

**P.R.A.Y.: An Amazing Opportunity!!!**

**WHEN WE ARE ATTACKED BY THE ENEMY IT IS AN AMAZING OPPORTUNITY TO EXPERIENCE CHRIST IF WE LEARN HOW TO DO IT. We may not "feel" like doing this but when it is happening this is the tool to get us walking with God and to have Satan flee!!!**

**The acronym (P.R.A.Y.) can be prayed anytime (or when attacked in your mind, feeling compulsive/addictive, when in your flesh, sexual attacks, etc.) Say "REBUKE" OUTLOUD!!**

**Praise:** *(look up at Jesus and praise God. This will help you experience God's presence. Do it anytime even if you don't "feel" like it):*

I praise You Jesus. I worship You Jesus. I love You Holy Spirit. Father You are good. Bless You Jesus. Thank You Jesus for shedding Your blood. I am a forgiven, Spirit-filled, loved, anointed, child of God. Bless You Jesus!!!

**Repent:** Father God, I come to You thru faith in the shed blood of Jesus Christ for forgiveness of my sins. Forgive me for \_\_\_\_\_. Lord Jesus come cover me with Your blood bringing forgiveness, healing, peace, power, access to You.

**Rebuke (outloud):** Satan I rebuke you and your lying, compulsive, and addictive spirits. I take the authority I have in Christ Jesus and command you and your spirits to get away from me and go to Jesus. He will deal with you.

**Ask:** Now Holy Spirit fall upon me. Come and fill me in my spirit, my mind, my will, my emotions, and throughout every cell in my body. Fill me Lord Jesus. Come and fill me completely. I am Yours. *(you can start to worship here also. BELIEVE God is filling you and has filled you!!).*

**Yield:** I turn my will and my life over to You Jesus. Come and take control of me. I yield to You every part of my life. My whole being, my finances, my cares, my worries, my sexuality, my future, my dreams, my (future) spouse, etc. You are MY HOPE. You are MY LIFE. You are MY LORD. You are MY ALL AND IN ALL!! (ETC.). I am an anointed, blood bought, born again, Spirit-filled, child of God. I am loved & accepted by God! **Praise - Repent - Rebuke - Ask - Yield**

**The best weapon we have is PRAISE.** You can adapt this prayer but carry it around with you until you are confident in it. After a while you will understand the process!!!! Feel free to photocopy this prayer (double-sided) & distribute it!!

**If you commit to this prayer** & do it when you DON'T WANT TO and WHEN YOU ARE ATTACKED it will save you from those SOMETIMES HOURS (or even days) when your mind is going crazy or you are feeling like doing things you don't want to do. IT WILL HELP YOU WALK IN VICTORY & in the power of God's Holy Spirit.

**Finally, BELIEVE God is answering your prayers.** FAITH IN GOD TO ANSWER PRAYERS IS THE KEY TO GOD'S MOVEMENT IN OUR LIVES!! Then BE THANKFUL!!

**There is not in this world a kind of life more sweet and delightful than that of a continual conversation with God.**

**Those only can comprehend it who practice & experience it!!**

(Brother Lawrence)

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**OUR IDENTITY IN CHRIST: WHO I AM!!! (see also: [altogetherlovely.org](http://altogetherlovely.org) FREEDOM PRAYER)**

My name is recorded in heaven. (Luke 10:20) I have everlasting life. (John 6:47) I have abundant life (John 10:10) I have eternal life (John 10:28) I have a mansion of Glory waiting (John 14:2) I am indwelt by Christ (John 14:23) As I remain in Christ, I will bear much fruit. (John 15:5) I am a friend of God (John 15:15) I am in Jesus' prayers and a gift to Jesus from God (John 17:9,12,14) I am saved by Christ (Acts 4:12) By believing in Christ I receive forgiveness of sins through His name (Acts 10:43) In Christ, I live and move and have my being. (Acts 17:28) My hope in God has given me the promised resurrection of my body (Acts 24:15) I have righteousness from God through faith in Jesus Christ. (Rom 3:22) I am justified through faith in Jesus (Rom 3:26) I am dead to sin but alive to God in Christ Jesus. (Rom 6:11) I have received the free gift of God; eternal life in Christ Jesus (Rom 6:23) I have no condemnation in Christ Jesus. (Rom 8:1) I am indwelt by the Holy Spirit, an heir of God and joint-heir with Christ (Rom.8:16-17) .....nothing will be able to separate me from the love of God in Christ Jesus (Rom. 8:39) I will never be put to shame because I trust in Jesus (Rom. 9:33; 10:11) I am part of the Body of Christ belonging to the other members of His body. (Rom. 12:5) I'm filled with joy & peace. I overflow with hope by the Holy Spirit's power (Rom 15:13) I am sanctified in Christ Jesus and called to be holy (1 Cor. 1:2) I have been given grace in Christ Jesus. (1 Cor. 1:4) Because of God I am in Christ Jesus (1 Cor. 1:30) I am wise in Christ! (1 Cor. 4:10) I have ten thousand guardians in Christ, (1 Cor. 4:15) I am made alive in Christ Jesus. (1 Cor. 15:22) I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11) My body is the Holy Spirit's abode (1 Cor.6:19) I have spiritual gifts (1 Cor.12:11) Christ's promises are always "Yes" in Christ. (2 Cor. 1:19--20) God makes me stand firm in Christ. (2 Cor. 1:21) God has anointed me, set his seal of ownership on me. (2 Cor.1:21) God has put His Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21) In Christ I have redemption through His blood, the forgiveness of sins (Eph. 1:7-8) God's grace has been lavished on me with all wisdom and understanding (Eph. 1:7-8) I have been chosen and predestined in Christ (Eph.1:11) In Christ, I am a new creation; the old has gone, the new has come! (2 Cor. 5:17) God has reconciled me to Himself in Christ, (2 Cor. 5:19) He has committed to me the message of reconciliation. (2 Cor.5:19) God made Him who had no sin to be sin for me, (2 Cor.5:21) In God I have become the righteousness of God. (2 Cor.5:21) Everything I do is for other's strengthening. (2 Cor.12:19) I have freedom in Christ Jesus and will not become a slave again to sin. (Gal 2:4) I have put my faith in Christ Jesus that I may be justified by faith in Christ (Gal. 2:16) I have been blessed in the heavenly realms with every spiritual blessing (Eph. 1:3) I was chosen in Him before the creation of the world to be holy and blameless (Eph. 1:4) I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13) God raised me up with Christ and seated me with Him in the heavenly realms (Eph. 2:6) I am God's workmanship. (Eph.2:10) I'm created in Christ Jesus to do good works prepared in advance for me (Eph.2:10) In Christ Jesus I have been brought near through the blood of Christ. (Eph. 2:13) In Christ I may approach God with freedom and confidence. (Eph. 3:12) Christ dwells in my heart through faith. I'm being rooted and established in love. (Eph. 3:17) I should pray in the Spirit on all occasions with all kinds of prayers/requests (Eph. 6:18) I should be alert and always keep on praying for all the saints. (Eph.6:18) I am a servant and saint in Christ Jesus (Phil. 1:1) I put no confidence in the flesh (Phil. 3:3) I want to be found in Him, having God's righteousness by faith (Phil. 3:9) I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil. 3:14) I have heavenly citizenship in Christ (Phil.3:20) My name is recorded in heaven (Phil. 4:3) The peace of God will guard my heart and mind in Christ Jesus. (Phil. 4:7) I am strengthened for all tasks to which God calls me (Phil.4:13) I have all my needs met according to His glorious riches in Christ Jesus (Phil. 4:19) I am a saint in Christ Jesus (Phil. 4:21) I am holy and faithful in Christ. God's given me grace and peace (Col. 1:2) I have been rescued from the dominion of darkness and brought into the kingdom of God's Son (Col.1:13) In Christ, I have redemption, the forgiveness of sins. (Col. 1:14) Christ is before all things, and in Him I am held together. (Col. 1:17) All God's fullness dwells in me. I am complete in Him. (Col. 1:19) I have all the hidden treasures of wisdom and knowledge in Christ. (Col. 2:3) Just as I received Christ Jesus as Lord, I will continue to live in Him (Col. 2:6) I will be rooted and built up in Him, strengthened in the faith and overflowing with thankfulness. (Col. 2:7) I have been given fullness in Christ, the head over every power and authority (Col. 2:10) I died, and my life is now hidden with Christ in God. (Col. 3:3) I will give thanks in all circumstances, for this is God's will for me in Christ (1 Thess. 5:18) The name of our Lord Jesus will be glorified in me (2 Thess. 1:12) I have served well and will gain an excellent standing and great assurance in my faith in Christ Jesus. (1 Tim. 3:13) I will set an example for the believers in speech, in life, in love, in faith and in purity. (1 Tim. 4:12) God, who richly provides for me everything for my enjoyment. (1 Tim. 6:17) I have the promise of life that is in Christ Jesus, (2 Tim.1:1) God has saved me and called me to a holy life because of is own purpose and grace (2 Tim. 1:9) I want to live a godly life in Christ Jesus and I will be persecuted (2 Tim. 3:12) The Scriptures are able to make me wise for salvation through faith in Christ (2 Tim. 3:15) I will be active in sharing my faith, so that I'll have a full understanding of every good thing I have in Christ (Philemon 1:6) I am a child of God, and I belong to Him (1 Pet.1:9) – I am redeemed by the precious blood of Christ (1 Pet.1:18-19) I have been born again of incorruptible seed (1 Pet.1:23) I trust in God and will never be put to shame. (1 Pet. 2:6) The God of all grace, will Himself restore me, make me strong, firm and steadfast (1 Pet. 5:10) I have fellowship with the Trinity (1 John 1:3) I am in Christ and have no darkness in me. (I John 1:5) But when I walk in the light, as He is in the light, I have fellowship with one another, and the blood of Jesus, His Son, purifies me from all sin (I John 1:7) Christ is my advocate (I John 2:1) Because I claim to live in Him, I must walk as Jesus did. (I John 2:6) I don't love the world and I have the Father's love in me. (I John 2:15) The anointing I received from God remains in me (I John 2:27) I will continue in Him, so that when he appears I'll be confident and unashamed before Him at his coming (I John 2:28) I am a child of God (1 John 3:1) He appeared so that he might take away my sins. And in Him is no sin. (I John 3:5) I know that I live in Him and He in me, because He has given me of His Spirit. (I John 4:13) I acknowledge that Jesus is the Son of God, so God lives in me and I in God. (I John 4:15) I know Him who is true. And I am in Him who is true—even in His Son Jesus Christ. He is the true God and eternal life. (I John 5:20)

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