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ONLY THE BELOW SIGNED MAY OPEN!***

PROPERTY OF _____

PERSONAL PRAYER SCRIPT

INTRODUCTION:

UPS & DOWNS:

- We all experience UPS & DOWNS. But sometimes our DOWNS are dangerously LOW!
- When we are DOWN we tend to FORGET our UPS completely.
- We need to remember our UPS when we are DOWN, but it maybe even more important to remember out DOWNS when we are UP! We will pray more effectively about them when we are not overcome by them.

SCRIPTING OUR PRAYERS:

We must lessen the distance between the natural us and the spiritual us. We need less contradiction and more in common with our true selves. Our natural feelings and words need to more closely coincide with our spiritual highs & His truth.

- By developing a PRAYER SCRIPT that speaks to the problems and solutions, we will be able to PROACTIVELY PRAY, as well as REACTIVELY, and consequently lessen the “BOTTOMING OUT” through doubt & unbelief that so often happens when our “DARK SIDES” sneak up and take us by surprise.
- In order to develop a prayer script that does this, we will need to **really identify** the DOWNS. The moods, actions, lies we believe, etc. when we are down.
- With a good prayer script we can maintain spiritual altitude and when we do experience a low we have a scripted prayer to pull us out of it and re-center our minds on the truth that keeps us up

PERSONAL DIAGNOSIS:

- Personal Diagnosis Requires Honesty, Authenticity, Openness, Self Awareness.and a Willingness To Admit Weaknesses Or Faults,
- When we habitually put up **Defensive Walls Which Prevent Growth** we block out the truth we need for growth. We are going to have to be vulnerable to construct a “REAL” Personal Diagnosis. As uncomfortable as it is, this will also include listening to what others are saying about you. **Remember the TWO BLINDSIDES!**

The Personal Prayer Script Is A New Method For Spiritual Growth & A Different Approach To Prayer.

The process is:

1. Developing a Personal Diagnosis
2. Drafting a Manuscript Prayer
3. Praying the 4 types of prayer.
 - a. Requesting/Supplication- “Lord, please deliver me from depression.”
 - b. Declaration of Faith- “I am delivered from depression! It will not have a hold on me.”
 - c. Spiritual Warfare- “Spirit of depression, you are under my feet! Get out of my life!”
 - d. Thanksgiving/Praise- “Lord, thank You for delivering me from depression.”

These manuscript prayers are based on our own personal diagnosis but framed in these four prayer attitudes. Turn to the following page and lets get started with our Personal Diagnosis.

PERSONAL DIAGNOSIS AND MANUSCRIPT PRAYER PRACTICE PAGE.

In the space below write 5 or more words that describe the Spiritual you.
(You at your best) (Not a sentence)

In the space below write 5 or more words that describe the Natural you.
(You at your worst) (Not a sentence)

Now write 3 Requesting Prayer sentences based on your preliminary Personal Diagnosis.

Now pick one sentence and translate it into a Warfare Prayer.

Now translate that sentence into a Prophetic Declaration Prayer.

Now translate that sentence into a Thanksgiving/Praise Prayer.

The children of Israel walked out of Egypt! We too, can walk out of our slavery to these attitudes & emotional habits, one step (or one prayer) at a time.

SAMPLE- Personal Diagnosis:

I struggle with...

Depression, anger, fear, lust, gossip, greed, criticism, infidelity, pride, procrastination, cursing, jealousy,

I act in self-destructive ways.

I can't control my tongue and lash out easily. I am too often angry. I over react.

I don't know how to let people off the hook.

I don't know how to say I'm sorry and be humble.

I take too many things personally.

I'm lazy or lack motivation.

I suffer from shame and regret, self-doubt, and self loathing,

I don't belong. I feel disconnected. I don't feel loved.

I am easily aggravated. Anxiety. I feel hurt.

I'm sometimes angry at God. I can't seem to forgive myself.

I harbor offense against others.

I feel like I'm always being judged by those around me.

I have a victim mindset.

Lack of faith/trust

Addictions to drinking, smoking, pill popping, drugs.

Suicidal Thoughts.

I perceive people as being...

Against me, down on me, frustrated with me, disappointed in me, better than me, fake, untrustworthy,

I have offense against God for...

My marriage is...

I am very negative when it comes to my marriage and my husband/wife.

My marriage is lacking God.

I sometimes believe the following lies about myself or others...

I'm not worthy. People are judgmental. No one loves me. I'm alone.

I need to forgive the following people:

PERSONAL DIAGNOSIS

THE NATURAL ME
(Worst Self - Attitudes, Beliefs & Behaviors)

Leading Questions for Personal Diagnosis

Do you have trust issues in your marriage or relationships?

Do you sometimes feel you're unimportant or an outsider?

Do you find yourself asking God for forgiveness because of lust?

Do you have doubt God is going to truly change your current situation?

At times, do you find yourself down on yourself because of past decisions?

Why do you think you struggle with these things?

Are you easily aggravated? If so, why?

What do you struggle with the most?

What difficulties do you face in private that are doing harm to your life?

What things are you unable to control in your life?

What negative attitudes do you feel on a regular basis?

Are there any things that hold you back from forming relationships with others?

Have you suffered any extreme loss or pain in your life?

Why is it so hard for you to forgive those people?

SAMPLE- REQUESTING PRAYER - FROM PERSONAL DIAGNOSIS

Lord I ask you to free me today from depression and anger. Free me please Lord from the spirit of rejection. Help me to dwell in the secret place of your presence and feel safe. Establish me in your love and peace and joy!

Lord I repent of my uncontrolled tongue and ask you to help me today to resist in faith the temptation to speak negatively or in anger.

Lord deliver me from my old anger habit today and help me to learn to walk in peace. Help me to not overreact.

Lord please forgive me of all my sins today and help me to forgive others. Also give me the humility today to say I'm sorry. Help me to be merciful to myself lord and let me off the hook.

Help me not to be on the defensive. Deliver me from the lies that people are against me or don't believe in me.

Help me Lord to let you love me today and to love myself. Remind me that I have a place in your heart! That you are for me.

I ask you for the peace that doesn't make sense today Lord. Lord I ask you to set me free from fear today, help me to believe that no harm can come to me.

Lord, help my children to be mentally healthy. Help them to be successful and to be financially secure. Help me be the parent they need me to be. Help me be patient and kind and gentle for them. Help me to be a better spouse. God bless my marriage, give us strength and patience and understanding.

God, I ask that you deliver me from pornography. Heal me from my addictions God. Cleanse me please Jesus.

Lord I ask you today to give me the victory over depression, anger, fear, shame, criticism, cynicism, doubt, insecurity, rejection, isolation and loneliness, feeling unloved, resentment, jealousy, hurt and distrust, And help me to live today in trust, and peace and faith, in forgiveness and confidence, in community, camaraderie and celebration.

Lord I ask you to forgive me for doubting you, questioning you and not trusting you! Remind me that sometimes trouble comes for a reason and help me to stand firm in your promise of hope and prosperity. Help me to trust you Lord. Deliver me today God from self-pity and rejection and loneliness. Help me not to believe the lies of the enemy;

Forgive me for listening to the enemy. Lord help me to refuse the negative influence of my soul man and to walk in the spirit with my spirit man!

Help me to believe your love for me today and also the love of others for me. Help me not to interpret negatively things that others say to me. Free me from the evil spirit of interpretation!

Jesus help me to leave my past failures and sins under the blood and to quit dragging them out and living in regret and fear. Lord help me to love myself today, to let you love me and to receive your great love for me today Lord.

God fill me with an overwhelming sense of peace. Put my mind at ease, I know You go before me. I know that through you I can do all things. Let Your promise of protection calm my worrying mind.

Lord allow Your joy to flood me...Lord help me to let go of anger and offense that I have been holding onto. Allow your love to consume me, as You forgive me Lord help me to forgive others. Heal my mouth Lord from gossip and foul language.

Let me be encouraged today as I walk through this day with you in the innocence of righteousness which you have freely given to me, believing in you, in others and in myself as you surround me with affirmation, vision, patience, happiness, security and a healed heart.

God, help me to steward my money better. Help me to build my life toward debt free living. Help me to create a financially secure future for myself and my family.

Help me as I continue in my career. Lord have Your hand on my life and help me to be promoted and advance in the workplace. Help me to be Jesus at my Job and example You as best I can.

I cast all my cares on you today Lord and ask you to hear and answer my prayers.
In Jesus name I pray amen.

NOTE: When you're in a hurry you can simply read this prayer from your heart. On days that you have more time pause and elaborate with each paragraph or simply repeat with passion or meditate upon the words.

Prayer Type Comparison

Request/Supplication - “Lord, please deliver me from depression.”

Declaration - “I am delivered from depression! It will not have a hold on me.”

Warfare - “Spirit of depression, I bind you in the name of Jesus Christ! Satan, the blood of Jesus is against you! Get out of my life!”

Thanksgiving/Praise - “Lord, thank You for delivering me from depression.”

Sample- Prophetic Declaration

Lord, I have been set free from depression and anger. I will dwell in Your secret place and find refuge in your safety.

I am delivered from my uncontrolled tongue and helping me to resist the temptation to speak negatively or in anger. My mind is changed, my perspective will never be as it was. Depression is replaced with joy; loneliness is gone, I'm filled with the love of God. I have been forgiven of my sins and I thank you for teaching me how to forgive others.

I walk in humility and I thank you for helping me to acknowledge my wrongs and to forgive myself.

I receive Your Love Jesus, I receive the love of people around me. I no longer believe the lies of the enemy that I am unwanted or unworthy. My ears are deaf to the lies of the enemy. My past is covered by your blood! I declare that the chains of regret be loosened. As I stand before You today I am receiving your love to love myself. I choose to accept your forgiveness today, as I am forgiven.

I am no longer under the influence of fear! My mind is free of doubt and overtaken with faith! My feet are firmly planted on Your word! I trust in You.

Your peace is replacing my fear! I am favored and my future is bright! God, your joy surrounds me and fills me right now!

Lord You are with me right now and You will never leave my side. Fear I no longer believe Your lie, I stand on solid ground. God will fight my battles, God is fighting for me right now.

I am an overcomer, I stand and expect to see God's hand move in my life.

I know that my business endeavor is already set before me in success. Thank you Lord that the doors are already open and the relationships are already waiting to be established.

Thank you Jesus for the Financial stability that is coming my way. I claim a secure financial future for my children and my children's children!

You have a purpose for me Lord and I praise you for that. My steps are being guided by you and my place in ministry has already been crafted by you.

My future is a good future! I will be used to help grow the Kingdom of God! I will be used to tell people about Jesus and my story will be used to help others!

I declare homeownership, which will be a place of love and ministry.

Thank You Lord for filling my marriage with strength, patience, understanding, love, forgiveness, peace and grace.

Thank You for guiding us as we navigate life. Thank You for my spouse.

I claim the blood of Jesus over my body I speak clarity over my mind. I claim victory in Jesus over my mind, over my heart, over my thoughts, over my flesh.

Generational curses are broken right now in Jesus name! Negative spiritual influence and ties to my family are drowned by the blood of Jesus. The pattern stops right now! This ends with me!

My addictions are healed in Jesus name! My physical body is healed in Jesus name! My broken heart is made whole! I am a new creation in Christ Jesus! My mind is healed of dangerous repetitive thinking! I am healed of negative muscle memory!

SAMPLE- WARFARE PRAYER

Spirit of rejection in the name of Jesus Christ you will have no control over my life! You will not affect how I interpret other peoples' words or behaviors. You will not determine how I feel about myself or others.

Spirit of suicide you have no dominion over my world.

In The Name Of JESUS,

Spirit of abandonment get out of my life. You will not define my life anymore. You will not impact my relationships.

Spirit of loneliness you will not cloud my mind anymore. You will not push me away from God or the people He's put in my life anymore!

Spirit of regret you will not have my future! I plead the blood of Jesus over my past.

Doubt, get your hands off of my mind! You will not distort my faith any longer! You will not break my trust in people or my God!

I command the spirit of defensiveness to be cast back to where it came from. I rebuke the spirit of Unforgiveness! You will not keep me chained up any longer.

Adultery and infidelity leave my house and my family right now. You will not have my marriage. Get your hands off of me and my spouse right now. Get your hands off my family. Lust, you will not impact my purity any longer.

Spirit of jealousy you will not be breaking my relationships.

Comparison, leave my mind right now!

Criticism leave my mouth and my heart right now. Spirit go Gossip I will not tolerate you any longer. You will not poison my mouth.

Addictions release your grip on me. Pornography you will not stay in my life. Smoking you will not stay in my life. Alcohol you will not stay in my life.

I rebuke the spirit of worry over my life and I command peace to come over me and I plead the blood of Jesus Christ. Satan you will not steal my peace because I have joy that can only come from the Lord. I bind anxious thoughts in the name of Jesus. Fear does not live in my mind, my heart, or my body.

Anxiety you have no place in my life. You will not control me.

I claim the blood of Jesus over my body I speak clarity over my mind. I claim victory in Jesus over my mind, over my heart, over my thoughts, over my flesh.

If there's a generational curse, I bind it I cast it away.

Shame I command you to leave my mind. You will not cause me to hide myself away any longer. I will not live in isolation because of you. Be gone in the name of Jesus.

Pride, get out of my heart. I will humble myself before God and people.

SAMPLE- THANKSGIVING/PRAISE PRAYER

Thank you Lord because you haven't given me the spirit of fear but instead You have given me a spirit of power, and of love, and of a sound mind.
I thank you Lord for peace that surpasses all understanding.
I praise you God for keeping me in your perfect peace.

Thank you Lord for removing the spirit of doubt and replacing it with your truth.
Thank You for keeping me under your anointing and new wisdom each morning.
I give You glory Lord for protecting me from those who come against me.
I praise you for being a good good Father to me, for never leaving or forsaking me, and for always being by my side.

Lord, I praise you for helping me overcome the enemy and negative thoughts that the enemy has planted in my mind.
I thank you forgiving me, and also allowing me to forgive others.
Thank you for giving me strength, and that you have set me free from anger.
I praise you for setting me free!

Thank you for the joy that you bring to my life. Thank You for the friends and family you have put in my life. Thank You for my healthy relationships.
Thank You for a healthy marriage. Thank You for good communication and patience and grace.
Thank You God for my children. Thank You for their health. Thank You for protecting them.
Thank You for the wonderful lives You have planned for them.

Thank You God for the purpose in my life. Thank You for the good future You have promised me.
Thank You God for covering my past with Your blood.
Thank You for wiping my mistakes and regrets away and giving me a clean slate.

Thank you for restoring my family. Thank You for mending the broken back together.
Thank You for second chances Lord.
Thank You God for saving my family. Thank You for saving my friends. Thank You for saving me.
Thank You God for sending Your son Jesus to die for me. Thank You for Your love Father.
Thank You for choosing me, for wanting me, for chasing after me.

I am in awe of you and all the blessings that come from you. Thank you for healing my mind and my heart. Thank you for delivering me from depression, anxiety, worry, and doubt.
Thank You for healing my body physically.
Thank You for healing the brokenness of my heart. Thank You for healing me of my past.

Thank You God for healing me of my addictions. Thank You for cleansing my mouth and mind and heart and body. Thank You God for restoring me completely. Thank You for Your Holy Spirit in my life. Thank You for healing me from shame.
Thank You for making me whole, Jesus.

Thank You God in advance for the healing and blessings and miracles You will do in my life. Thank You for my future spouse. Thank You for my future children. Thank You for my future grandchildren.
Thank You for my business. Thank You for my ministry. Thank You Jesus for my future!

Sample- CIRCLES

I want to start my own business or be a successful entrepreneur, artist, writer, musician, etc. or to be successful in my career.

For my family to be saved. For me to have a better relationship with my family members.
To be a patient, kind, gentle spouse and parent.

I want to own a home.

be debt free.

travel the world.

I want to be financially secure & not worry about finances.

I want my children to be financially secure.

I want my children to be mentally healthy.

My children to graduate from college.

My children to be successful.

For me to find a spouse.

For children.

For a car.

To own property.

Go on a cruise/vacation in 2019.

Promotion at work.

To flourish in ministry.

To write and publish books.

For our country/city.

For our church to grow.

To find my purpose.