

## Personal Prayer Preparation

*“Who may ascend the hill of the Lord? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false. He will receive blessing from the Lord and vindication from God his Savior. Such is the generation of those who seek him, who seek your face, O God of Jacob.”*

*--Psalm 24:3-6*

As you prepare to go before the Lord in the ministry of intercession, take time to prepare your heart and to release any burdens that could distract you from being sensitive to the Spirit's leading.

**RECOGNIZE**—Take time to inventory your heart. Note any burdens and personal concerns that you need to release to the Lord. Recognize any areas of unrepentant sin that you need to repent of. Also, ask the Lord to search your heart and to reveal any areas of sin that are unknown to you.

**REPENT**—Confess all sin before the Lord and ask for His forgiveness through the power of His blood. Agree with God—“Lord, you are right and I am wrong. I agree with Your Word and your attitude about my sin area. I choose to change by the power of your Spirit.”

**RELEASE**—Cast all of your burdens and concerns upon the Lord. Give Him your loved ones and any other burdens that are weighing on your heart.

**RECEIVE**—Receive God's forgiveness by faith and trust Him to take care of the personal needs that you have released to Him. Receive His grace, comfort, and compassion for your situation.

**RECOVER**—As a believer now in right standing with God through Jesus Christ, put on your spiritual armor found in Ephesians 6:10, “Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the best of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

**REMEMBER**—“They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.” Revelation 12:11

As you prepare now to move into intercession, cover yourself and your family with the blood of Jesus.

**REJOICE**—Thank God for who He is, for your salvation, for taking care of your needs, and for all the good things that He will do in your time of prayer!