

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

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

**F- Fear of God:** Father, release the spirit of the fear of God and reverence before the Lord 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.

- *I will put My fear in their hearts so that they will not depart from Me. (Jer. 32:40)*
- *The Lord...you shall hallow; let Him be your fear, and let Him be your dread. (Isa. 8:13)*
- *Unite my heart (to Your heart and Word) to fear Your name. (Ps. 86:11)*
- *His delight is in the fear of the LORD... (Isa. 11:3)*

**E- Endurance (patience):** Father, strengthen my spirit with endurance that I may do Your will with zeal and diligence and that I might not quit pursuing the deep things of God. Impart endurance for fasting. Direct my heart into the endurance in which Jesus walked. This is a prayer for strength to follow through in my commitments to God and to fulfill my ministry calling when it is difficult.

- *Being strengthened with all power...may have great endurance and patience... (Col. 1:11 NIV)*
- *May the Lord direct your hearts into...the patience (endurance) of Christ. (2 Thes. 3:5)*
- *(It takes the power of God to not quit. If you do not quit in your fervent pursuit, you win.)*
- *It was written, "Zeal for Thy house will consume me (Jesus)." (Jn. 2:17, NAS)*
- *Zeal for Your house has eaten me (David) up...I wept and chastened my soul with fasting that became my reproach. I made sackcloth my garment... (Ps. 69:9-11)*

**L- Love:** Father, pour out Your love into my heart by releasing the influences of the Spirit to give me revelation of Your love for me, that it may overflow in love back to You and to others.

- *The love of God has been poured out in our hearts by the Holy Spirit... (Rom. 5:5)*
- *I pray, that your love may abound still more...in knowledge and all discernment. (Phil. 1:9)*
- *May the Lord direct your hearts into the love of God... (2 Thes. 3:5)*
- *Set Me (Jesus) as a seal on your heart...for love is as strong as death...its flames are flames of fire... Many waters cannot quench love, nor can floods drown it. (Song 8:6-7)*

**L- Light of glory:** Father, let me see the light of Your glory and encounter the "glory realm". Give me Holy Spirit encounters (dreams, visions, angelic visitations, manifestations of light, fire, wind) as You gave to Moses, Isaiah, Ezekiel and John (Ex. 33; 34:29-30; Isa. 6; Ezek. 1; Rev. 1).

- *A great light from heaven shone around me...He said to me, "I am Jesus of Nazareth..." I could not see for the glory of that light...I came to Damascus. (Acts 22:6-11)*
- *And he (Moses) said, "Please, show me Your glory." (Ex. 33:18)*
- *Lord, lift up the light of Your countenance upon us. (Ps. 4:6)*
- *His countenance was like the sun shining in its strength. (Rev. 1:16)*
- *Send out Your light and truth! Let them lead me...bring me to Your holy hill... (Ps. 43:3)*
- *Restore us, O God; cause Your face to shine, and we shall be saved! (Ps. 80:3)*
- *You shall see heaven open, and the angels of God ascending and descending... (Jn. 1:51)*
- *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)*

**O- One thing life focus:** Father, strengthen me to maintain a life in Your word with desire for it. When I lose this focus, send Your word to deliver me as You did for the saints at Ephesus, Sardis and Laodicea (Rev. 2:4-5; 3:1-3; 3:15-20). Alert me when I need to recommit my schedule and priorities to live as a person of one thing who regularly sits at Your feet, as Mary of Bethany did. Busyness, guilt and despair cause fervent believers to drift from their fervency.

- *But one thing is needed, and Mary has chosen that good part... (Lk. 10:42)*
- *One thing I have desired...all the days of my life, to behold the beauty of the Lord. (Ps. 27:4)*
- *I have set the Lord always before me...He is at my right hand I shall not be moved. (Ps. 16:8)*

**W- Count me worthy** (*faithfulness unto fullness*): Father, strengthen me to walk in a way that You would consider me worthy to walk in my highest calling and escape all compromise that I might **stand** before You victorious in full obedience. No one is “worthy” to receive forgiveness which is a free gift because of Jesus’ worthiness. Rather, we are to have a worthy response to God by living free of compromise, thus prepared or worthy to walk in the fullness of our calling.

- *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)*
- *Create in me a clean heart, O God, and renew a steadfast spirit in me. (Ps. 51:10)*
- *Do not lead us into temptation, but deliver us from the evil one. (Mt. 6:13)*

**S- Speech:** Father, set a guard over my lips. Free me from defensive, angry and foolish speech (Eph. 4:29; 5:4). Sustained communion with God requires restrained conversation with man.

- *If one does not stumble in word, he is a perfect man, able to bridle the whole body. (Jas. 3:2)*
- *Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Ps. 141:3)*
- *Let the words of my mouth and the meditation of my heart be acceptable... (Ps. 19:14)*
- *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. Do not grieve the Holy Spirit... Neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting... (Eph. 4:29-5:4)*

**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 carry my heart in humility.

- *Take My yoke...and learn from Me, for I am gentle and lowly in heart... (Mt. 11:29)*
- *Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself...Let this mind be in you which was in Christ... (Phil. 2:3-5)*

**I- Insight unto intimacy** (*wisdom*): 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. Give me insight that I may walk under the Spirit’s leadership that we may partner together in every issue in my life including my finances, schedule, emotions, circumstances, physical body (diet, health), relationships (in the home, office, ministry), my future, fears, addictions, etc. Give me new ideas in each area of my life”.

- *spirit of wisdom and revelation in the knowledge of Him... (Eph. 1:17)*
- *Ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may have a walk worthy of the Lord... (Col. 1:9-10)*
- *The Holy Spirit...will teach you all things... (Jn. 14:26)*

**P- Peace and Joy:** Father, strengthen my heart with supernatural peace and joy that overpowers fear and anxiety that I would not sin. Sin grows fastest when fear or anxiety works strongly in us.

- *The peace of God...will guard your hearts and minds through Christ Jesus. (Phil. 4:7)*
- *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)*
- *Now may the Lord of peace Himself give you peace always in every way. (2 Thes. 3:16)*