your authority and everlasting victory over Satan and his kingdom. I declare the work and triumph of Your ascension which proves that Satan has been judged and cast down, his rulers and authorities disarmed, and all authority in heaven and on earth has been given to You, Jesus. I marvel that we have been given Your fullness, You who are the Head over all. **I take my place in Your ascension, for we have been raised with You to the right hand of the Father and established with You in Your authority. As Your deputy I invoke Your authority and Your kingdom rule over my heart, my life, my family, my household, and my domain.**

And now I bring the fullness of Your work— Your crucifixion, resurrection, and ascension—against the vestiges of my old nature, against the influence of the world system in my heart and home, against Satan, against his kingdom of darkness, and against all his emissaries and their work, warring against us and our domain. Greater is He who is in us than he who is in the world. Christ has given us authority to overcome the power of the Evil One, and I claim that authority now over and against every enemy spirit, and I banish them from my heart, home and domain in the name of Jesus Christ. Thy kingdom come, Thy will be done in us as it is in heaven. Holy Spirit, apply to us the fullness of the work of Jesus Christ. I once again receive it and yield to Your total claim to our lives.

Embracing the Holy Spirit

Holy Spirit... I wholeheartedly embrace You as our Counselor, our Comforter, our Strength, and our Escort. Thank You for taking up residence in us, and sealing us in Christ. I honor You as our indwelling Lord, and I ask You to lead us into all the truth we need today, to anoint us for all that You have in mind. Even today may You lead us deeper into living Jesus! **I offer my life to You—body and soul—** inviting You to fill me so that I may walk in step with You in all things throughout this day. Please apply to us and through us Your work and Your gifts. Fill us afresh, living and Holy Spirit of Jesus. I receive You with thanks and affirm Your total claim to my life, my spouse, my children and all those in my domain.

Using My Spiritual Weapons

Having put on Your armor, I take up the shield of faith and the sword of the Spirit, the spoken Word of God, and I wield these weapons against the Evil One in the power of God.

- **To any spirit stirring up despair** I say it is written, *“Do not fear, for I am with you; do not anxiously look about you for I am your God. I will strengthen you. Surely I will help you. Surely I will uphold you with my righteous right hand.”* (Isaiah 41:10) Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. And I enter into the joy of my Master.
- **To any spirit stirring up anger or conflict** I say it is written, *“The anger of man does not accomplish the righteousness of God.... Do not let the sun go down on your anger, and do not give the devil an opportunity.”* (James 1:20 & Ephesians 4:26) Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. And Lord, I put on Your love, gentleness and peace.
- **To any spirit stirring up bitterness or unresolved wounding** I say it is written, *“See to it that no one comes short of the grace of God; that no root of bitterness [or unresolved wounding] springing up causes trouble, and by it many be defiled.”* (Hebrews 12:15) Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. And Lord, I put on Your Spirit of forgiveness and healing grace.
- **To any spirit stirring up deceit or hypocrisy** I say it is written, *“Do not lie to one another, since you laid aside the old self with its evil practices.”* (Colossians 3:9) Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. And Lord, I put on Your truth and integrity.
- **To any spirit stirring up fear** I say it is written, *“God has not given us the spirit of fear; but of power, and of love, and of a sound mind.”* (2 Timothy 1:7) Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. And Lord, I enter into Your power, Your love, and Your mind.
- **To any spirit stirring up pride** I say it is written, *“God is opposed to the proud, but gives grace to the humble.”* (1 Peter 5:5) Therefore in the name of Jesus Christ I banish you from my heart, from my homes, and from my domain. And Lord, I put on Your humility and grace.
- **To any spirit stirring up infirmity or disease** I say it is written, *“He Himself took our infirmities and carried away our diseases”* (Matthew 8:17). Therefore in the name of Jesus Christ I banish you from my heart, from my home, and from my domain. I command you to leave and to never return. And Lord I embrace your healing and wholeness.
- **To any spirit stirring up immorality** I say it is written, *“Your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own... for you have been bought with a price.”* (1 Corinthians 6:19-20) Therefore in the name of Jesus Christ I banish all of you from my heart, from my home, and from my domain. And Lord, I embrace Your purity and holiness.

Lord of Hosts, I come to You in the name of Jesus of Nazareth, and I call on You to cover us with the blood of Jesus Christ throughout this day. May His blood block every demonic influence, keeping the enemy from touching us in any way. I call on You to block every intention the forces of darkness may conceive against us. May all of the enemy's plans against us be thwarted. Instead Lord, please surround us and fill us with Your presence!

Holy Spirit, please continue to teach us to pray in the Spirit, especially in every vulnerable moment and opportune situation, to be strong in You Lord, and in Your might, that we may finish this day well... that we may sign Your name to the end of this day.

Mobilizing Reinforcements

Lord of Hosts, thank You for Your angels. I summon them in the authority of Jesus Christ and release them to fight for me, my household, and my domain. May they guard us at all times this day! Thank You for those friends who pray for us; I confess we need their prayers, and I ask You to rouse them and raise a full canopy of prayer and intercession for us.

Calling Down the Father's Blessing (Ephesians 3:16-20 personalized)

Heavenly Father, in view of the favor that You have poured out on me over the years, I beg You, You Who are truly the father of every family in the past, present and future, that You would give to each one in my sphere of influence much more of these lavish gifts than You've given to me:

- That You would pour out the fullness of Your beauty on each of us...
- That we may experience Your energy and capacity living in us...
- That we may learn to trust You completely and thus yield to Jesus Himself living comfortably in our hearts...

Why would we trust You like that? Because... Your great love for us is an established fact. Of course, we are already deeply rooted in Your love, and the foundation of Your extreme love for us is firm and strong. I am just praying that we would be able to truly grasp the greatness of Your love for us...

- That we cannot stray so far that we'll exceed the width of Your love...
- That we cannot fail so often or so long that we'll wear out Your love...
- That Your love for us is so high that we don't need to do anything to increase it ...
- That You have explored all the depth of our being and love every part of us...

Although we can never fully understand this, **I pray that we will come to know Your love so profoundly that we will find ourselves trusting You completely and yielding to You thoroughly**, so that we will be completely filled and controlled with Your loving presence. As that happens, the sky will not even be the limit. May You do more than we've ever imagined, living in and through us. May Your beauty and radiance be displayed through us individually and in community, and may it flow in the lives of our physical and spiritual children, grandchildren, and generations to follow. May it be so!

I call forth the kingdom of the Lord Jesus Christ this day throughout my heart, my home, my family, my household, and my domain. I pray all of this in the name of Jesus Christ, with all glory and honor and thanks to Him.