

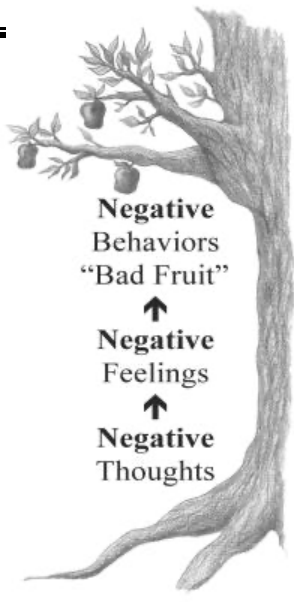
JESUS: Introductory CROSS Prayer * Person's name: _____

* See Acts 7:56-60, 9:35, 10: 10:14-20, 36; John 10:3-4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2-3)

“Where would I like more freedom in my life?” (write this info. in 3:B **after** writing in the thoughts)

My Best Hopes and/or Struggles: _____

<p>STEP 1: Listening to the Person's Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk You Have:</p>	<p>STEP 2: Sharing Jesus' Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts You Have:</p>
<p>Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18-19; Rom. 1:25</p>	<p>JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1-5; Heb. 2:14-18; 4:14-16 [Luke 2:5]</p>
<p><input type="checkbox"/> I'm alone <input type="checkbox"/> I'm abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I'm different <input type="checkbox"/> No one understands me <input type="checkbox"/> I'm not good enough <input type="checkbox"/> I'm not deserving <input type="checkbox"/> I'm rejected <input type="checkbox"/> I'm not wanted <input type="checkbox"/> I'm bad/dirty <input type="checkbox"/> I can't speak up, have needs, be seen or be safe <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> I need to be in control <input type="checkbox"/> I'm a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I can't trust/get close to anyone <input type="checkbox"/> I'm powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I'm not worthy <input type="checkbox"/> I can't be forgiven or accepted <input type="checkbox"/> I need approval and acceptance from others <input type="checkbox"/> I'm not important <input type="checkbox"/> I'm not loved <input type="checkbox"/> I don't belong Trusting in Self/Pride Lies: <input type="checkbox"/> I need to trust in my own strength and wisdom <input type="checkbox"/> I am good enough <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I need to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> I deny/minimize pain from my past <input type="checkbox"/> My security is in being right, knowing more than others, and/or trusting in my religious activities Other: _____</p>	<p><input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Rejected by loved ones <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father's will <input type="checkbox"/> Left alone and abandoned by those closest to Him <input type="checkbox"/> Betrayed by Judas – by a kiss and sold for price of a slave He chose to be powerless as He was: <input type="checkbox"/> Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate <input type="checkbox"/> Being shamed, humiliated and embarrassed <input type="checkbox"/> Being abused by those in power over Him who should have protected Him and supported Him <input type="checkbox"/> Being TEMPTED to numb His pain when His situation seemed to be hopeless and useless <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Crying out “My God, My God, WHY have You forsaken ME?” <input type="checkbox"/> Being unfairly, unjustly accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt and regret <input type="checkbox"/> A Man of grief and sorrows Other: _____</p>



STEP 3: Cross Prayer-Pray Jesus' Story * *I read all the instructions in italics in this prayer & on page 39*

3:A **Dear Jesus**, Thank You for choosing to keep Your promise to save me as You were suffering through the experience of: (write in Jesus' experiences from right column) _____

3:B So You could be tempted with my negative thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____. I agree with You that my false identity keeps me from living out Your plans for my life. And I thank You for taking all this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7-Do not use many words)

Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for _____ (name) in this area of his/her life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: **Dear Jesus**, How will Satan attack _____ (name) out of Satan's **fear** while he/she is receiving Your freedom and living out Your hopes and plans for his/her life? _____

STEP 6: Protection Prayer: **Dear Jesus**, How will You turn _____ (name) heart to You, to receive Your victory over Satan, when he is attacking him/her with his lies? (2 Pet. 2:9; 2 Cor. 10:5) _____

* Rewrite these sample prayers in your own words, with the "Daily Prayers," making it a personal prayer, not a formula.



FATHER: Introductory CROSS Prayer * Person's name: _____

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

<p>STEP 1: Listening to the Person's Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk You Have:</p>	<p>STEP 2: Sharing Jesus' Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts You Have:</p>
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Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18-19; Rom. 1:25

- I'm alone I'm abandoned Why God? I'm different No one understands me I'm not good enough I'm not deserving I'm rejected I'm not wanted I'm bad/dirty I can't speak up, have needs, be seen or be safe I have to perform/try harder I need to be in control I'm a failure I deserve to be punished I can't trust/get close to anyone I'm powerless, helpless, weak, hopeless, useless I'm not worthy I can't be forgiven or accepted I need approval and acceptance from others I'm not important I'm not loved I don't belong
- Trusting in Self/Pride Lies:** I need to trust in my own strength and wisdom I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others I deny or minimize pain from my past My security is in being right, knowing more than others, and/or trusting in my religious activities
- Other:** _____

JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1-5; Heb. 2:14-18; 4:14-16 [Luke 2:5]

- Unwed mother No bio father Refugee in Egypt Rejected by loved ones Tempted in the desert Struggling to surrender to His will to His Father's will Left alone and abandoned by those closest to Him Betrayed by Judas – by a kiss and sold for price of a slave
- He chose to be powerless as He was:**
- Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate
- Being shamed, humiliated and embarrassed
- Being abused by those in power over Him who should have protected Him and supported Him
- Being **TEMPTED** to numb His pain when His situation seemed to be hopeless and useless
- Difficulty breathing Crying out “My God, My God, **WHY** have You forsaken ME?” Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for my sin, shame, guilt and regret A Man of grief and sorrows
- Other:** _____



STEP 3: Cross Prayer–Pray Jesus' Story * Read all the instructions in italics in this prayer & page 39

3:A Dear Father, Thank You for choosing to keep Your promise to save me when You were giving Jesus strength to suffer as He was going through the experience of: (write in Jesus' experiences from right column)

3:B So He could be tempted with my negative thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____. I agree with You that my false identity keeps me from living out Your plans for my life. And I thank You for taking all this to death on the cross, **IN** Christ, raising Him up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Jesus' name, Amen.**

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7–Do not use many words)

Dear Father, What promises, hopes, plans, truths or encouragement do You have for _____ (name) in this area of his/her life? (Jer. 29:11) _____

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