

DEVELOPING
INTIMACY
WITH GOD

A PRAYER STRATEGY



From 60 Seconds to 60 Minutes in Prayer

WORKBOOK

*Come with me by yourselves to
a quiet place and get some rest. – Mark 6:31*

by Richard W. LaFountain

Intimacy: Praying Alone Before God

F O C U S O N G O D	<p><u>Be Still</u> (Shhh - still your busy mind and cluttered heart)</p> <ul style="list-style-type: none"> • Slow your pace - resist hurry • Silence your mind and lips • Stop fidgeting - rest in His arms • Sit, lay, or kneel before God • Surrender your body to Him - Wait patiently for Him <p><u>Be Worshipful</u> (It is not thinking but doing worship)</p> <ul style="list-style-type: none"> • Love songs sung to God - <i>sing of his greatness</i> • Long after Him in your heart - <i>as the deer pants for water so I pant for thee</i> • Lift His Glory: Read Psalm of praise out loud - <i>declare His glory!</i> • Love His Worth: You are _____ (<i>attributes of God</i>) [adjectives] • List His Names: You are my _____ (<i>Names of God or Jesus</i>) [nouns] • Lively worship - <i>shout, exalt, extol, bow, clap, sing, dance, etc.</i> [verbs] <p><u>Be Thankful</u></p> <ul style="list-style-type: none"> • Mercies new every morning - <i>bread, breath, health, life, strength</i> • My body which is wonderfully made - <i>sight, hearing, touch, smell, etc</i> • All creation - <i>wonders of His amazing creation</i> • Blessings and Benefits received - <i>all that I have</i> • Bad, Sad, and Broken - <i>things that have gone wrong</i>
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F O C U S O N Y O U	<p><u>Confess Sin</u> (Do spiritual inventory, open heart surgery)</p> <ul style="list-style-type: none"> • Your <u>W</u>ords - <i>have you spoken evil of anyone, criticized, sharp words</i> • Your <u>A</u>ttitudes - <i>complaining spirit, depressed, grouchy, know-it-all</i> • Your <u>T</u>houghts - <i>evil desires, lusts, doubts, fears, hatred, bitterness</i> • Your <u>A</u>ctions - <i>broken God's laws, trespassed on forbidden ground</i> <p><u>Clothe Yourself</u></p> <ul style="list-style-type: none"> • Apply God's forgiveness x 10 - <i>covered, forgotten, buried, etc.</i> • Reckon who you are in Christ - <i>I am...</i> • Raise the shield of faith against Satan - <i>resist, rebuke, command, etc</i> • Embrace a promise of God for this day - <i>I believe you God when you said...</i> <p><u>Cast your Care</u></p> <ul style="list-style-type: none"> • Family - <i>each one by name and need</i> • Finances - <i>debts, needs, provisions, wisdom</i> • Frustrations - <i>with spouse, self, life, job, etc</i> • Fears, worries, <i>anxieties about tomorrow</i> • Failures - <i>faults, weaknesses, struggles, etc.</i>
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Workbook Exercises for STILLNESS

"Be still, and know that I am God." - Psalms 46:10

On no other step is it more important to begin and continue to use the 3-minute timer. It is the only way I know of to make myself be still before the throne.

The secret is in the discipline of laying aside everything else until your heart, mind and spirit are quiet before God. God says, "Be still!" The choice to obey him or not is up to you. Obedience begins here.

Let go of "stuff"	Put off your hurry, your lists of things to do, or your anxiety over tomorrow. It is not time for those things. Put them off. Write them down if you must, but put them away. It is time to seek the Lord!
Present yourself	Once you have laid those things aside then you can surrender your empty hands and prepared mind for his use in prayer. Surrender yourself as a living sacrifice to God, holy and acceptable. Lay down on the floor if it helps you to surrender completely to him.
Wait ...	Now be still. Just wait. Listen for the sand falling in the hour glass. Can't hear it can you? Shhh! Be still. Don't speak. Don't think words. Silence! Listen for the heartbeat of God.

Recognize at the start that until you have trained yourself in the discipline of stillness this will not be possible in three minutes. It is more likely to take 15 minutes for the first few weeks. For me as a hyperactive Type A personality, it took about 30 minutes per day during the first weeks. It is not a race. Don't hurry in or out of the presence of God.

Remember God is waiting for you. God is more interested in this discipline than all the others combined. He wants time with you. This is the most important step. Learn it well. Learn it best. You'll grow to love this time of stillness so much that you will long for it.

Rest in the Lord. Don't go on to the next step until your heart is no longer hurried, your mind is quiet, and your will to do is broken, and you are basking in the sunshine of God's presence. From there you will move naturally into the second step - worship.

KEY INGREDIENTS

- **Solitary Place** - get alone before God. Get away from people and distractions.
- **Stop All Noise** - shut the door to your prayer closet. Let not noise intrude on God.
- **Stop Motions** - stop fidgeting, planning, thinking about other things.
- **Silence Your Thoughts** - hush you inner and outer self. Our hearts can be noisy places.
- **Slow Down** - give yourself time to slow down your pace.
- **Sweep the Clutter** - junk piled high in your mind or office will be distracting. Put it away.
- **Set Aside To-Do Lists** - push away the screaming to-do lists, and the tyranny of the urgent.
- **Surrender Yourself** before God. Physically laying down before Him can be helpful.



Workbook Exercises for STILLNESS

"Be still, and know that I am God." - Psalms 46:10

Hints and Helps

- 1) The Gift of Silence - Stillness is a sacrificial gift we offer to God. It is costly because it is hard to do. It is hard to spare the time. But if God is worth the effort then give him this personally painful gift. It is the gift of stopping. Stillness is the absence of motion, the absence of noise, the absence of hurry. Mary Magdalene broke the alabaster box of precious ointment and wasted it on Jesus. He is worth the waste.
- 2) Picture "stillness" as a far off island. You will need to take time to get there. I cannot do it suddenly. It must be done slowly. For many people it takes a fair amount of time to get quiet and to become peaceful.
- 3) Imagine yourself before the Throne of God - that's the idea! You really are before His throne, so there's no pretending about it. Picture yourself, like Mary, sitting at Jesus' feet, quietly waiting for his still small voice - his whisper, "peace be still."
- 4) Quiet Music: Quiet music can still the raging beast within. Find a good instrumental CD with quiet gentle music. There are some wonderful nature CDs with nature noises and quiet music in the background. Stillness is a process. I put myself into a quiet mode. I am moving toward silence and stillness.
- 5) A Gentle Song in my mind that helps to slow me down and focus me on being still is helpful to the process. *Be Still My Soul* is a good one.
- 6) Light a Candle: A good tool I have found helpful is to light a small birthday candle and watch it burn down. The process of watching a slow burning candle has an affect on you in that it requires waiting. You cannot hurry it. Just wait
- 7) Exhale Slowly: Getting still is "breathing out." I exhale my troubled, busy, and hurried thoughts. I exhale them to God. "Lord, quiet my heart. I give it to you." I may say that slowly some fifty times.
- 8) Lay It Aside: Sometimes I have to exhale by writing the thing do down on my to-do list and physically pushing it away.
- 9) Ask Yourself: "Am I quiet inside? Am I quiet enough to hear my own breathing, or can I hear my heartbeat?" If not, I start all over again. If I don't succeed and run out of time, I start again tomorrow, and the next day, and the next... Eventually I will get it. Learning to ride my bike involved a lot of falling down, getting up, and falling again.
- 10) Schedule Uninterrupted Time: Remember you will need to schedule some extended times when you are not pressured by the clock so you can practice stillness. It takes practice. You'll need some white space in your life to really get still.
- 11) Discipline Yourself: Discipline is "making yourself do what you may not feel like doing because you know it is good for you." Then again, it is "doing a thing over and over again until you get it right, then doing again and again to keep yourself doing it right."



Workbook Exercises for THANKSGIVING

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." - 1 Thessalonians 5:18

Wouldn't prayer be wonderfully transformed if we would offer 10 sacrifices of thanksgiving for every request we make of God? Practice thanksgiving. Write down 50 things for which you are sincerely thankful today.

For His Creation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For Problems

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For His Provisions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For Answered Prayers

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For People

1. _____
2. _____
3. _____
4. _____

For Protection

1. _____
2. _____
3. _____
4. _____



Workbook Exercises for THANKSGIVING

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." - 1 Thessalonians 5:18

Thankful Exercises

Enter his gates with thanksgiving and into his courts with praise. Be thankful unto him and bless his holy name. (Psalm 100) Now it is time to celebrate His specific acts, mercies, faithfulness, kindness, benefits, blessings, answers to prayer, and goodness.

<u>General Thanks</u> for all His creation and blessings.	Psalm 139 is an excellent meditation to prime your thanksgiving pump.
<u>Specific Thanks</u> for blessings and benefits to you.	Psalm 103 is a good starting place.
<u>Tearful Thanks</u> for all things - the bad, the ugly, the unwanted.	Make a list of all the bad things you have been bemoaning. List them to God. Ask him to help you believe that he is using that for His glory and your good. Believe him! Read Romans 8:28 and put your heartache into the passage. Turn "all things" into, for example "My financial loss God is working together for good. Believe Jeremiah 29:11 Tell God you believe it! Rejoice in it! It is true!

THANK GOD FOR THE PAST, PRESENT, AND FUTURE

Past Answered Prayers and Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Bad Things That Have Happened

1. _____
2. _____
3. _____
4. _____
5. _____

Present Circumstances & Blessings

1. _____
2. _____
3. _____
4. _____
5. _____

Promises of What Will Happen

1. _____
2. _____
3. _____
4. _____
5. _____

*FAITH IS SEEING WHAT IS NOT YET VISIBLE TO THE REST,
BUT WHAT GOD HAS ALREADY PROMISED.*



Workbook Exercises for WORSHIP

“O magnify the LORD with me, and let us exalt his name together.” - Psalm 34:3

Alpha and Omega Praise

Praise His name through the alphabet. Lift up and exalt God’s names beginning with A and end with Z. Do it together in the congregation, or in a small prayer group. Attempt to give at least 3 on each letter. Prayerfully choose two or three names for each letter that are especially precious to you and use them as you pray the name of Christ. Exercise these most familiar names so that they are quick to come to your mind.

A =	_____	_____	_____
B =	_____	_____	_____
C =	_____	_____	_____
D =	_____	_____	_____
E =	_____	_____	_____
F =	_____	_____	_____
G =	_____	_____	_____
H =	_____	_____	_____
I =	_____	_____	_____
J =	_____	_____	_____
K =	_____	_____	_____
L =	_____	_____	_____
M =	_____	_____	_____
N =	_____	_____	_____
O =	_____	_____	_____
P =	_____	_____	_____
Q =	_____	_____	_____
R =	_____	_____	_____
S =	_____	_____	_____
T =	_____	_____	_____
U =	_____	_____	_____
V =	_____	_____	_____
W =	_____	_____	_____
X =	_____	_____	_____
Y =	_____	_____	_____
Z =	_____	_____	_____

Group Exercise (10 minutes max)

Simply writing down God’s names may or may not be worship. Worship is exalting His Names together. So let’s do it. In groups of 3 begin to worship the Lord by telling him of his excellent greatness. Exalt his name together.

Discipline

Focus! Do not allow yourself to drift into confession, or thanksgiving or petition. This is a time solely to “behold His beauty.”

Songs

There are many songs and hymns that go with the names of Jesus. Try to match a name of Jesus with an accompanying song. Then sing it as part of your worship experience.



Workbook Exercises for WORSHIP

“O magnify the LORD with me, and let us exalt his name together.” - Psalm 34:3

Daniel said, *“The people that know their God will be strong and do exploits.”* (Daniel 11:32) Solomon said, *“The name of the Lord is a strong tower. The righteous run into it and they are safe.”* (Proverbs 18:10) The Lord through Malachi commends those who *“think on His name.”* Jesus taught to ask anything “in his name” and it will be done for us. Jesus’ name is a powerful name. It is a *“name above every name”* so that *“at the name of Jesus every knee shall bow and every tongue confess that Jesus Christ is Lord to the glory of God.”* (Philippians 2:9-11)

Ask Yourself

- ❖ Who Is He? Exalt and extol His character, virtues, and attributes.
- ❖ What Are His Wonderful Names? Call upon him by the Names you can remember and that are significant to you.
- ❖ What He Does. How Great Is He? Remember all the great things He has done. Review historical miracles, mighty miracles, etc.

Learn to exalt his name(s) in prayer.

- Lord, You are _____ (*attributes of God*) [adjectives], therefore I will ...
- Lord, You are my _____ (*Names of God or Jesus*) [nouns] , therefore I will ...
- Lord, Your name is _____ and I exalt and worship You.

Steps to Follow

1. Read Scripture that exalts Who He is. (Prime the pump with Scripture)
2. Sing songs to the Lord. (Sing out loud!)
3. Exalt His Names. (Magnify his names) Use the list of 640 names of God and Christ.
4. Remember His mighty works. (Think on, Meditate on)
5. Tell of His excellent greatness. (Rehearse it to Him)
6. Physically express your worship and adoration. (Lift hands, lay prostrate, kneel, walk and pray, stand, etc.)



Workbook Exercises for CONFESSION

"If we say we have not sinned, we deceive ourselves..." I John 1:8

My Major Temptations (1 Corinthians 10:13)

(See the list on the next page)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

My Besetting Sins (Hebrews 12:1)

(Those that easily overtake me and occur over again and again.)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

My Failures & Faults

(Confess or admit them one to another – James 5:16.)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

What God Did With My Sin (memorize these verses so you can apply them). *"If we confess our sins he is faithful and just to forgive us our sins and cleanse us from all unrighteousness." I John 1:9*

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

(For answers to above see Intimacy With God Training Manual)



Workbook Exercises for CONFESSION

“Confess your faults one to another and pray for one another.” – James 5:16

Common Sins and Temptations

What are your temptations, or easily besetting sins? *Have I committed? Or am I guilty of?*

- | | | |
|---|--|---|
| <input type="checkbox"/> adultery-emotional | <input type="checkbox"/> idolatry | <input type="checkbox"/> resentful |
| <input type="checkbox"/> adultery-in-mind | <input type="checkbox"/> impatient | <input type="checkbox"/> respect of persons |
| <input type="checkbox"/> adultery-physical | <input type="checkbox"/> inconsiderate | <input type="checkbox"/> rude |
| <input type="checkbox"/> abuser | <input type="checkbox"/> inconsistent | <input type="checkbox"/> sarcastic |
| <input type="checkbox"/> anger | <input type="checkbox"/> indifferent | <input type="checkbox"/> self-centered |
| <input type="checkbox"/> anorexia | <input type="checkbox"/> irresponsible | <input type="checkbox"/> self-destruction |
| <input type="checkbox"/> backbiting | <input type="checkbox"/> jealous | <input type="checkbox"/> self-hatred |
| <input type="checkbox"/> backsliding | <input type="checkbox"/> judgmental | <input type="checkbox"/> self-indulgent |
| <input type="checkbox"/> bitterness | <input type="checkbox"/> jump-to-conclusions | <input type="checkbox"/> self-pity |
| <input type="checkbox"/> brawler | <input type="checkbox"/> know-it-all | <input type="checkbox"/> self-serving |
| <input type="checkbox"/> breach of confidence | <input type="checkbox"/> lazy | <input type="checkbox"/> severe |
| <input type="checkbox"/> bulimia | <input type="checkbox"/> lewd | <input type="checkbox"/> sensual |
| <input type="checkbox"/> callous | <input type="checkbox"/> lying | <input type="checkbox"/> sex sins |
| <input type="checkbox"/> cheating | <input type="checkbox"/> lost 1st love | <input type="checkbox"/> slander |
| <input type="checkbox"/> clamor | <input type="checkbox"/> lukewarm | <input type="checkbox"/> sharp answers |
| <input type="checkbox"/> complaining | <input type="checkbox"/> lustful-mind | <input type="checkbox"/> smoking |
| <input type="checkbox"/> compulsive | <input type="checkbox"/> lustful imagination | <input type="checkbox"/> spiteful |
| <input type="checkbox"/> condemning | <input type="checkbox"/> mal-content | <input type="checkbox"/> sports-aholic |
| <input type="checkbox"/> covetous | <input type="checkbox"/> meddling | <input type="checkbox"/> stealing |
| <input type="checkbox"/> critical | <input type="checkbox"/> money addiction | <input type="checkbox"/> steal tithe |
| <input type="checkbox"/> cry-baby | <input type="checkbox"/> murder | <input type="checkbox"/> stinginess |
| <input type="checkbox"/> cursing | <input type="checkbox"/> murmuring | <input type="checkbox"/> suicidal thoughts |
| <input type="checkbox"/> cynical | <input type="checkbox"/> necromancy | <input type="checkbox"/> superstitions |
| <input type="checkbox"/> defensive | <input type="checkbox"/> neglect of children | <input type="checkbox"/> swearing |
| <input type="checkbox"/> demanding | <input type="checkbox"/> neglect of church | <input type="checkbox"/> temper |
| <input type="checkbox"/> dirty mind | <input type="checkbox"/> neglect of family | <input type="checkbox"/> touchy |
| <input type="checkbox"/> disobedient to authorities | <input type="checkbox"/> neglect of fellowship | <input type="checkbox"/> un-sympathetic |
| <input type="checkbox"/> disobedient to parents | <input type="checkbox"/> neglect of gifts | <input type="checkbox"/> unfairness |
| <input type="checkbox"/> doubt | <input type="checkbox"/> neglect of parents | <input type="checkbox"/> unkind |
| <input type="checkbox"/> drunken | <input type="checkbox"/> neglect of service | <input type="checkbox"/> unloving |
| <input type="checkbox"/> easily hurt | <input type="checkbox"/> neglect of spouse | <input type="checkbox"/> unreliable |
| <input type="checkbox"/> evil joking | <input type="checkbox"/> ouija-boards | <input type="checkbox"/> unfaithful |
| <input type="checkbox"/> evil speaking | <input type="checkbox"/> over-spender | <input type="checkbox"/> vengeful |
| <input type="checkbox"/> excessive debt | <input type="checkbox"/> overeating | <input type="checkbox"/> vulgar |
| <input type="checkbox"/> faithless | <input type="checkbox"/> perfectionist | <input type="checkbox"/> wishing evil |
| <input type="checkbox"/> falsify | <input type="checkbox"/> pessimistic | <input type="checkbox"/> witchcraft |
| <input type="checkbox"/> fearful | <input type="checkbox"/> pleasure seeker | <input type="checkbox"/> workaholic |
| <input type="checkbox"/> fortune tellers | <input type="checkbox"/> pornography | <input type="checkbox"/> worry |
| <input type="checkbox"/> gamble | <input type="checkbox"/> prejudice | |
| <input type="checkbox"/> getting even | <input type="checkbox"/> procrastination | Other Sins |
| <input type="checkbox"/> gluttony | <input type="checkbox"/> promise breaker | <input type="checkbox"/> |
| <input type="checkbox"/> grumbling | <input type="checkbox"/> proud | <input type="checkbox"/> |
| <input type="checkbox"/> hatred | <input type="checkbox"/> psychic-hotlines | <input type="checkbox"/> |
| <input type="checkbox"/> hoarding things | <input type="checkbox"/> quarrelsome | <input type="checkbox"/> |
| <input type="checkbox"/> hopeless | <input type="checkbox"/> quitter | <input type="checkbox"/> |
| <input type="checkbox"/> horoscopes | | <input type="checkbox"/> |
| <input type="checkbox"/> hypocrisy | | <input type="checkbox"/> |

Try to identify at least five areas in which you struggle with temptation. They may not be listed here. Be honest. They are your temptations



Workbook Exercises for CONFESSION

"Confess your faults one to another and pray for one another." – James 5:16

CONFESSION CHECKLIST

(Check up on your own secret sins)

The Sin	The Scripture
<input type="checkbox"/> Selfish desires	James 4:3
<input type="checkbox"/> Secret sins	Psalms 66:18
<input type="checkbox"/> Idle words	Matthew 12:36
<input type="checkbox"/> Lustful fantasies	Matthew 5:28
<input type="checkbox"/> Marriage conflicts	I Peter 3:7b
<input type="checkbox"/> Ingratitude	Philippians 4:4-8
<input type="checkbox"/> Unforgiving Attitudes	Mark 11:25-26
<input type="checkbox"/> Unresolved conflicts	Matthew 5:23
<input type="checkbox"/> Doubt	Hebrews 11:6a
<input type="checkbox"/> Prayerlessness	Hebrews 11:6b / Jer 2:32
<input type="checkbox"/> Indecision & doubt	James 1:6
<input type="checkbox"/> Bitterness	Hebrews 12:15
<input type="checkbox"/> Rebellion against authority	I Samuel 15:23
<input type="checkbox"/> Known disobedience	James 4:17
<input type="checkbox"/> Temper	Ephesians 4:26-27
<input type="checkbox"/> Anger	Ephesians 4:26, 31
<input type="checkbox"/> Impatience with others	Ephesians 4:32
<input type="checkbox"/> Murmuring / Complaining	1 Corinthians 10:10
<input type="checkbox"/> Lying / Half-truths	Colossians 3:9
<input type="checkbox"/> Strife in your heart	James 3:14
<input type="checkbox"/> Grumbling	Jude 1:16
<input type="checkbox"/> Faithlessness	Luke 12:28
<input type="checkbox"/> Forsaking God's House	Hebrews 10:25
<input type="checkbox"/> Spiritual Laziness	Ephesians 5:14
<input type="checkbox"/> Criticism of Others	Proverbs 25:23
<input type="checkbox"/> Self-centeredness	2 Corinthians 5:15
<input type="checkbox"/> Unequally Yoked	2 Corinthians 6:14
<input type="checkbox"/> Stealing	Romans 2:21
<input type="checkbox"/> Cheating	1 Thessalonians 4:6
<input type="checkbox"/> Holding Back Tithe	Malachi 3:10

There are sins that *"easily beset us"* that serve only to weigh us down and cause us shame and hinder our fellowship with God. (Hebrews 12:1) Each of us has our own set of reoccurring sins. Confession is laying it out before the Lord... for *"all things are naked and opened unto the eyes of him with whom we have to do."* (Hebrews 4:13)



Workbook Exercises for CLOTHE SELF

"Be strong in the Lord and in the power of his might ..." Eph. 6:10

STRONGHOLDS OF THE ENEMY

TRIALS Attacked & Sieges	TORMENTS Oppression of the enemy	TRAGEDIES Bondage to the enemy
<p><u>People</u> - enemies persecutors, blasphemers, interferes</p> <p><u>Finances</u> - devouring worm, waster, losses</p> <p><u>Family</u> - disintegration, scatterer, anger</p> <p><u>Marriage</u> - destroyer, divorce, separation</p> <p><u>Problems</u> - flood of bad events</p> <p><u>Physical</u> - health attacks "buffeting"</p>	<p><u>Depression</u> - prolonged emotional attacks</p> <p><u>Physical</u> - spirit of infirmity, hypochondriac</p> <p><u>Fears</u> - unfounded fears, anxieties, panics</p> <p><u>Anger</u> - hatred, bitterness, temper, rage, violence</p> <p><u>Moral</u> - repeated failures, obsessive temptations</p> <p><u>Backslider</u> - apostate deliberate willful turning away</p>	<p><u>Drugs</u> - under the power of substances, alcohol, pills, etc.</p> <p><u>Sexual deviations</u> - addictions, porno, homosexuality, immorality</p> <p><u>Abusive behavior</u> - destructive, assaults, language</p> <p><u>Insanity</u> - uncontrollable mind, psychosis, voices, visions, etc.</p> <p><u>Occult involvement</u> - consulting psychics, palm readers etc</p> <p><u>Cults</u> - blinded to the truth, choose to believe a lie</p>

IDENTIFY THE ENEMY'S STRONGHOLDS

(Obstacles, hindrances, sicknesses, oppression, fears, torments, etc.)

In your own life:

1. _____
2. _____
3. _____
4. _____
5. _____

In your family:

1. _____
2. _____
3. _____
4. _____
5. _____

In your church:

1. _____
2. _____
3. _____
4. _____
5. _____

Now raise the standard against the enemy. Use authority given to you as a child of God.



Workbook Exercises for CLOTHE SELF

"Be strong in the Lord and in the power of his might ..." Eph. 6:10

BELIEVE YOUR POSITION IN CHRIST

I Am...

1. _____
2. _____
3. _____
4. _____
5. _____

I Have Been ...

1. _____
2. _____
3. _____
4. _____
5. _____

I Can...

1. _____
2. _____
3. _____
4. _____
5. _____

I Have...

1. _____
2. _____
3. _____
4. _____
5. _____

I Cannot...

1. _____
2. _____
3. _____
4. _____
5. _____

My Sins Have Been...

1. _____
2. _____
3. _____
4. _____
5. _____

See Intimacy With God Training Manual p 32, "Who I Am" and p 33, "I Am Secure."

EXAMPLE

I Am Secure

- Romans 8:1-2 I am not condemned before the throne
- Romans 8:28 I know all things work together for me because I am called to his purpose
- Romans 8:31 I am free of all accusations of the enemy. No one lays any charge on God's elect
- Romans 8:35 I cannot be separated from God's love by anything
- 2 Cor 1:20-22 I have been sealed by God
- Col 3:3 I am hidden with Christ in God
- Phil 1:6 I am confident God will complete the work he began in me
- Phil 3:20 I am a citizen of heaven
- 2 Tim 1:7 I have been given a sound mind
- Hebrews 4:16 I have boldness before the throne of God
- 1 John 5:18 I am born of God, and the evil one cannot touch me.



Workbook Exercises for CASTING CARE

“Casting all your care upon him for he cares for you. “ I Peter. 6:10

OK, now it is time to dump your load. What is on your mind and heart? It is not about a prayer list but about your inner longings, your hurts, your pain, your worries, your fears, your anxieties, your family, your finances, your fun, your foolishness, your failures, etc.

Tell God all about it. Unload and leave it here at the foot of the cross. He cares about your worries, your fears, your troubles, your sicknesses, your temptations, your finances, your family, your children, your spouse, your marriage, your job, your tests, your trials, and your needs. There is nothing that you care about that God doesn't care about.

1. Family	Place each family member before the Lord. Name them by name. Tell God about their lives, needs, spiritual condition. Surrender each on to Him.
2. Frustrations	Begin with your marriage and your relationship. Are their frustrations? Is there anything that needs to change?
3. Fears	Tell God about your fears, worries, or anxieties.
4. Finances	Tell God about your financial concerns, goals, aspirations, debts, your needs, wants, wishes, worries.
5. Faults	Tell God about you. Your weaknesses. Your temptations. This is not confession, we have already done that.
6. Failures	It is time to be naked and honest before the throne.

Exercise (10 minutes max)

Confession is already past but “to one another” is not. It is also time to “bear one another’s burdens and so fulfill the law of Christ.” No one can help you to bear a burden if they do not know what it is. Share your key burdens, worries and fears with your prayer partners as you are able.

Discipline

There will be no time after this point in your intercession to go back to self petitions. This is the time to lay them fully before God so as to NOT take them up again.

Dumping on God is one thing. It is quite another to dump in faith knowing that you are doing it at his invitation because “HE CARES FOR YOU.” So thank him for hearing, being touched with the feeling of your infirmities.”

SPENDING TIME WITH GOD

"In quietness and confidence will be your strength and you would not..." – Isaiah 30:15

Intimacy with God is very personal. It is a rich time of fellowship with God and personal inventory through the work of God's Spirit. It is a good thing to take a break at this point in your prayer time, unless of course you are doing the hour of intercession and not an extended time. Go for a walk. Give yourself a time of rejoicing. Listen to worship tapes and let your heart be glad in the Lord. He is with you. Enjoy basking in His presence.

Developing Intimacy with God takes time. There are no shortcuts, no quick fixes, no speed-praying techniques. Spending time with God is about s p e n d i n g t i m e w i t h G o d! God is not in a hurry. He never was and never will be. Slow down and get to know Him. Your journey is the journey of a lifetime.

Record What God Has Said

We really believe that God speaks in whispers to the soul. If you have spent 3 minutes or 3 days in retreat alone with God we believe he has spoken to your heart. His whispers are love letters to your soul. They are significant message of the Heavenly Father to one of his beloved children. Take the time at the end of your time of intimacy to remember and record what the Lord has whispered to you. We have provided a short space here, but a better tool is to record it in your daily prayer journal.

What I Learned About Silence

What I Learned About Worship

What I Learned About Thanksgiving

What I Learned About My Sin

What I Learned About My Covering

What I Learned About My Cares
