



TIME  
— *with* —  
GOD

Developing a deeper  
walk with God





## TIME WITH GOD

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Dear friends,

It has always been the desire of God to love us and bring us into His purpose and destiny for our lives. Jeremiah 29:11-13 says, “For I know the plans I have for you,’ declares the Lord, ‘plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.” The encouragement in this passage is that God has pre-ordained a plan and a purpose for each of us. We discover that plan and purpose by calling upon Him, praying to Him and seeking Him through His Word.

There are so many different ways to pray, worship and read God’s Word, but I find the only way to really learn how to spend time with God is to jump right in. This booklet is a collection of prayer models and tools to help you get started.

Remember, all things begin and end with focusing on the Person of God with thanksgiving, worship and acknowledgement of His greatness. May God bless you on your journey as we look to see His Kingdom come and His will be done.

In His strength and love,

A handwritten signature in black ink that reads "Jimmy Seibert". The signature is written in a cursive, flowing style with a large initial "J" and "S".

Jimmy Seibert

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# *Personal Time With Jesus*

*“Draw near to  
God and He will  
draw near to you.”*

**James 4:8a**





# SPENDING TIME WITH THE LORD

## WORSHIP

**Thanksgiving:** Enter God's presence by thanking Him for specific things.

**Worship:** Sing to the Lord a new song from your heart or create a playlist of worship songs that easily lead you into the presence of God.

## WORD

**Study the Bible:** Pick a **book** of the Bible and systematically read one to three chapters a day. Highlight verses that grab your attention. Pick a **topic** like grace, peace or holiness and gather verses to memorize and meditate. Pick a **person** in the Bible and study their life, asking God for insight.

**Pray the Bible:** We are transformed when we take the Bible into God's presence and interact with Him. Read a verse and then pray it back to God, speaking directly to Him. (Pray Psalm 1, 23, 103, 139)

**Meditate on who God is: Father, Son and Holy Spirit** (see "[Who Is God?](#)" list). Read one Scripture at a time and thank Him for who He is.

**Meditate on who you are in Christ:** (see "[Who I Am in Christ](#)" list). Read one Scripture at a time and thank Him for who you are in Christ as a new creation.

**Memorize the Bible:** see "[Scripture Memory Strategies.](#)"

## PRAYER

**Fellowship with God:** Express your heart to God and allow Him to share His heart with you.

**Pray for yourself:** Create a list of Scriptures to pray over yourself. Pray over your day.

John 15:9 – As the Father has loved me, so have I loved you. Abide in my love.

*Prayer: "Jesus, I ask for grace to abide in Your love today."*

Ephesians 3:16 – [I pray] that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.

*Prayer: "God, strengthen me today with Your power by the Holy Spirit."*

**Intercession:** Pray for your family, friends, coworkers, leaders and those who don't know Jesus. Pray for your city, nation, nations and unreached people groups. Ask the Lord for a specific prayer assignment in this season.

Prayer: “Lord, is there a person, a place or a purpose in Your heart for which You are inviting me to pray?”

## LISTEN

**Listen and journal:** Ask, “Father, is there **anything You want to speak to me today?**” Write in a journal the words, images and Scriptures God speaks to you. His voice will always align with Scripture and with His character. Ask other specific questions. Wait in His presence with a listening heart. Enjoy being with Him.

Ask, “Lord, is there anything You want to **exchange** with me?” (E.g., burdens for His peace, fear for His perfect love or heaviness for His joy)

Ask, “Father, is there anyone You want to **encourage**? What do You want to say to them?” Listen for words of encouragement that He speaks for others, write them down and give it to them or pray it over them.

# THE HOUR THAT CHANGES THE WORLD

This is a simple 12-step plan for one hour of prayer that will transform you and the world around you!

- 1. Praise** – Psalm 63:3; Hebrews 13:15; Matthew 6:9. All praise should begin with recognizing God’s nature. Praise is an aspect of prayer in which we vocally esteem God for His virtues and accomplishments.
- 2. Be Still** – Isaiah 40:31; Lamentations 3:25. Give time to be quiet in God’s presence. Psalm 37:7 says, “Be still before the Lord ...” This is not meditation or listening, but simply a time to let God love you!
- 3. Confess** – Psalm 51:10, 11; 1 John 1:9. The Psalmist asked God, “Search my heart,” because unconfessed sin is a roadblock to answered prayer (Psalm 139:23, 24). Confession clears the way for powerful praying.
- 4. Read the Word** – 2 Timothy 3:15; Psalm 19:7, 8. Read God’s Word. “The commandment of the Lord is pure, enlightening the eyes.” When we bring God’s Word into our prayer, God opens our eyes to walk in truth and pray with power.
- 5. Intercede** – 1 Timothy 2:1, 2; Psalm 2:8; Matthew 9:37, 38. Intercede for a lost and dying world. This includes praying for others who have desperate needs.
- 6. Petition** – Matthew 6:11, 7:7; James 4:2. This aspect of prayer concerns our personal needs. Petition is included in the Lord’s Prayer in the expression, “Give us this day our daily bread.” To petition God is to open our need to Him through prayer.
- 7. Pray the Word** – Jeremiah 23:29; 2 Samuel 22:31; Numbers 23:19. Pray God’s Word—specific verses. Praying God’s Word is praying His will.
- 8. Give Thanks** – Philippians 4:6; Psalm 100:4. Paul instructed us to offer prayer and supplication “with thanksgiving.” Thanksgiving should be sprinkled throughout our time with the Lord.
- 9. Sing** – Psalm 100:2; Psalm 144:9. Melody is a gift from God to sing praises back to Him. Paul spoke of singing “spiritual songs” (Ephesians 5:19). Learn the beauty of singing a “new” song to God. These songs come from your heart with the inspiration of the Holy Spirit.
- 10. Meditate** – Psalm 1:2, 63:6, 77:12. Contemplate, ponder, reflect and look with thoughtful attention at the names of God, the nature of God, the works of God and the Word of God.
- 11. Listen** – John 10:27; 1 Kings 19:11, 12. Whether through His written Word or by the “still small voice” of the Holy Spirit, God speaks to us. But we must take time to listen. Listening is different than both waiting and meditation. Here, we listen for direct orders from our Heavenly Father concerning the activities of our day.
- 12. Praise** – Matthew 6:13; Psalm 100:4; Psalm 150. We begin prayer by recognizing God’s nature in praise, and we end the same way. Jesus taught this when He ended His prayer, “For yours is the kingdom and the power and the glory forever, amen!”

# SOAP JOURNALING THROUGH THE BIBLE

Journaling is one of the best ways to process, record and protect the things God is speaking to us (Mark 4:24, 25). Think of a journal as a treasure chest where we store up the priceless revelations God is giving us. Wayne Cordeiro outlines the SOAP method for journaling through the Bible.

**SCRIPTURE:** As you read a passage of Scripture, take time to let God speak. Do not try to speed through the text, but learn to listen as you read. Jesus said, “My sheep hear my voice” (John 10:27). Listen with expectation!

**OBSERVATION:** Ask Holy Spirit to teach you and reveal Jesus to you. Ask Him what He is saying and write down the part of Scripture that stands out to you. Write any impressions that come as you read the text.

**APPLICATION:** It is important to personalize what you have read. How does this apply to your life in this time? What encouragement, lesson, instruction, correction or revelation is there for you? Write out how this applies to you right now.

**PRAYER:** Of course, prayer is happening throughout this entire process. But now, take special time to really focus and ask God to give more illumination and revelation on this Scripture. Don’t hurry; listen. Remember, prayer involves two-way communication. Write down the things you sense He is saying.

God speaks in other ways as well—impressions from the Holy Spirit, dreams, visions, prophetic words or divinely ordered circumstances. It is important to write these down to remember what God is speaking.

Journaling shows the high regard we have for the things God is saying to us and makes a statement of faith that says: We believe God speaks. We will listen carefully to Him. We will treasure His every word and will carefully obey everything He says.

# *Worship*

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“Enter His gates with  
*thanksgiving*, and His  
courts with *praise*!  
Give thanks to Him;  
*bless His name!*”

**Psalm 100:4**



# WHO IS GOD THE FATHER?

Read a verse and then pray it back to God, speaking directly to Him, declaring who He is and thanking Him for who He is.

**Genesis 1:1** – In the beginning, God created the heavens and the earth. (Read Genesis 1-3.)

**Exodus 3:14, 15** – God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel: ‘I am has sent me to you.’” God also said to Moses, “Say this to the people of Israel: ‘The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.’ This is my name forever, and thus I am to be remembered throughout all generations.”

**Isaiah 30:18a; 49:15, 16a** – Therefore the Lord waits to be gracious to you, and therefore he exalts himself to show mercy to you ... Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands.

**Jeremiah 29:11-13, 31:3b** – “For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart. ... I have loved you with an everlasting love; therefore I have drawn you with lovingkindness.” (NASB95)

**Daniel 7:9b** – and the Ancient of Days took his seat; his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames; its wheels were burning fire.

**Lamentations 3:21-24** – But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, therefore I will hope in him.

**Micah 7:18** – Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. (NIV)

**Zephaniah 3:17** – For the Lord your God is living among you. He is a mighty Savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs. (NLT)

**Luke 11:2** – [Jesus] said ... “When you pray, say: ‘Father ...’”

**John 3:16, 16:27** – For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. ... for the Father himself loves you, because you have loved me and have believed that I came from God.

**Romans 5:5b, 8:15b** – God’s love has been poured into our hearts through the Holy Spirit who has been given to us. ... you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

**2 Corinthians 1:3b, 4a, 6:18a** – the Father of mercies and God of all comfort, who comforts us in all our affliction ... and I will be a father to you, and you shall be sons and daughters to me.

**Galatians 4:6, 7** – And because you are sons, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” So you are no longer a slave, but a son, and if a son, then an heir through God.

**1 John 3:1a, 4:8b** – See what kind of love the Father has given to us, that we should be called children of God ... God is love.

**Revelation 4:8b** – Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!

**Revelation 21:3, 4** – And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

**Psalms 3:3, 16:11** – But you, O Lord, are a shield about me, my glory, and the lifter of my head. ... You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

**Psalms 27:10** – For my father and my mother have forsaken me, but the Lord will take me up. (NASB)

**Psalms 36:5-9** – Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds. Your righteousness is like the mountains of God; your judgments are like the great deep; man and beast you save, O Lord. How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. They feast on the abundance of your house, and you give them drink from the river of your delights. For with you is the fountain of life; in your light do we see light.

**Psalms 86:5, 15, 68:5, 100:5** – For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. ... But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness. ... Father of the fatherless and protector of widows is God in his holy habitation. ... For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

**Psalms 145:3, 8, 9, 13b, 14, 16-18** – Great is the Lord, and greatly to be praised, and his greatness is unsearchable. ... The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his mercy is over all that he has made. ... The Lord is faithful in all his words and kind in all his works. The Lord upholds all who are falling and raises up all who are bowed down. ... You open your hand; you satisfy the desire of every living thing. The Lord is righteous in all his ways and kind in all his works. The Lord is near to all who call on him, to all who call on him in truth.

**Psalms 147:3** – He heals the brokenhearted and binds up their wounds.

**Read and pray Psalms 103, Psalms 139 and Revelation 4.**



# WHO IS GOD THE SON?

Read a verse and then pray it back to God, speaking directly to Him, declaring who He is and thanking Him for who He is.

**Isaiah 7:14** – the virgin shall conceive and bear a son, and shall call his name Immanuel [*God with us*].

**Isaiah 9:6, 7a** – For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and of peace there will be no end.

**Micah 5:2** – But you, O Bethlehem ... from you shall come forth for me one who is to be ruler in Israel, whose coming forth is from of old, from ancient days.

**Zechariah 14:9** – And the Lord will be king over all the earth. On that day the Lord will be one and his name one.

**Matthew 16:16b** – You are the Christ [Messiah], the Son of the living God.

**John 1:1-4, 9, 10, 14, 18** – In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. ... The true light, which gives light to everyone, was coming into the world. He was in the world, and the world was made through him, yet the world did not know him. ... And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. ... No one has ever seen God; the only God, who is at the Father's side, he has made him known.

**John 1:29b, 33b** – Behold, the Lamb of God, who takes away the sin of the world! ... this is he who baptizes with the Holy Spirit.

**John 6:35b, 8:12b, 58b, 10:11, 30, 36b, 11:25b, 14:6b, 15:5, 9** – I am the bread of life. ... I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life. ... before Abraham was, I am. ... I am the good shepherd. The good shepherd lays down his life for the sheep. ... I and the Father are one. ... I am the Son of God ... I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live ... I am the way, and the truth, and the life. No one comes to the Father except through me. ... I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. ... As the Father has loved me, so have I loved you. Abide in my love.

**Philippians 2:5-11** – Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in

heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

**Colossians 1:15-20** – He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

**Colossians 2:9, 10** – For in him the whole fullness of deity dwells bodily, and you have been filled in him, who is the head of all rule and authority.

**Titus 2:13** – waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ ...

**Hebrews 1:1-3a** – Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son, whom he appointed the heir of all things, through whom also he created the world. He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power.

**Hebrews 2:17a, 3:1b, 12:24a, 4:15** – Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest ... Jesus, the apostle and high priest of our confession ... Jesus, the mediator of a new covenant ... For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

**Revelation 1:5, 6, 8, 17b, 18** – Jesus Christ the faithful witness, the firstborn of the dead, and the ruler of kings on earth. To him who loves us and has freed us from our sins by his blood and made us a kingdom, priests to his God and Father, to him be glory and dominion forever and ever. Amen. ... “I am the Alpha and the Omega,” says the Lord God, “who is and who was and who is to come, the Almighty. ... I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades.”

**Revelation 5:5b, 12** – behold, the Lion of the tribe of Judah, the Root of David, has conquered ... Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!

**Read and pray Isaiah 53 and Revelation 1-5.**

# WHO IS GOD THE HOLY SPIRIT?

Read a verse and then pray it back to God, speaking directly to Him, declaring who He is and thanking Him for who He is.

**Genesis 1:2** – The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

**Isaiah 11:2** – And the Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord.

**Luke 4:18b, 19** – The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.

**Acts 10:38** – [You know] how God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him.

**Luke 11:13; John 3:34** – If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him! ... [God] gives the Spirit without measure.

**John 7:37-39** – On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.

**John 14:16, 17, 26** – And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. ... But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. [*The Greek word for Helper or Comforter is "parakletos": "clete" meaning "called" and "para" meaning "along with." The Holy Spirit as Paraclete is "One who is called to walk alongside you," or "One who is called to your aid."*]

**John 16:7-15** – Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. And when he comes, he will convict the world concerning sin and righteousness and judgment: concerning sin, because they do not believe in me; concerning righteousness, because I go to the Father, and you will see me no longer; concerning judgment, because the ruler of this world is judged. I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

**Romans 8:16, 26, 27** – The Spirit himself bears witness with our spirit that we are children of God ... the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

**2 Corinthians 1:22** – [God] has also put his seal on us and given us his Spirit in our hearts as a guarantee. [*“Guarantee,” or “pledge” in some versions, refers to the Holy Spirit, whom God gave to us as a promise of our full inheritance and redemption. The Greek word “arrabon” is used, meaning engagement ring. God gives us the Person of the Holy Spirit like an engagement ring in assurance of our redemption and total union of Christ and His Bride.*]

**Judges 6:34** – the Spirit of the Lord came upon Gideon (NASB1995). [*This phrase “the Spirit of the Lord came upon Gideon” in the Greek literally means, “the Spirit of God clothed Himself with Gideon.”*]

**Luke 24:49** – And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high.

**Acts 1:8; 13:52** – but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth. ... And the disciples were continually filled with joy and with the Holy Spirit. (NASB1995)

**Ephesians 5:18** – And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.

**Read and pray the book of Acts and 1 Corinthians 2, 12, 13 and 14.**

Who is the Holy Spirit?

The Holy Spirit is God (Genesis 1:2; Acts 5:3, 4). He is a Person (John 16—Jesus uses personal pronouns 13 times); the Helper and Comforter (John 16:7); the One who convicts (John 16:8); the Sanctifier (1 Peter 1:2; Galatians 5:22); the Counselor (John 16:12-15); the Teacher (John 14:26; 1 John 2:27); the Spirit of truth (John 16:13); the Empowerer (Acts 1:8; Luke 24:49); the Presence of Jesus in the here and now (Matthew 28:20; 1 Corinthians 5:4); the Sealer who marks us for total salvation and guarantees our inheritance to come (Ephesians 1:13, 14) and the One who is always pointing people to glorify Jesus (John 15:26, 16:14).

How do I relate to the Holy Spirit?

We are to be led by the Holy Spirit (Romans 8:14; John 16:13), to walk in fellowship with Him (2 Corinthians 13:14; Philippians 2:1) and to become filled and be continuously filled with the Holy Spirit (Acts 1:8, 13:52; Ephesians 5:18). We are to honor Him, never grieving or quenching Him (Ephesians 4:30; 1 Thessalonians 5:19).

# I AM A NEW CREATION IN CHRIST

Declare back to Jesus out loud, with thanksgiving, what He accomplished when He saved you.

I am a **new creation in Christ**; the old things have passed away and new things have come. (2 Corinthians 5:17)

I was **dead** in sin, but I am now **alive with Christ**. (Colossians 2:13)

I was in **bondage** to sin, but I am now **free** from sin's rule, and I am completely **forgiven**. I was a **slave of sin**, but I am now a **slave of righteousness**. (Ephesians 1:7; Romans 6:18)

I was **condemned**, but I am now **justified**—forgiven and declared righteous in the court of God. (Romans 8:1; Romans 5:1)

I was in **debt**, but my **certificate of debt has been canceled**. (Colossians 2:14)

I was **under a curse**—but **Jesus, You redeemed me by becoming that curse for me**. (Galatians 3:13)

I was **lost**, but now I am **found**. (Luke 15:24)

I was a **sinner**, but now I am a **saint**—**set apart, holy unto You, Lord**. (1 Corinthians 1:2; Psalm 4:3)

I was **separated** from God, but Jesus, You **reconciled** me to God through Your death, and **nothing can separate me from the love of God in Christ Jesus**. (Colossians 1:22; Romans 8:39)

I was **filthy**, but **God, You washed me**, and I now stand **as clean as Jesus in Your sight**. (Hebrews 9:14; 1 John 1:7)

You gave me **abundant grace** and gave me the **righteousness of Jesus** as a gift. (Romans 5:17)

Father, You made Your **perfect Son Jesus** to **be sin** on my behalf, so **that I might become the righteousness of God in Christ**. (2 Corinthians 5:21)

God, You **delivered** me from death, brought me into **life** and have given me **eternal life**. (John 5:24)

God, You **rescued** me from the domain of darkness and **transferred** me to the **Kingdom of Your beloved Son**. I am a **citizen of heaven**. (Colossians 1:13; Philippians 3:20)

God, You **raised me up with Christ**, and I am **seated with You, Jesus**, in heaven. (Ephesians 2:6)

I have **put on Christ Jesus**, and I am **clothed** in the **glory of God**. (Romans 13:14)

I was **wounded**, but by Your wounds, Jesus, I am **healed**. (1 Peter 2:24)

I lived in **confusion**, but I now have **the mind of Christ**. (1 Corinthians 2:16)

I was **weak**, but now I am **strong in the Lord** and in the **strength of Your might**. (Ephesians 6:10)

I was **vulnerable**, but now, Jesus, You have given me Your **authority** over all the power of the enemy, and nothing will injure me. (Luke 10:19)

I was **incomplete**, but now I have been **made complete in Christ**. (Colossians 2:10)

I lived in **fear**, but now **the peace of Christ** guards my heart and my mind in Christ Jesus. (Philippians 4:7)

I was **insecure**, but now I **draw near** to Your **throne of grace with confidence**. (Hebrews 4:16)

I was **in darkness**, but now I have You, **Jesus, the Light of the world**, and You have made me **the light of the world**. (John 9:5, Matthew 5:14)

I went **astray**, but **You, my loving Father, have brought me home**. (Ephesians 2:13; Isaiah 53:6)

I was a **friend of the world, hostile to God**, but now I am a **friend of God**. (John 15:15; James 4:4)

I was **alone**, but now I am part of **God's family**, and **You will never leave me nor forsake me**. (Ephesians 2:19; Hebrews 13:5)

I was **far from God**, but now I've been **brought near** and am **one spirit with You, Jesus**. (1 Corinthians 6:17)

I was **poor**, but You made me **rich**—I am a co-heir with Christ, and all that's Yours is mine. (Romans 8:17; 2 Corinthians 8:9)

I was an **orphan**, but now I am **Your favored son/daughter**. (Galatians 4:6, 7; 2 Corinthians 6:18)

I was **cut off from the love of God**, but now **Your love, oh God, has been poured out within my heart by the Holy Spirit**, and I am **Your beloved child in whom is all Your delight**. (Romans 5:5; John 1:12)

God, You have given me **the Spirit of adoption** by which I cry out, "**Abba—Daddy—Father!**" (Romans 8:15)

God, You so loved me and wanted to be with me that **You put Your Spirit in me and made me Your dwelling place forever!** (Romans 8:9; Ephesians 2:22; Hebrews 13:5)

**Thank You for the glory of my salvation. Not just forgiveness ... but life forever with You, My Father, with You, Jesus, and with You, Holy Spirit.**

# WHO I AM IN CHRIST

Declare back to the Lord out loud, with thanksgiving, who you are in Christ!

## I AM ACCEPTED

I am a child of God, and He is my loving Father. (John 1:12; Romans 8:14, 15; Galatians 3:26, 4:6)

I am a friend of Jesus, learning to abide in Him daily. (John 15:15)

I am God's dwelling place—God the Holy Spirit lives in me and will never leave me. (1 Corinthians 3:16; John 14:16)

I am united with the Lord and am one spirit with Him. (1 Corinthians 6:17; Romans 6:5)

I have been justified, made righteous, and I am in right standing with God my Father. I have been bought with a price, the blood of Jesus, and I belong to God. (Romans 5:1; 1 Corinthians 6:19, 20)

I am complete in Christ. I have been redeemed, forgiven and cleansed of all my sins. I am a saint, made holy by the blood of Jesus. (Ephesians 1:1, 4; Colossians 1:14, 2:10)

I am hidden with Christ in God, free forever from condemnation. (Colossians 3:3; Romans 8:1)

## I AM SECURE

I am a new creation in Christ Jesus—the old is gone and the new has come. (2 Corinthians 5:17)

I am dead to sin and alive to God, seated with Him in the heavenly realm. (Romans 6:2; Ephesians 2:6)

I have been rescued from the domain of darkness and transferred to the Kingdom of God's beloved Son. I am no longer a slave to sin—I am a child of God. (Colossians 1:13; Romans 6:18, 22)

I have been set free forever from the power of sin and death and empowered to live righteously. My Father sees me through the perfect life that Jesus lived for me. (Romans 8:2; Hebrews 10:14)

I am sealed by the Holy Spirit, established in Christ and anointed by God. (2 Corinthians 1:21, 22)

I cannot be separated from the love of God in Christ Jesus. I am a citizen of heaven. (Philippians 3:20; Romans 8:35)

I am born of God, and the evil one cannot touch me. (1 John 5:18)

I have not been given a spirit of fear but of power, love and a sound mind. (2 Timothy 1:7)

I have the mind of Christ and am being renewed to think how Jesus thinks. (1 Corinthians 2:16)

I draw near to God my Father with confidence and freedom as a son/daughter, and I always find mercy and grace to help in times of need. (Ephesians 3:12; Hebrews 4:16)

## I AM SIGNIFICANT

I am God's workmanship—His masterpiece. (Ephesians 2:10)

I have been chosen by God to stand in His presence, holy and blameless. (Ephesians 1:4)

Jesus chose me and appointed me to abide in Him and bear fruit that remains. (John 15:16)

I am a worshiper of God, and He is training me to worship in spirit and truth. (John 4:23)

I am a lover of God, and my Father is training me to love Him in the same way Jesus loves Him. (John 17:26)

I have been blessed by God my Father with every spiritual blessing in Jesus. (Ephesians 1:3)

As a member of Christ's Body, the Church, I am the salt and light of the world. (1 Corinthians 12:27; Matthew 5:13, 14)

I have been lavished with the riches of the grace of God—His freely given favor and His empowering might to obey Him and walk in a manner pleasing to the Lord. (Ephesians 1:8; Colossians 1:10, 11)

The God of hope fills me with all joy and peace in believing, so that by the power of the Holy Spirit I may abound in hope. The joy of the Lord is my strength. (Romans 15:13; Nehemiah 8:10; John 15:11; 1 John 1:4)

I am a minister of reconciliation and an ambassador of Christ, leading others to know Jesus. The Holy Spirit has come upon me with power to share Jesus with others. (2 Corinthians 5:17; Acts 1:8)

As the Church, God's people, we are a chosen people, a royal priesthood, a holy nation and God's special possession, that we may declare the praises of Him who called us out of darkness into His wonderful light. (1 Peter 2:9)



# THANKSGIVING

Psalm 92:1 – It is good to give thanks to the Lord, to sing praises to your name, O Most High.

As a kingdom of priests, we have the privilege of offering sacrifices of thanksgiving to God. Psalm 107:21 and 22 say, “Let them thank the Lord for his steadfast love, for his wondrous works to the children of man! And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!”

Every time you verbally give thanks to the Lord, you give Him a gift He will remember forever (Acts 10:4). As a priest of the Most High God, you have been invited to minister to the Lord and move His heart with the affection of your thanksgiving. Words have the power of life and death (Proverbs 18:21), and in the same way grumbling and complaining grieve the heart of God, thankfulness brings joy and delight to God.

## THANKFULNESS ATTRACTS THE PRESENCE OF GOD

Psalm 100:4, 5 – Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

## THANKFULNESS GLORIFIES GOD AND MAGNIFIES HIS NAME

Psalm 50:23a – The one who offers thanksgiving as his sacrifice glorifies me.

1 Corinthians 15:57 – But thanks be to God, who gives us the victory through our Lord Jesus Christ.

2 Corinthians 2:14 – But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.

## JESUS MODELED THANKSGIVING

1 Corinthians 11:24 – and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.”

## SCRIPTURE EXHORTS US TO GIVE THANKS

1 Thessalonians 5:18 – give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Ephesians 5:20 – giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ ...

# SINGING

What a joy to use our voices in worship to God. The Lord loves the instrument of the human voice—we, the sons and daughters of God, created in His own image, are an instrument of praise unto God. Every time we lift a song to the Lord, it delights the heart of God as a fragrant aroma coming before Him.

Psalm 135:3 – Praise the Lord, for the Lord is good; sing to his name, for it is pleasant!

Psalm 147:1 – Praise the Lord! For it is good to sing praises to our God; for it is pleasant, and a song of praise is fitting.

## SING TO GOD WITH KNOWN SONGS

Play an instrument or create a digital playlist of worship songs. Turn your heart to the Lord in adoration as you worship Him. See Him high and lifted up on the throne, receiving glory as you offer a song in praise.

Ephesians 5:19 – addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart.

## SING A NEW SONG TO GOD FROM YOUR HEART IN YOUR OWN WORDS

Express your love to God in a new, spontaneous song from your heart. In your own words, sing to the Lord, thanking, adoring and exalting Him for who He is and all He has done.

Psalm 33:3 – Sing to him a new song.

Psalm 96:1 – Oh sing to the Lord a new song; sing to the Lord, all the earth!

Psalm 98:1a – Oh sing to the Lord a new song, for he has done marvelous things!

## SING TO GOD FROM THE WORD

Take a verse or portion of Scripture and try singing it back to God in worship. Singing the Word honors the very words the Holy Spirit inspired, grounds us in biblical truth and transforms us into the likeness of Jesus.

Psalm 119:54 – Your decrees have been the theme of my songs wherever I have lived. (NLT)

Colossians 3:16 – Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

## **JESUS, WHO IS FULLY GOD AND FULLY MAN, SINGS THE PRAISES OF GOD OUR FATHER IN OUR MIDST**

Hebrews 2:12 – I [Jesus] will tell of [God's] name to my brothers; in the midst of the congregation [the Church] I will sing your praise.

## **SINGING IN WORSHIP AND PRAYER BRINGS BREAKTHROUGH!**

Acts 16:25 – About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened.

Psalms 95:1 – Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!



# *Word*

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“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

**Hebrews 4:12**



# THE BIBLE IS ...

The Bible contains 66 books: 39 Old Testament books written in Hebrew and 27 New Testament books written in Greek (testament means covenant or contract). It was written by more than 40 different authors (shepherds, farmers, tentmakers, physicians, fishermen, priests, kings and tax collectors) over a 1,500-year period, ranging from Moses around 1450 B.C. to the apostle John around 100 A.D.

## INSPIRED BY GOD

The Bible is God-breathed, living and given by God.

2 Timothy 3:16, 17 – All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

## INERRANT

The Bible is eternally reliable, completely true and without error in its original manuscript.

Proverbs 30:5 – Every word of God proves true.

John 10:35 – Scripture cannot be broken.

## THE ABSOLUTE TRUTH AND FINAL AUTHORITY FOR OUR LIVES

The Bible is our primary and authoritative source of revelation from God. It is our final authority for faith and practice and is necessary for our daily lives as it continually points us toward the Person of Jesus.

There are two ways we can relate to the Bible. We can stand over it as judge or humbly come under it and let it judge us. If we stand over the Bible as judge, we stand in the place of God, making our minds a higher authority than God. But if we come under the authority of the Bible as God's standard of truth, we will find grace, freedom and life.

Hebrews 4:12 – For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

# PRAYING THE BIBLE

## WHAT IS PRAYING THE WORD OF GOD?

Praying the Word is using the Word of God to talk to God—turning the Word of God into conversation with Him.

Praying the Word is speaking the Scriptures back to God in 1<sup>st</sup> and 2<sup>nd</sup> person—bringing our heart to a Person, Jesus, through the aid of Scripture so we don't just interact with the Bible on an intellectual level but experience life-giving interaction with Jesus.

## WHAT IS THE DIFFERENCE BETWEEN STUDYING THE BIBLE AND PRAYING THE BIBLE?

Bible study enriches the mind to grow in **truth**. Praying the Word enlarges the heart to grow in **love** for God.

Bible study gives **knowledge about Jesus**. Praying the Word builds **intimacy with Jesus**.

The goal is to **encounter God in His Word** and to experience the love and nearness of Jesus as we pray the Word of God.

## WHY PRAY THE WORD?

The central figure in Scripture is Jesus, and a wonderful way to grow in passion for Jesus is by praying the Word of God.

God wants us to know Him and grow in love for Him, not just have information about Him.

Praying the Word of God transforms us into the likeness of Jesus and renews our mind so that we think like Jesus thinks.

Praying the Word enlarges our heart's capacity to love God as we receive His love, life, peace and joy.

Psalm 1:1-3 – Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.



Joshua 1:7b, 8 – being careful to do according to all the law ... Do not turn from it to the right hand or to the left, that you may have good success wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

John 5:39 – You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me, yet you refuse to come to me that you may have life.

## HOW TO PRAY THE WORD OF GOD

**Scripture to believe:** God renews our mind in truth as we pray the Word in thanksgiving and declaration.

2 Corinthians 5:17 – Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

*Prayer: “Lord, thank You that this is true. I am a new creation in Christ. Thank You that the old has passed away and the new has come. Lord, I repent for believing any lies that I’m not new or clean in Your sight. Give me revelation of this truth. Write it on my heart, O God.”*

**Scripture to obey:** God releases empowering grace to walk in obedience as we pray the Word.

Ephesians 4:29 – Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

*Prayer: “Lord, I repent for sinning with my words. Empower me to obey this verse. Let no unwelcome words come out of my mouth. Holy Spirit, anoint me to speak words of life that build others up.”*

Workshop Psalm 103:1-4 as an example. Read a verse and then pray it back to God.

Psalm 103:1 – Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits ...

*Prayer: “I bless You, Lord, with all my soul and forget none of Your benefits.”*

Psalm 103:3 – who forgives all your iniquity, who heals all your diseases ...

*Prayer: “Thank You that You forgive all my sins. Forgive me Lord for \_\_\_\_\_. Thank You that You heal all my diseases. Lord, heal \_\_\_\_\_.”*

Psalm 103:4 – who redeems your life from the pit, who crowns you with steadfast love and mercy ...

*Prayer: “Thank You for redeeming my life from the pit. You crown me today with love and mercy and great compassion. I give You every place of discouragement in my heart. In its place, I receive Your joy, Your hope and Your strength.”*

Now read and pray Ephesians 1:3-13. Read a verse and then pray it back to God.

Ephesians 1:3 – Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places ...

*Prayer: "I bless You, My God and Father of our Lord Jesus Christ. Thank You for blessing us with every spiritual blessing through Jesus."*

Ephesians 1:4-6 – even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved.

*Prayer: "\_\_\_\_\_."*

Ephesians 1:7-10 – In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

*Prayer: "\_\_\_\_\_."*

Ephesians 1:11-12 – In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory.

*Prayer: "\_\_\_\_\_."*

Ephesians 1:13 – In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit.

*Prayer: "\_\_\_\_\_."*

# MEDITATING ON THE WORD

Psalm 1:2b – “on his law he **meditates** day and night.” The Greek is “*hagah*”—to speak with oneself, to mutter.

Psalm 119:99b – “your testimonies are my **meditation**.” The Greek is “*siychah*”—to muse or thoughtfully contemplate.

Psalm 19:14 – “Let the words of my mouth and the **meditation** of my heart be acceptable in your sight, O Lord.” The Greek is “*higgayown*”—a musical notation, a resounding sound.

1 Timothy 4:15 – “Practice these things, **immerse** yourself in them.” The Greek is “*meletao*”—to be diligent in, to devise, to study, to attend to carefully.

Biblical meditation is not the emptying of one’s mind (like transcendental meditation), but rather is setting your mind upon and filling your mind with thoughts of God. With reference to the words above, meditation is deep pondering, contemplation, musical repetition and careful reviewing of Scriptures.

## WAYS TO MEDITATE ON THE WORD

1. **Ask God to open your eyes** to understand the Word. Ask Him for insight into how His Word should be applied in your life, workplace, relationships, etc.
2. **Record your thoughts.** Read the Word. Ponder it with God. Write the thoughts and insights that come to mind.
3. **Emphasize each word** of the verse. Think about what each word means and how the meaning changes with each emphasis.

Example: Read John 3:16 over and over, each time emphasizing one word. Take time. Ponder that word with the Lord: For **God**. For God **so loved**. For God so loved **the world**—“*though it was hostile to Him.*” For God so loved the world that **he gave**—“*Lord, You are a giving God.*” For God so loved the world that he gave his **only son**—“*You gave that which was most precious to You.*”

4. **Visualize the verse:** If you’re reading a story from the Gospels or elsewhere, picture what happens. Who’s present? What’s the setting? What are people’s motivations and attitudes? Visualize yourself as a character; re-read the story. Ask the Holy Spirit to highlight one thing. Ponder it with the Lord. Ask—“*how should I respond?*”
5. **Paraphrase** the verse. Rewrite the verse in your own words. Apply it to your present circumstances.
6. **Sing** the verse. Sing word-for-word or make up lyrics that relate to the verse—what you have learned or how it applies to your present situation. Use it to praise God and to encourage yourself.
7. **Pray** the verse back to God. Pray the verse for yourself or on behalf of someone else.

# BIBLE STUDY

1. **Pick a book of the Bible** to study. You may also want to pick a **person** or **topic** to study or choose a specific **reading plan** like “reading through the Bible in a year,” available online or on Bible apps.
2. **Schedule a consistent time and location to study without distractions.** Make it your goal to keep this schedule. Remove distractions. Learn to be okay with a Bible, a notepad, yourself and God.
3. **Get Bible study resources:**

The **ESV Study Bible** is an excellent study Bible—we highly recommend getting this resource in print or digital format. **Read the introductory commentary about the book of the Bible you are studying** to help understand the outline, background, author, theme, context and setting. Look at the commentary notes as you study verse-by-verse.

“**Bible Project**” videos—available on the [Bible Project app](#), the [YouVersion Bible app](#) and the website [bibleproject.com](#)—offer multiple video series, including the “**Book Overview**” series to summarize each book of the Bible and the “**How To Read the Bible**” series, which explains biblical literary genres. These videos are extremely helpful to give literary understanding and context.

Some helpful books to understand the Bible and methods to study it are: “**30 Days To Understanding the Bible**” by Max Anders and “**How To Read the Bible for All Its Worth**” by Gordon D. Fee.

4. **Read one chapter at a time:**

Pray a simple prayer before reading, asking the Holy Spirit to guide you into all truth (John 14:26).

Highlight verses that capture your attention.

Ask three simple questions as you read:

What does this passage say about the **character of God**?

What does this passage say about **mankind**?

And how can I **practically respond** to this passage today?

Write down your observations, insights and things the Lord speaks to you in a journal.

Write down questions that arise as you read and seek counsel from an experienced mentor for input on how to interpret and apply Scripture.

As you read, don't simply read for information, but for transformation. We don't want to be merely hearers of the Word but doers also (James 1:22-24). Talk to God in the process.

Understanding the context is important. Take note of the word choice. Use an app like [Blue Letter Bible](#) to look up the Hebrew and Greek meanings of keywords. Consider reading a translation that is truer to the original grammar and syntax like ESV or NASB. Let Scripture interpret Scripture. Never base a belief on one word or phrase, but on the whole teaching of Scripture. Read other translations for fresh insight and perspective.

“To meditate” simply means to think deeply about something. If a passage of Scripture stands out to you, don’t just keep plowing through the text. Stop and think about it. Talk to the Lord about it. Chew on it, internalize it and hide it in your heart so that, like the Psalmist, you won’t sin against God (Psalm 119:11). Pick one Scripture a week for memorization and pray that verse throughout the day. Ask God for a hunger for His Word and enjoy discovering God in His Word.

# SCRIPTURE MEMORY STRATEGIES

## HELPFUL TIPS

Make a list of Scriptures you want to memorize—individual verses, verses focusing on a theme, an entire chapter or a section of Scripture.

Start with one verse. As you add verses, write them on spiral bound index cards. Take it with you and review.

Practice with a friend. With memorization, repetition is key.

Pray the verses over others. Meditate on the verses. Ask God for help in memorization.

Download the [Bible Memory App](#) as a helpful tool.

## FOR VISUAL LEARNERS

**Write the first letter of each word** of a verse on an index card, with the complete verse on the back. Read the verse, flip the card and let the letters cue your memory to say the verse.

**Read—Write—Recall.** Read a verse, write it down and then try to recall it. Repeat these three steps ten times.

**Write the verse on paper** five, 10, 20 times, then recite.

Use a **different color pen** for each phrase or sentence as you write out the verse.

Use **chalk** or a **dry erase marker**. Write a verse on a chalkboard, whiteboard, window or mirror. Read the verse out loud, erasing a word or phrase each time you read.

Write verses on **sticky notes** and put them around the house as a reminder to stop, read and recite.

## FOR AUDITORY LEARNERS

**Listen** to an audio recording of the verse. Listen multiple times or pause after each phrase to repeat it.

**Read** the verse aloud to yourself or others until you can say it without reading.

**Write** the verse several times—say the verse aloud as you write.

**Record** yourself saying the verses, then listen to it.

**Sing** the verse. Sing the words to a spontaneous melody or put the verse to a tune you know.

## FOR KINESTHETIC (MOVEMENT) LEARNERS

**Do something active** while listening to the passage. Run, work out or go for a walk.

**Make up physical motions** to go with the verse. Kids love this, but it helps adults internalize the verse as well.

**Act out the verse** while listening to it.

## FOR LARGER PORTIONS OF SCRIPTURE

**Break down the verses** into shorter segments or paragraphs.

**Focus on one segment** at a time. Write it out by hand or print it on paper.

Within the segment, write **keywords** in bold to create a memory map. Write only the bold keywords, then recite.

Write the verses in some kind of **visual pattern**—each phrase on a separate line or using indentations.

As you combine sections, **highlight or circle the first few words of each segment** as a memory tool to connect the segments.





# *Prayer*

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“And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.”

**1 John 5:14**

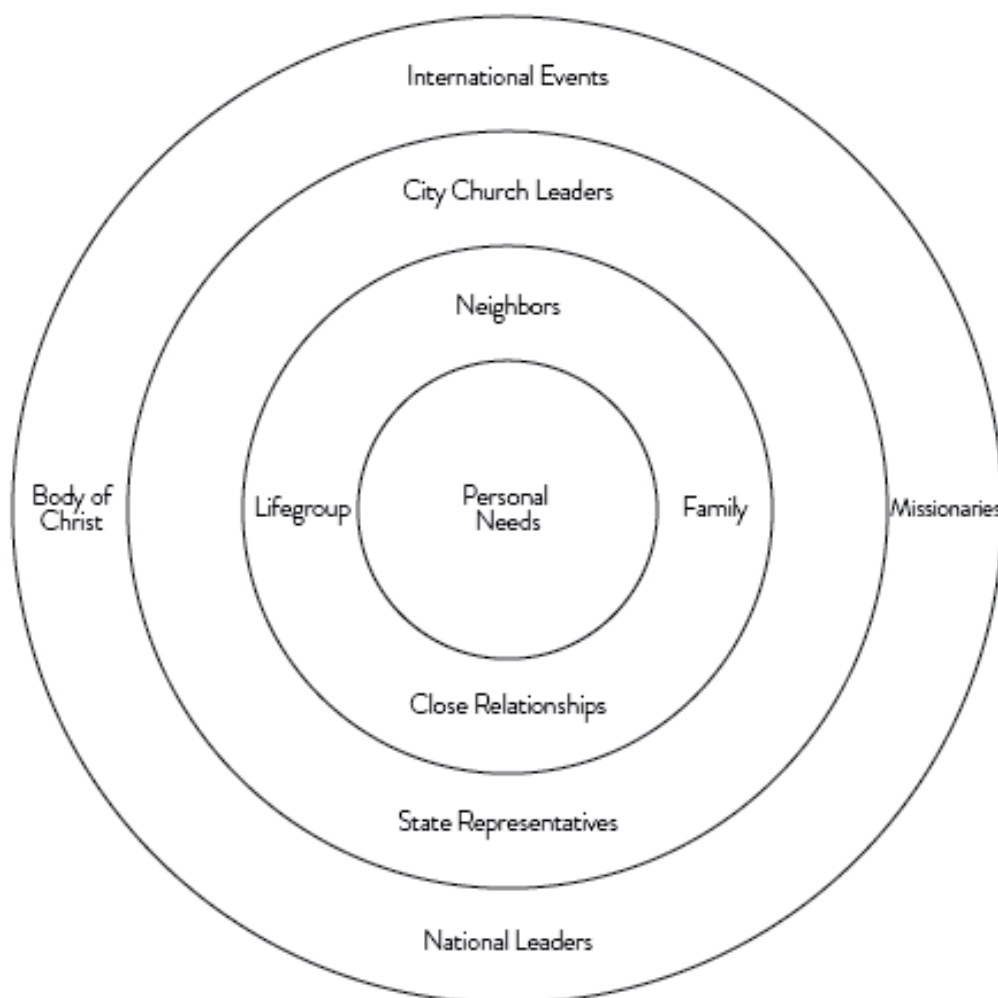


# RIPPLE PRAYER PATTERN

By David Yonggi Cho

Like the ripples created by a stone thrown into water, begin your prayer time with personal items and move outward in concentric circles until you cover the world.

- 1. Pray for yourself:** Your own personal walk with Jesus—a renewed love for the Lord and the removal of any barriers you may have put up between you and the Lord. Pray for your concerns and needs. Ask for a desire for the presence and power of the Lord in your life.
- 2. Pray for those closest to you:** Your spouse, children, parents, grandparents, siblings, extended family, friends, roommates, work associates, church friends, neighbors, etc.
- 3. Pray for your city, county, state and country:** Leaders, needs and spiritual issues, including strongholds.
- 4. Pray for neighboring nations:** Begin with Canada, Mexico, Central America, the Caribbean and South America. Proceed around the globe! Pray for harvest in the nations and life for the Body of Christ worldwide.



# PRAYING THE LORD'S PRAYER

**Matthew 6:9-13** – Pray then like this:

**Our Father in heaven:** Picture God who is in heaven seated on His throne, with Jesus at His right hand— Revelation 4 and 5. Draw near with confidence. Thank Him for being your Father.

**Hallowed be your name:** Meditate on the names of God. Worship and pray from the revelation of who God is. Worship God as “hallowed,” which means holy— “Holy, holy, holy, is the Lord God Almighty” (Revelation 4:8).

JEHOVAH-JIREH	God Provides	Genesis 22:14
JEHOVAH-ROPHE	God Heals	Exodus 15:26
JEHOVAH-NISSI	God Is My Banner	Exodus 17:15
JEHOVAH-M'KADDESH	God Who Sanctifies	Exodus 31:13
JEHOVAH-SHALOM	God Is My Peace	Judges 6:24
JEHOVAH-ROHI	God Is My Shepherd	Psalms 23:1
JEHOVAH-TSIDKENU	God Is My Righteousness	Jeremiah 23:6
JEHOVAH-SHAMMAH	God Is There	Ezekiel 48:35

**Your kingdom come, your will be done, on earth as it is in heaven:** Submit your plans to God and ask for His Kingdom to come and His will to be done in your life. Pray for His rule and reign over your family, friends, sphere of influence, church, city, nation and nations.

**Give us this day our daily bread:** Ask for what you need physically, emotionally, relationally, financially, etc. He is a wonderful Provider. Seek the Bread of heaven. Pray over the details of your day and ask for grace to abide in Jesus throughout the day.

**And forgive us our debts, as we also have forgiven our debtors:** Ask the Holy Spirit to search you and show you where repentance is needed. Ask the Lord if there is anyone you need to forgive. Forgive and release them into the hands of the Lord (Proverbs 4:23; Matthew 5:44). Ask if there is anyone with whom you need to make things right emotionally, relationally, financially, etc.

**And lead us not into temptation, but deliver us from evil:** Pray for God's protection and strength in temptation as well as deliverance from every form of darkness. Pray the Ephesians 6 armor of God over yourself and others. Ask for a wall of protection: a mind renewed in God's Word, eyes that are clean and clear, ears to hear God and listen to others, hands to heal, give and serve, a heart wholly the Lord's in childlike trust and feet to walk in holiness and carry the gospel to those you meet.

**For yours is the kingdom and the power and the glory forever. Amen:** End with praise to God, who has all authority, all power and all glory forever! Amen. (Revelation 5:13)

# TWI—THANKSGIVING, WORSHIP AND INTERCESSION

The goal of this corporate prayer model is to encounter **one single attribute** of who God is through worship, then use that one name or attribute as fuel for prayer and intercession. Below are instructions on how to lead a group through one hour of prayer.

## INTRO

Share vision: “We are here to encounter Jesus together through **thanksgiving, worship and intercession**, led by the Holy Spirit. Today, we are praying for \_\_\_\_\_.” (E.g., our city, place of work, a nation, etc.)

Begin with a prayer welcoming the Holy Spirit to lead and guide.

## THANKSGIVING (10 MINUTES)

Thanksgiving is our response to what God **has done** and is an open gate into God’s presence (Psalm 100:4).

Suggested prompt: “**Let’s enter God’s presence with thanksgiving** by taking turns thanking God for who He is and for specific things He has done in our lives, big or small. At this point, we’re not yet interceding or thanking Him for what He *will* do; we are simply giving thanks for what He’s already done. *‘Lord, thank You for my coffee this morning. Thank You for the beautiful weather. Thank You that You are faithful.’*”

In this time of thanksgiving, **listen** for the Holy Spirit to highlight **one name or attribute** of God.

## WORSHIP (30 MINUTES)

Worship in this prayer model is our response to this **one** characteristic of **who God is**.

Explain worshipping one attribute of God: “I sense the Holy Spirit highlighting that Jesus is (choose *one* specific aspect of God, e.g., ‘holy’). Let’s focus our worship on this one attribute of God and shift our prayers from ‘thank You’ phrases to declarations/songs of worship: *‘We worship You as “holy.”*” Look up Scriptures that highlight ‘God’s holiness,’ and let’s pray, declare and sing these Scriptures back to God in praise.”

Choose **one name or attribute** of God’s character to be your focus: He is worthy, holy, righteous, just, King, Savior, Lord, Redeemer, Friend. This single focus in worship will lead to **encountering God** as “*holy*,” and the fruit will be a **deeper revelation from the Lord Himself** as the God who is “*holy*.” (Ephesians 1:17)

Lead the group in encountering this aspect of God through prayer, Scripture, song or testimony, keeping all responses vertical, speaking directly to the Lord in worship.

Keep the focus on this one attribute of God during the entire time of worship, with or without music, and use the Bible as a main guidebook for Spirit-led worship. Look up verses on that characteristic of God and pray those verses back to God as worship.

See yourselves as priests, worshipfully ministering to the Lord in response to God revealing Himself as “holy,” “Provider,” “Deliverer,” “faithful,” etc.

## INTERCESSION (20 MINUTES)

Finally, intercession is our response to what God **wants to do**.

Explain praying this attribute of God over your prayer focus: “From this place of encountering Jesus as ‘holy,’ let’s pray for ‘our city,’ taking turns praying His ‘holiness’ over ‘our city’” (or whatever your prayer focus is).

When we encounter a specific attribute of God’s character, it’s not just for our benefit, but also for the world around us. If God is revealing who He is to us, He wants to release that through us in prayer.

Use the revelation of that attribute of God to fuel your intercession. (E.g., if the worship focus is God as *Healer*, pray for *healing* over your city. Listen for specific prayers from the revelation of God as *Healer*.)

Lead the group in prayer for your chosen topic, praying that attribute of God over your prayer focus.

Pray any specific prayer points you have from the lens of that one attribute or name of God.

Leadership tips: 1. Smile. 2. Inspire faith. 3. Lead yourself and others to connect with the Person of Jesus!

Creatively adjust the times or expressions depending on context—in personal time with God, as a family, in Lifegroup, on a prayer walk, for less than or more than an hour, with or without music, etc.

# PRINCIPLES FOR EFFECTIVE INTERCESSION

By Joy Dawson

**1. Praise God for who He is and for the privilege of engaging in the same ministry as the Lord Jesus.**

Hebrews 7:25 – he always lives to make intercession for them [His own].

**2. Make sure your heart is clean before God. Give the Holy Spirit time to convict of any unconfessed sin or unforgiveness. (Mark 11:25)**

Psalms 139:23, 24 – Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

**3. Acknowledge you can't really pray without the direction and strength of the Holy Spirit.**

Romans 8:26 – the Spirit helps us in our weakness. For we do not know what to pray for as we ought.

**4. Deal aggressively with the enemy.** Come against him in the all-powerful name of the Lord Jesus Christ and with the “sword of the Spirit”—the Word of God.

James 4:7 – Submit yourselves therefore to God. Resist the devil, and he will flee from you.

**5. Die to your own imaginations, desires and burdens for what you feel you should pray.**

Proverbs 3:5b – do not lean on your own understanding.

**6. Praise God in faith for the remarkable prayer meeting you're going to have.**

**7. Wait before God in silent expectancy, listening for His direction.**

Psalms 62:5 – For God alone, O my soul, wait in silence, for my hope is from him.

**8. In obedience and faith, utter what God brings to your mind, believing.**

Psalms 32:8 – I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

**9. Have your Bible with you to readily receive God's direction and confirmation from Scripture.**

Psalms 119:105 – Your word is a lamp to my feet and a light to my path.

**10. When God ceases to bring things to your mind for which to pray, finish by praising and thanking Him for what He has done,** reminding yourself of Romans 11:36: “For from him and through him and to him are all things. To him be glory forever. Amen.”

# HOW TO PRAY FOR THOSE WHO DO NOT KNOW JESUS

**Ask** God to give us a burden for lost people – Romans 9:1-3; Romans 10:1

**Stand** in the gap in praying for the lost by name – Ezekiel 22:30

**Repent** of fear in sharing the gospel – John 14:27; Ephesians 6:19

**Petition** God for boldness in sharing the gospel – Ephesians 6:17-20; Acts 4:31, 32

**Seek** God for opportunities to share the gospel and invite people into the community of believers – Colossians 4:2-4

**Claim** laborers for the harvest – Matthew 9:38

**Beseech** God to pour out the Holy Spirit in power upon us to win the lost – Acts 1:8; Colossians 1:28

**Appeal** to God for a conviction of sin in the hearts of the unbelieving – Acts 2:37, 38; John 16:8

**Remove** in Jesus' name the veil of unbelief covering their minds – 2 Corinthians 3:14-16, 4:3, 4

**Pray** for hearts to be opened to respond to the gospel – Acts 16:14; Hebrews 3:15

**Call** on God for His kindness that leads to repentance – Romans 2:4

**Thank** God our Father for drawing them to Jesus – John 6:44

**Praise** God for miracles that will bring people to Jesus – Acts 3; John 14:12, 13

**Intercede** for the lost to be delivered from the power of darkness – Colossians 1:13

**Believe** for provision of resources for the gospel to go to all the earth – Deuteronomy 8:18; Acts 28:10

**Remind** God of His desire to win souls – Luke 19:10; 1 Timothy 2:1-4

**Request** a city-wide harvest in our city – John 4:35

**Expect** people to be touched by the Holy Spirit – Acts 16:25

**Invite** God to change your life as a sign to the lost – 2 Corinthians 5:17

**Entreat** Jesus for church-wide anointing in soul winning – Matthew 18:18, 19

**Ask** God for open doors for the gospel to go forth with power – 1 Corinthians 16:9; Colossians 4:3

**Receive** in praise the promise of fruit – John 15:16



**Trust** God for a shepherding heart to disciple and care for the new believers – Psalm 37:3; Ezekiel 34

**Worship** God and anticipate a great reaping for what has been sown – Galatians 6:7

## PRAYERS FOR THE LOST

### 1. Open their eyes to see Jesus rightly—Remove spiritual blindness

Ephesians 4:18 – They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

2 Corinthians 4:4 – In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

### 2. Soften their heart to respond to Jesus—Hunger and humility

Hebrews 3:15 – Today, if you hear his voice, do not harden your hearts.

### 3. Lead them to repentance—A turning from sin and toward Jesus

Acts 3:19, 20a – Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord.

Romans 2:4 – Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance?

John 16:8 – he will convict the world concerning sin and righteousness and judgment.

### 4. Set them free from the power of darkness

Colossians 1:13 – He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son.

### 5. Anoint me to share the gospel

Ephesians 6:19 – [Pray] that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.

Luke 4:18 – The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor.



# *Listen*



“ My sheep hear my voice, and I know them, and they follow me.”

**John 10:27**



# HEARING GOD'S VOICE

Hearing God's voice is not for the select few. All believers can hear His voice.

John 10:3b, 4, 27 – The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. ... My sheep hear my voice, and I know them, and they follow me.

## SIMPLE WAYS TO START

### 1. Focus your mind and heart on Jesus (Colossians 3:1, 2).

When someone speaks to us, we turn to look and listen. It is the same with God. God is frequently speaking, but often our busy and noisy inner lives hinder us from hearing Him. When we come to Him, we turn our hearts, thoughts and attention to Him and what He is saying.

### 2. Surrender your mind, will and emotions (Romans 12:1).

As we do this, we come with open hands to receive and ears to hear.

### 3. Believe and expect (Hebrews 11:1).

Radio waves are constantly playing even though we cannot see them. To hear, we must use a radio to tune in. In like manner, God is constantly speaking, and we must tune in by faith to hear His voice.

## WAYS GOD SPEAKS

### 1. Scripture (Hebrews 4:12)

Scripture is the foundation for how we know God and hear His voice. At times, the Holy Spirit will cause a verse to stand out and bring new revelation and insight into a situation.

### 2. A still small voice or whisper (1 Kings 19:10-13)

Often, God speaks to our redeemed thoughts, senses and imagination. Here are a few examples:

**Thoughts** (1 Corinthians 2:16) – We have the mind of Christ and God speaks through our thoughts. They often seem like our own thoughts and may come in simple words or phrases. Example: As you pray for your neighbors, you suddenly think to pray peace for their children.

**Mental images or pictures** (John 5:19, 8:38) – God often speaks into our imagination through mental pictures, just as Jesus did what He saw the Father do. For instance, you are praying for

America, and you see God lighting a fire in the Midwest in your mind's eye. This leads you to pray for God's presence to fall in the Midwest like a fire.

**A sense** (Ephesians 1:13, 14) – God the Holy Spirit lives in us, and He will speak to our innermost being. For example, throughout the day you have an intuitive sense or feeling that you need to pray for a friend or encourage a certain person.

### 3. Through people (1 Corinthians 14:31)

### 4. Dreams (Acts 16:9)

Not all dreams are from God, but sometimes we wake up with a clear sense that God was speaking through our dreams.

### 5. Other

Be open to other ways God speaks—an audible voice (Matthew 3:17; Acts 9:4), an open vision you see with your eyes (Acts 10:9-11) and natural circumstances (Psalm 19:1, 2; Romans 1:20).

## IS THAT GOD?

**Does it line up with Scripture?** God will not contradict His Word.

**Does it bear the fruit of the Spirit** (Galatians 5:22, 23)? Is what you are hearing filled with and caused by love, joy, peace, patience, etc.?

**What does it produce?** Does it produce liberty or bondage? Does it produce life or death? Does it draw you closer to God or push you away from God?

# TENDING YOUR HEART

Matthew 11:28-30 – Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

## 1. Abide in Jesus throughout the day.

**Intimacy:** Ask the Lord to remind you of Himself throughout the day. Intentionally connect, share your heart, listen and give your affections to the Lord. Ask, *“Jesus, remind me of Yourself throughout the day. Help me abide in You, fellowship with You and hear Your voice.”*

**John 15:9** – As the Father has loved me, so have I loved you. Abide in my love.

## 2. Recognize your triggers when you are moved out of rest and peace.

**Be attentive to your heart.**

**Proverbs 4:23** – Keep [guard] your heart with all vigilance, for from it flow the springs of life.

**Take note of common triggers**—anxiety, worry, fear, anger, loneliness, discouragement, jealousy, lust, condemnation, etc.

**John 14:1a** – Let not your hearts be troubled [disturbed, distressed, agitated].

## 3. Exchange your burdens for His rest.

**Ask** questions and **listen** for His voice.

*“Father, is there a **lie** I am believing?”*

**Renounce** it and **repent** for agreeing with it.

**2 Corinthians 10:5b** – take every thought captive to obey Christ.

*“Father, is there someone I need to **forgive**?”*

**Forgive** and **release** them to the Lord.

*“Father, is there a **burden** I need to lay at Your feet that is not mine to carry?”*

*“Lord, I lay at Your feet the pressure of this responsibility ... the pain of this relationship.”*

**1 Peter 5:7** – casting all your anxieties on him, because he cares for you.

**Philippians 4:6, 7** – do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

*“Father, is there sin for which I need to **repent**?”*

Ask forgiveness and for transforming grace to change you. Receive both by faith.

**Receive** the Lord’s blessing in exchange for your burdens.

*“Lord, what do You have for me in **exchange**?”*

**Listen** for what He wants to give you in place of what you were carrying—peace in place of anxiety, love in place of fear, joy in place of heaviness, freedom in place of unforgiveness, cleansing in place of sin, truth in place of a lie, etc.

**Receive** it with joy! He is a giver of good gifts.

**Rejoice** in what He gives. Worship Him with thanksgiving.

Write out Bible verses to strengthen you in these truths. Pray the verses back to God to renew your mind.



# NOTES





