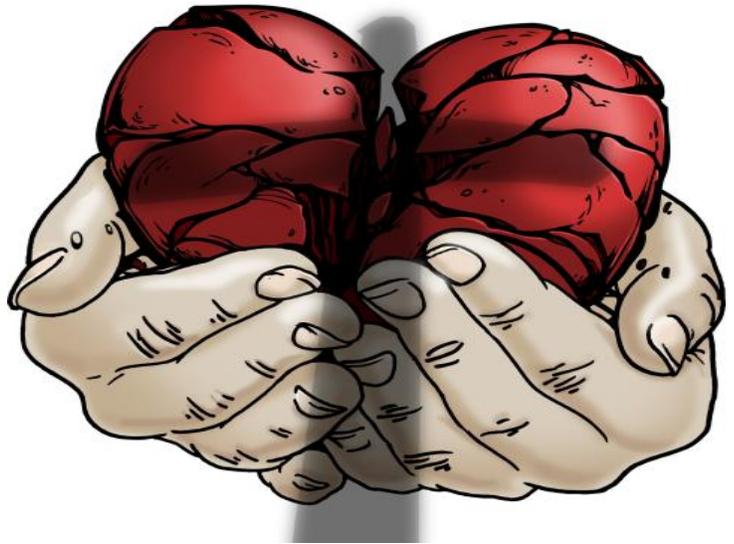


## **Straight 2 the Heart's Prayer *and* Discipleship Training**

- \* Christ-centered**
- \* Cross-centered**
- \* Word-centered**
- \* God-centered**



**Praying For Children & Loved Ones:**

# Praying God's Promises Workshop For Multiplying Disciples

## Participant's Manual - Part 1

For I resolved to know nothing while I was with you EXCEPT Jesus Christ and His crucified. (1 Corinthians 2:2)

No matter how many *promises* God has made, they are 'Yes' in Christ. (2 Corinthians 1:20)

Take every thought captive to the obedience of Christ. (2 Corinthians 10:5)

Call to Me, and I will answer you, and show you great and mighty things, which you do not know. (Jeremiah 33:3)

And the children Issachar, were men [and women] who understood the times and knew what Israel should do. (1 Chronicles 12:32)

So that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky as you *hold firmly to the Word of life*. (Philippians 2:15-16)

\* This workbook is for personal use only for those honoring the training principles involved in Straight 2 the Heart's discipleship process. Many Christians make copies of copyrighted material to share with others, not realizing that they are violating the "Spirit and letter" of the law, while others choose to ignore and violate copyright laws.

Making copies for others is stealing from Straight 2 the Heart's discipleship ministry, taking away from our ability to offer workshops and training resources. It also causes us to significantly increase our prices, even as we want to make our resources as affordable as possible. \* *If you see a typo, please e-mail the page number to: paul@straight2theheart.com*

Isaiah 53 stands as the second-most quoted Old Testament chapter by the New Testament authors – second only to Psalm 110.

However, if New Testament allusions are included, Isaiah 53 far outdistances every other Old Testament passage.

(Following Jesus, The Servant King, p. 70)

\* All training instructions in this training manual are designed for the context of a small groups in a local church – NOT for praying with someone 1:1



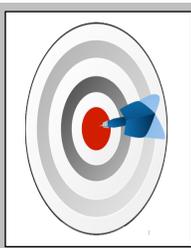
## #1 Goal/Focus for Training:

### Multiplying “Great Commission” Disciples

Everything we do during this 8-week training session is designed to:

- Maintain a laser-beam focus on the goal of multiplying “Great Commission” disciples who go “*boldly* to God’s throne of grace” (Heb. 4:16)...
  - As we pray Jesus’ story into our own personal stories.
  - Sharing the WHOLE gospel for the WHOLE person so it can go to the WHOLE world with the power of God’s grace and truth.

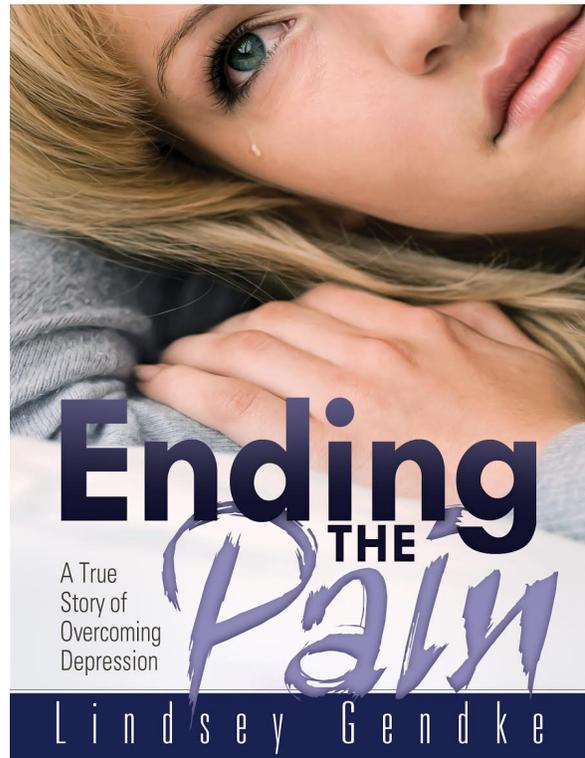
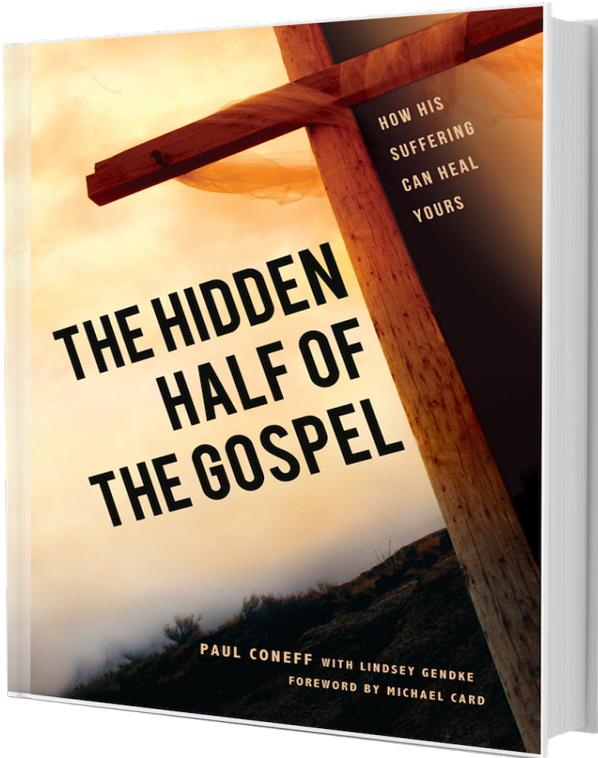
**Everything else is secondary to this goal of multiplying Christ-centered, “Great Commission” disciples who are moving into ministry with a testimony as they are:**



**Multiplying disciples who are receiving Jesus’ victory over Satan’s greatest deception – having us try to do:**

- God’s part instead of our part (Genesis 3:5)
- God’s part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

## Key Books to Read:



Psalm 109 has been dubbed the “angriest prayer in the Bible,”  
and for good reason...

In Psalm 109, an angry King David asks God to kill one of his enemies, make the enemy’s wife a widow, and his children vagabonds. He also asks for past and future generations of this man’s family to be cursed and cut off from God and His salvation. (Psalm 109:5-16)

But what does this all mean?  
Why is this prayer even in the Bible?  
Does God want US to pray this way when WE are angry?

In *Brutally Honest*, these are just a few of the questions a group of sincere, truth-seeking, and (some of them) angry Christians investigate, as they study Psalm 109 together--the only Psalm never used in Jewish liturgy because it was so hostile. Although the characters portrayed are fictional, you’ll find their questions and issues to be very real as you journey with them through this very real Psalm that demands an explanation.

Join Sondra, a single mother going through a divorce from an unfaithful husband, and Jeff, a police officer with an abusive past and a hostile marriage, as they wrestle through their deepest wounds and darkest desires alone, in group prayers and conversations, and finally, with God. We invite you, along with our characters, to explore this darkest of Psalms and ask yourself: Is it okay to be honest with God about my deepest wounds and darkest desires? What does this angry prayer say about God, and His ability to hear and handle my own anger, fear, depression, anxiety, etc.? Finally, can I, will I, trust God with my deepest wounds and darkest desires?

Now, through the eyes of characters with struggles that many of us can relate to, we discover why this hostile Psalm exists, and why it is actually a “perfect” prayer. It’s an invitation to all of us who are angry, hurting, or hate-filled, to be brutally honest with God, so that God can ultimately heal our deepest wounds and, in His perfect timing and in His perfect ways, free us from our darkest desires.

**PAUL CONEFF** is the founder and director of Straight 2 the Heart, a nonprofit prayer and discipleship ministry that provides training on how to move from brokenness to freedom. A licensed marriage and family therapist, Coneff has twenty years of experience in pastoral ministry and has spent more than 15,000 hours counseling and training in many countries. Visit his website at [www.hiddenhalf.org](http://www.hiddenhalf.org). This is his second book with co-writer Lindsey Gendke.

**BRUTALLY HONEST**



Discovering a God You Can Trust  
With Your Deepest Wounds and Darkest Desires

A contemporary parable based on Psalm 109

**CONEFF**

PAUL CONEFF AND LINDSEY GENDKE

## Website Resources: Straight 2 the Heart Training & the Hidden Half Book

1. Go to: [www.hiddenhalf.org](http://www.hiddenhalf.org) sign-up for the free newsletter
  - a. Purchase **“The Hidden Half of the Gospel: How His Suffering Can Heal Yours”**  
by Paul Coneff and Lindsey Gendke Foreword by Michael Card  
  
**“Brutally Honest: Discovering A God Who Can Heal Your Deepest Wounds and Darkest Desires”**
  - b. Download the Free “Introductory Section” of the *Hidden Half of the Gospel & Brutally Honest* books

### 2. Website Resources:

- a. Testimonies of healing and freedom
- b. **Free Resources**
  - I. Scroll to the bottom of the “Resource” page
  - II. Click on the MP3 “Bringing God into the Negative”
  - III. Click on Introductory Section to the Hidden Half book
- c. Straight 2 the Heart Facebook page (confirm this with George Hamilton)

Go to Facebook and search for “**Straight 2 the Heart**” page

### 3. YouTube Presentations:

<b>Hidden Half of the Gospel: Parts I &amp; II</b> <a href="https://www.youtube.com/watch?v=1u0k4mi6GnI">https://www.youtube.com/watch?v=1u0k4mi6GnI</a> <a href="https://www.youtube.com/watch?v=IrRuao5eHg4">https://www.youtube.com/watch?v=IrRuao5eHg4</a>
<b>Freedom from Anger and Rage:</b> <a href="https://www.youtube.com/watch?v=t_JHMsbjVo">https://www.youtube.com/watch?v=t_JHMsbjVo</a>
<b>Freedom from Shame and Guilt: Parts I &amp; II</b> <a href="https://www.youtube.com/watch?v=FETy-0S3X6A">https://www.youtube.com/watch?v=FETy-0S3X6A</a> <a href="https://www.youtube.com/watch?v=sbti-xe3IUQ">https://www.youtube.com/watch?v=sbti-xe3IUQ</a>
<b>Freedom from Addictions:</b> <a href="https://www.youtube.com/watch?v=vaFFwaotN4k">https://www.youtube.com/watch?v=vaFFwaotN4k</a>

# JESUS: Prayer For MY Own Pain-Worry-Concern for Loved One

\* 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)

“How do I receive more peace in place of anxiety, concern and worry for \_\_\_\_\_?” (name)

## STEP 1: My Story

I  2-3 Samples of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

**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

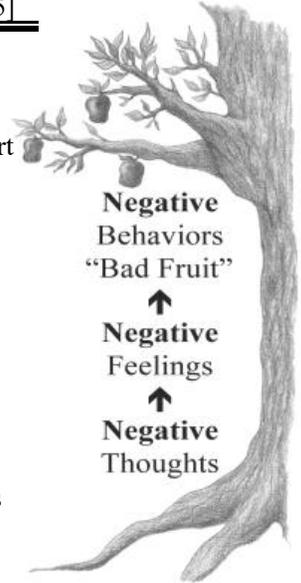
- My peace is dependent on my loved one loving God
- My identity-worth-peace are based on him/her loving me, believing what I believe etc.
- I need his/her approval
- I’m alone/abandoned
- Why God?  I’m different
- No one understands me
- I’m not good enough
- I’m not deserving
- I’m rejected
- I’m not wanted
- I’m bad/dirty
- I can’t speak up, have needs, be seen or be safe
- I have to perform/try harder
- 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’m not important
- I’m not loved
- I don’t belong
- I 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
- My past is in the past
- My security is in being right, knowing more than others, and/or trusting in religious activities
- Other:** \_\_\_\_\_

## STEP 2: Identifying with Jesus’ Story

I  2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts I Have:

**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
- Crying out: “I tried to gather you as a mother hen gathers her chicks,” as He is rejected by loved ones
- Tempted in the desert
- Struggling to surrender to His will to His Father’s will
- Alone & abandoned by those closest to Him
- Betrayed by a kiss, sold for price of a slave
- He chose to be powerless as He was being:**
- Stripped naked; physically, verbally and mentally abused by Satan, the Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by those in power over Him who should have protected Him and supported Him
- 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, regret
- A Man of grief and sorrows
- Other:** \_\_\_\_\_



## STEP 3: Cross Prayer–Praying Jesus’ Story \* Read all the instructions in italics in this prayer

**3:A Dear Jesus**, Thank You for choosing to fulfill prophecy, suffering as You were going 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 agree with You that Satan’s false identity keeps me from living with **YOUR** hope and **YOUR** supernatural peace as I think about \_\_\_\_\_ *(name)*. And I thank You for taking all of my negative thoughts and feelings about *him/her* 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 so I can pray with the power of **YOUR** peace and love.

**In Your name, Jesus, Amen.**

## STEP 4: Blessings Prayer/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 protect \_\_\_\_\_ *(name)* from Satan’s attacks in a way that he/she notices Your spiritual protection? \_\_\_\_\_

*\* I rewrite this prayer in my own words, using the Daily Prayers To Pray For Myself on pages 10 & 11*

## Step-by- Step Instructions to Pray the Cross Prayer for Myself

**A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:**

I trust the Jesus to give me the name HE wants me to be praying for/who I am worrying about and the...

- Negative thoughts/'roots' in my life behind my worries, concern, pain etc.
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: Dear Jesus, Who do YOU want me to pray about? (write name on line 3, near top of the page)  
Then I write it down the person's name on the blank line on line 3 near the top of the page.**

**Pray at Step 1:** \* See instructions on page with the prayer

**I ask** Jesus to reveal my negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

**Pray at Step 2:** \* See instructions on page with the prayer

**I ask** Jesus to reveal Jesus' negative experiences where He "**suffered being tempted**" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

**Pray at Step 3:A & 3:B:** \* See instructions on page with the prayer

**3:A – I ask** God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly.

**3:B – I write** my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

**Then I pray the Cross Prayer to myself.**

**Pray at Step 4 – Blessing Prayer:** \* See instructions on page with the prayer

**I ask** Jesus to reveal a blessing He has for me... and I write down any blessing, Scriptures or promises that come to my mind.

**Pray at Step 5: Discernment Prayer**

**Satan's Attacks:**

**I ask** Jesus to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then, I write down any attacks that come to my mind.

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**I ask** Jesus how He wants to protect me in the midst of Satan's attacks.

Then, I write down any of the ways that helps me to see how God wants to us to offer me His protection.

**Option – I Can Also:**

Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer (see page numbers at the bottom of the Cross-Prayer page...

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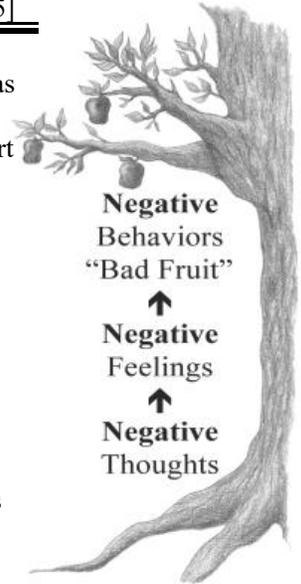
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- I’m not deserving
- I’m rejected
- I’m not wanted
- I’m bad/dirty
- I can’t speak up, have needs, be seen or be safe
- I have to perform/try harder
- Be in control
- I’m a failure
- I deserve to be punished
- I can’t trust/get close to anyone
- I’m powerless, helpless, weak, hopeless, useless
- I’m not worthy
- I can’t be forgiven or accepted
- I’m not important
- I’m not loved
- I don’t belong
- I 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
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## STEP 3: Cross Prayer–Praying Jesus’ Story \* *Read all the instructions in italics in this prayer*

**3:A Dear God,** Thank You for choosing to fulfill prophecy, suffering as You were going 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 agree with You that Satan’s false identity keeps me from living with **YOUR** hope and **YOUR** supernatural peace as I think about \_\_\_\_\_ (name). And I thank You for taking all of my negative thoughts and feelings about *him/her* 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 so I can pray with the power of **YOUR** peace and love.

**In Jesus’ name, Amen.**

## STEP 4: Blessings Prayer/Psalm 46:10: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)

**Dear God,** 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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**STEP 6: Protection Prayer: Dear God,** How will You protect \_\_\_\_\_ (name) from Satan’s attacks in a way that he/she notices Your spiritual protection? \_\_\_\_\_

*\* I rewrite this prayer in my own words, using the Daily Prayers To Pray For Myself on pages 12 & 13*

## Step-by- Step Instructions to Pray the Cross Prayer for Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Holy Spirit to give me the name HE wants me to be praying for/who I am worrying about and the...

- Negative thoughts/'roots' in my life behind my worries, concern, pain etc.
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: Dear God, Who do YOU want me to pray about? (write name on line 3 near the top of the page)  
Then I write it down the person's name on the blank line on line 3, near the top of the page.**

**Pray at Step 1:** \* See instructions on page with the prayer

**I ask** God to reveal my negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

**Pray at Step 2:** \* See instructions on page with the prayer

**I ask** God to reveal Jesus' negative experiences where He "suffered being tempted" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

**Pray at Step 3:A & 3:B:** \* See instructions on page with the prayer

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**I ask** God how God wants to protect me in the midst of Satan's attacks.

Then, I write down any of the ways that helps me to see how God wants to us to offer me His protection.

**Option – I Can Also:**

Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer (see page numbers at the bottom of the Cross-Prayer page...)

**DAILY DISCIPLESHIP PRAYERS to JESUS: I turn scriptures into prayer back to God – I use this worksheet to continue praying for MYSELF, connecting my story with Jesus’ story through His suffering, death, and resurrection. I include any other scriptures that are personal and meaningful to me, applying Acts 6:4, as I engage in “prayer and ministry of the Word” so I am NOT praying vain, repetitive prayers for myself:**

1. Pray to God BEFORE I read the Scriptures
2. Write down my thoughts in the blank lines as I read the Scriptures
3. Use these thoughts to re-write the sample prayers in my own words on a daily basis – on a separate page/brand-new page

**Day 1:3:A Dear Lord Jesus,** Where else were **You** tempted with my negative thoughts? (*I begin with the key struggle from the prayer time as I read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3*)

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**Day 2: 3:B Dear Jesus,** What else do **You** want to reveal to me about my wounds or negative thoughts and the ways I have abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, not seen or heard, etc.? (*Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19*)

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**Day 3: 3:B Dear Jesus,** What else do **You** want to reveal to me about my negative thoughts and the ways I’ve learned to trusting in my own strength, my own will power to protect myself, provide for myself and/or prove who I am instead of trusting **You** and **Your** desires for me? (*Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; Luke 23:34; Heb. 3:7, 15; 4:7; 2 Pet. 1:5-11; Matt. 12:43-45*)

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**Day 4: 4 –Blessing Prayer: Dear Jesus,** are there any other blessings or words of encouragement **YOU** have for me—so I can receive the fullness of **YOUR** freedom in this area of my life and the desires **You** have for me? (*Scripture promises from God’s Word, scripture songs, Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45*)

**Characteristics of Christ we can receive:** Love Patience Faith Joy Hope Faithfulness  
Acceptance Righteousness Purity Peace Wholeness Justice Strength Security  
Comfort Holiness Affirmation Gentleness Kindness Goodness Long suffering Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Trusting God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc.

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**Day 5: 5-Discernment: Dear Lord Jesus,** How will Satan tempt me to cooperate with his lies instead of with **YOU**, so he can “steal and destroy” the way **YOU** are offering me **YOUR** healing, **YOUR** freedom, **YOUR** will for **YOUR** desires in my heart, mind and soul? (*John 10:10; Eph. 6:10-17; Heb. 3:7-12; 10:5-7*)

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**Day 6: 6-Protection: Dear Lord Jesus,** How will **You** protect me from these attacks in a way that I notice, as I stand under **Your** armor? And how can I thank **YOU** and praise **YOU**? (*Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5*)

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**Day 7: Dear Jesus,** What else do **YOU** want me to know about this area of my life that will help me to trust in **YOU** with all my heart so I can receive **YOUR** will and **YOUR** desires for my heart, mind and soul? (*Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7*)

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## Daily Discipleship Prayers to JESUS: Instructions for Level 1

□ I point → to the instructions at the top of the Daily Discipleship prayer on page 65 to Jesus, sharing how to pray, to read scripture in the Bible and to write down thoughts, and how you can use these instructions every day of the week to **expand** every part of the prayer – *to turn scripture into prayers back to God.*

□ **I SAY:** “Please read the instructions #'s 1-2 at the top of the Daily Discipleship page aloud.

□ **I EXPLAIN** the Daily Discipleship Prayers to the “receiver,” one day at a time, based on the instructions at top of the Daily Discipleship prayer and the daily summaries listed below.

□ **I SAY:** “You will need to rewrite the prayer on a **new and separate** piece of paper, or computer file, after writing down your notes in the blank lines on the Daily Discipleship Page.”

**I SAY:** Please look at **Section A: Jesus’ story** from the “Summary Prayer” and **Day 1, Line A** from the “Daily Discipleship Prayer.” They focus on Jesus’ suffering for you.

On day **1** you’ll pray: **Where else can Jesus identify with you?** *Read the Scriptures. Write down what the verses mean to you. Rewrite “Section A” on the Summary Prayer page creating a personalized one.*

**I SAY:** Look at **Section B: My Story** from the “Summary Prayer” and **Day 2, Line B** from the “Daily Discipleship Prayer.” They focus on your own negative thoughts.

So, on day **2** you’ll pray: **What other negative thoughts or wounds are in your life?** *Read the Scriptures. Write down notes. Rewrite “Section B” on the Summary Prayer page so you’re expanding your new prayer.*

**I SAY:** Look at **Section B: My Story** from the “Summary Prayer” again and **Day 3, Line B** from the “Daily Discipleship Prayer.” They focus on ways you are trusting in your own strength.

On day **3** you’ll pray: **How are you trusting in your own strength?** *Read the Scriptures. Write down notes. Add on to “Section B” on the Summary Prayer so you’re expanding your new prayer.*

**I SAY:** Look at **Section C: Blessing** from your “Summary Prayer” and **Day 4, Line C** from the “Daily Discipleship Prayer.” They focus on blessings along with samples of Jesus’ characteristics you can receive.

On day **4** you’ll pray: **What other blessings, promises, or hopes for are there for you?** *Read the Scriptures. Write down notes. Rewrite “Section C” on the Summary Prayer page so you continue expanding your new prayer.*

**I SAY:** Look at **Section D: Attacks** from your “Summary Prayer” and **Day 5, Line D** from your “Daily Discipleship Prayer.” They focus on Satan’s attacks.

On day **5** you’ll pray: **How Satan will attack you and try to get you to relapse?** *Read the scriptures. Write down notes. Rewrite “Section D” on the Summary Prayer page so you continue expanding your prayer.*

**I SAY:** Look at **Section E: Protection** from your “Summary Prayer” and **Day 6, Line E** on your “Daily Discipleship Prayer.” They focus about God spiritually protecting you from Satan’s attacks.

On day **6** you’ll pray: **How will God protect you in a way that you notice His spiritual protection?** *Read the Scriptures. Write down notes. Rewrite “Section E on the Summary Prayer page so you’re expanding your new prayer.*

**I SAY:** On **Day 7** you’ll pray: **Is there anything else God wants you to know?** *Read the Scriptures. You write down what the verses mean to you and continue expanding your new personalized prayer.*

**DAILY DISCIPLESHIP PRAYERS to GOD (or the Father/Holy Spirit): I turn scriptures into prayer back to God – I use e this worksheet to continue praying for MYSELF, connecting my story with Jesus’ story through His suffering, death, and resurrection. I include any other scriptures that are personal and meaningful to me, applying Acts 6:4, as I engage in “prayer and ministry of the Word” so I am NOT praying vain, repetitive prayers for myself:**

1. Pray to God BEFORE I read the scriptures
2. Write down my thoughts in the blank lines as I read the scriptures
3. Use these thoughts to re-write the sample prayers in my own words on a daily basis – on a separate page/brand-new page

**Day 1: 3:A Dear God,** Where was JESUS tempted to believe the same kinds of lies I have? (*Begin with the key struggle from the prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3*) \_\_\_\_\_

**Day 2: 3:B Dear God,** What else do You want to reveal to me about my wounds or negative thoughts and the ways I have been abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, violated, not been seen or heard, etc.? (*Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19*) \_\_\_\_\_

**Day 3: 3:B Dear God,** What else do You want to reveal to me about the my negative thoughts and the ways I’ve learned to trust in my own strength, my own will power to protect myself, provide for myself and/or prove who I am instead of trusting You and Your desires for me? (*Luke 4:1-13; 10:27; 23:34; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; Luke 23:34; Heb. 3:7, 15; 4:7 2 Pet. 1:5-11; Matt. 12:43-45*) \_\_\_\_\_

**Day 4: 4-Blessing: Dear God,** What other blessings or words of encouragement do You have for me so I can receive the fullness of YOUR freedom in this area of my life and the desires You have for me? (Scripture promises from God’s Word, scripture songs, *Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45*)  
**Characteristics of Christ we can receive:** Love Patience Faith Joy Hope Faithfulness  
Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort  
Holiness Affirmation Gentleness Kindness Goodness Long suffering Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Trusting God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc. \_\_\_\_\_

**Day 5: 5-Discernment: Dear God,** How will Satan will tempt me to cooperate with his lies instead of You, so he can “steal and destroy” the way You are offering me Your healing, Your freedom, Your will for Your desires in my heart, mind and soul? (*Jn. 10:10; Heb. 3:7-12; 10:5-7; Eph. 6:10-17*) \_\_\_\_\_

**Day 6: 6-Protection: Dear God,** How will You protect me from Satan’s attacks in a way that I notice, as I stand under Your armor – and how can I thank You and praise You? (*Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5*) \_\_\_\_\_

**Day 7: Dear God,** What else do You want me to know about this area of my life that will help me to trust in You with all my heart so I can receive Your will and Your desires for my heart, mind and soul? (*Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7*) \_\_\_\_\_

## Daily Discipleship Prayers with to the FATHER: Instructions for Level 1

□ **I point** → to the instructions at the top of the Daily Discipleship prayer on page 66, praying to the Father, sharing how to pray, read scripture in the Bible and write down thoughts, and how you can use these instructions every day of the week to **expand** every part of the prayer – *turning scripture into prayers back to God each day of the week, for each individual section of the prayer.*

□ **I SAY:** “Please read the instructions #'s 1-2 at the top of the Daily Discipleship page aloud.

□ **I EXPLAIN** the Daily Discipleship Prayers to the “receiver,” one day at a time, based on the instructions at top of the Daily Discipleship prayer and the daily summaries listed below.

□ **I SAY:** “You will need to rewrite the prayer on a **new and separate** piece of paper, or computer file, after writing down your notes in the blank lines on the Daily Discipleship Page.”

**I SAY:** Please look at **Section A: Jesus’ story** from the “Summary Prayer” and **Day 1, Line A** from the “Daily Discipleship Prayer.” They focus on Jesus’ suffering for you.

On day **1** you’ll pray: **Where else can Jesus identify with you?** *Read the Scriptures. Write down what the verses mean to you. Rewrite “Section A” on the Summary Prayer page creating a personalized one.*

**I SAY:** Look at **Section B: My Story** from the “Summary Prayer” and **Day 2, Line B** from the “Daily Discipleship Prayer.” They focus on your own negative thoughts.

So, on day **2** you’ll pray: **What other negative thoughts or wounds are in your life?** *Read the Scriptures. Write down notes. Rewrite “Section B” on the Summary Prayer page so you’re expanding your new prayer.*

**I SAY:** Look at **Section B: My Story** from the “Summary Prayer” again and **Day 3, Line B** from the “Daily Discipleship Prayer.” They focus on ways you are trusting in your own strength.

On day **3** you’ll pray: **How are you trusting in your own strength?** *Read the Scriptures. Write down notes. Add on to “Section B” on the Summary Prayer so you’re expanding your new prayer.*

**I SAY:** Look at **Section C: Blessing** from your “Summary Prayer” and **Day 4, Line C** from the “Daily Discipleship Prayer.” They focus on blessings along with samples of Jesus’ characteristics you can receive.

On day **4** you’ll pray: **What other blessings, promises, or hopes for are there for you?** *Read the Scriptures. Write down notes. Rewrite “Section C” on the Summary Prayer page so you continue expanding your new prayer.*

**I SAY:** Look at **Section D: Attacks** from your “Summary Prayer” and **Day 5, Line D** from your “Daily Discipleship Prayer.” They focus on Satan’s attacks.

On day **5** you’ll pray: **How Satan will attack you and try to get you to relapse?** *Read the scriptures. Write down notes. Rewrite “Section D” on the Summary Prayer page so you continue expanding your prayer.*

**I SAY:** Look at **Section E: Protection** from your “Summary Prayer” and **Day 6, Line E** on your “Daily Discipleship Prayer.” They focus about God spiritually protecting you from Satan’s attacks.

On day **6** you’ll pray: **How will God protect you in a way that you notice His spiritual protection?** *Read the Scriptures. Write down notes. Rewrite “Section E on the Summary Prayer page so you’re expanding your new prayer.*

**I SAY:** On **Day 7** you’ll pray: **Is there anything else God wants you to know?** *Read the Scriptures. You write down what the verses mean to you and continue expanding your new personalized prayer.*

**Praying For Others Worksheets Are On the Following Pages**

Please look for the page numbers on the **BOTTOM** Right-Hand Corner

\* The following page numbers are from the Level 1 – Part 1 training manual

## Bonus Session 1: Introduction to Praying the “Cross” Prayer FOR Others

### How to Pray A PERFECT/TRUST-FILLED Prayer – A Worry-Free Prayer for my Children, Spouse, Family, Friends, Co-Workers etc.

“Can any of you, by worrying add a single hour to your life?”

\* Matthew 6:25-34 tells us not to worry six different times

Please remember that the Holy Spirit takes all of our **imperfect** prayers, and turns them into **perfect** prayers before God, according to God’s will:

*The Spirit helps us in our weakness.*

*For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groaning’s too deep for words.*

*And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 8:26-27)*

Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference. (Max Lucado)

### Praying for children or loved one who have walked away from God and the church, and they are struggling in some other way:

In Matthew 23:37, Jesus identifies Himself as a mother (or parent) with His children, He loves, walking away from Him, rejecting Him and His Father ☹.

The Biblical principles of Matt. 5:43-46, and Matt. 23:37 below, show us how we can know that Jesus knows the pain and heartache of every mother, father, parent, grandparent, spouse, friend or loved one – and those who hurt you, who work against you:

O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! **How often I wanted to gather your children** together, as a hen gathers her chicks under *her* wings, **but you were not willing!** Matt. 23:37

“You have heard that it was said, ‘YOU SHALL LOVE YOUR NEIGHBOR and hate your enemy.’ But I say to you, **love your enemies and pray for those who persecute you**, so that you may be sons [daughters] of your Father who is in heaven; for He causes His sun to rise on *the* evil and *the* good, and sends rain on *the* righteous and *the* unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? Matt. 5:43-46

#### Instructions for the Prayers To Jesus and the Father on the Following Pages:

**Step 1:** Identity 2-3 negative thoughts in the person’s life you are praying for.

**Step 2:** Identity 2-3 negative experiences Jesus went through so He could be TEMPTED to believe the same kind of negative thoughts the person is being tempted with.

**Step 3: Transfer information to:**

**3:A** – Write in the 2-3 negative experiences from the right-hand column.

**3:B** – Write in the 2-3 negative thoughts from the left-hand column, along with the negative behaviors/feelings in the person’s life (alcohol, food, porn, rejecting God, anger etc.).

**3:C** – Pray the prayer for the person .

**Step 4:** Ask God if there are any blessings or Scripture promises He has for the person.

**Step 5:** Ask God how Satan will attack the person and how God will protect in a way that His protection is noticed.



## Three Basic Steps in the Process of Praying for Someone Else: Interceding with Jesus' Story for Someone Else

**STEP 1: LISTEN to the Person's Story for 5-10 minutes** – There is a fruit tree to the right of the right-hand column, showing the progression from negative thoughts *to* negative feelings *to* negative behaviors, or negative fruit as well. This makes it easy to share how the negative thoughts or lies from the “father of lies” are the root or source of our negative feelings and behaviors.

And then help the person identify 2-3 negative thoughts in the left-hand column.

**STEP 2: SHARE Jesus' Story** – Have the person read Isaiah 53:2-15 or Heb. 2:17-18, or Heb. 2:14-16. Then, have the person share with you what the verses say to him or her about Jesus' story of Jesus' suffering so He could identify with the person's negative thoughts.

Afterwards, help the person to identify 2-3 negative experiences in Jesus' life where He has been **TEMPTED** with the same kinds of thoughts the person has.

0

Read each line in the right-hand column, one line at a time, explaining the experiences of Jesus' being born to Mary when she was a single mother, how Jesus had to grow up in Egypt because of Herod's death decree, how Jesus was left alone and abandoned by those closest to Him while He was struggling to surrender His will to His Father etc.

*The key here is the word **TEMPTED**, because people always want to jump to the part of the Hebrews 4:15 where it says that Jesus never sinned. Hebrews 4:15 does say Jesus never sinned. But **BEFORE** it says that, it says Jesus was **TEMPTED in ALL POINTS** like us.*

*When we rush past Jesus' humanity, Jesus' suffering (just like so many people want to do with the way God's Word reveals Abraham's humanity), we have a Jesus who was **NOT TEMPTED** like us, who did **NOT** suffer, who is playing a harp up in heaven, out of touch with our challenges, struggles and temptations.*

*And this is a Jesus who is **NOT** like us anymore, who is **NOT** a “Rubber-Meets-the-Road” Jesus. This Jesus who was **not** tempted, who did **not** suffer is **not** a Jesus who can identify with us. So, He is **not** able to connect HIS-story with our story. He is a nice, polite, sterilized, sanitized Jesus' far removed from our suffering and challenges.*

**STEP 3: PRAY Jesus' Story into the Person's Story:**

**3:A – WRITE** in Jesus' negative experiences from the right hand column

**3:B – WRITE** in the person's negative thoughts from the left hand column

Then, lead the receiver of prayer through the STEP 3 Prayer, asking the person to repeat the words after you.

**STEP 4: ASK** God what kind of blessings He has for the person in the area of the person's life the two of you are praying about, as the person takes time to “be still and know God.” (Psalm 46:10). Let the person you're praying with know that some people sense a blessing—some do not, and it's okay either way.

**STEP 5: ASK** God how Satan will attack the person and how God will protect him/her in a way he/she **notices** His spiritual protection.

*These steps make the prayer very, very Biblical, simple and reproducible.*



## Praying Jesus' Story FOR Others: Intercessory Prayer (Jesus)

How can we pray for others when they are struggling with negative thoughts, and patterns of self-protection – especially if they do not want us praying for them? **Matt. 23:37**

### STEP 1: Listen to Person's Story

1 Thess: 2:8 – Psalm 139:23-24/Heb. 4:12  
I  2-3 *Samples* of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

**Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness**  
John 8:44; Matt. 15:18-19; Romans 1:25

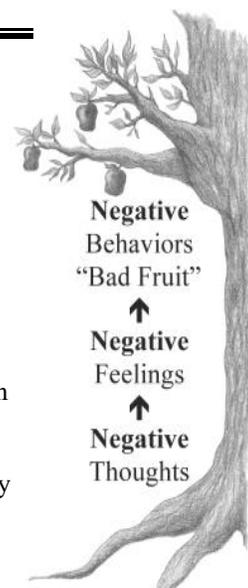
- I'm alone  I'm abandoned  Why God?  I'm different  No one understands me  I'm not good enough  I'm not deserving  I'm rejected  I'm not wanted  I'm bad/dirty  I can't speak up, have needs, be seen or be safe  I have to perform and try harder  Be in control  I'm a failure  I can't trust/get close to anyone  I'm powerless, helpless, weak, hopeless, useless  I'm not worthy  I can't be forgiven or accepted  I'm not important  Not loved  I don't belong
- Trusting in my own strength/wisdom/self-talk
- 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  My past is in the past
- My security is in knowing more than others, being right and/or trusting in religious activities
- I deserve to be punished  Other \_\_\_\_\_

### STEP 2: Share Jesus' Story

Luke 24:1-7, 24-26, 44-46; Acts 3:18; 17:2-3  
I  2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **this Person Has:**

**JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry**  
Isaiah 53:1-5; Hebrews 2:14-18; 4:14-16

- Unwed mother  No earthly father  Refugee
- Struggling to surrender to His Father's will
- Alone and abandoned by those closest to Him
- Betrayed by a kiss, sold for price of a slave (2 Corinthians 13:4; Matt. 27:27-50)
- Choosing to be Powerless when He was being:**
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by men in power over Him who should have been protecting Him and supporting Him
- 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 our sin, shame, guilt, regret  A Man of grief & sorrows  Other: \_\_\_\_\_



### STEP 3A – 3B: PRAY JESUS' STORY (Read instructions in this "Cross" prayer written *IN italics*)

**Dear Jesus,** Thank You for choosing to fulfill prophecy, going through the experiences of: *(3:A write in Jesus' experiences from right hand column)* \_\_\_\_\_

\_\_\_\_\_ so You could be tempted to believe the same kinds of negative thoughts that \_\_\_\_\_ has, that he/she is: *(3:B write in person's name and thoughts from left column)* \_\_\_\_\_

\_\_\_\_\_. Thank You for taking his/her false identity to death on the cross, rising from the dead to bring healing and freedom to receive his/her truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

**STEP 4-Blessing Prayer: Dear Jesus,** Based on Your promises, what are the best hopes, truths, plans or words of encouragement You have for \_\_\_\_\_ *(write person's name)* in this area of his/her life? \_\_\_\_\_

**STEP 5-Discernment Prayer: Dear Jesus,** How will Satan attack \_\_\_\_\_ this week, to keep him/her from receiving the fullness of Your freedom and Your plan for his/her life? \_\_\_\_\_

**STEP 6-Protection Prayer: Dear Jesus,** How will You protect him/her in a way that he/she notices Your spiritual protection? \_\_\_\_\_



## Step-by- Step Instructions to Pray to the Father for Someone Who is NOT Physically Present with You (N/A for phone calls)

### I Have Two Choices/Options When I Have Concerns About Loved Ones:

#### A Self-Centered Option:

I worry and worry and worry, begging and pleading with God to save my loved one, agonizing for them.

And through my anxiety and worrying, I send a message to my children or loved ones that God is weak, God is needy and anxious, not caring enough, not loving enough, not strong enough to save them or change them without my anxiety and worrying about them ☹️.

#### A God-Centered Option:

I trust the Holy Spirit to translate my imperfect prayers into perfect prayers.

And through my peace and calmness, I send a message to my children or loved ones that God is strong enough, caring enough, and loving enough to save them or change them 😊. So, I give the Holy Spirit more opportunities to work in that person's life 😊.

### **Pray:** I ask God whom He wants me to pray for – and I write down the person's name.

#### **Pray at Step 1:** \* See instructions on the page with the prayer

I ask God to reveal the person's negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or writing in some other thoughts that are not on the list.

#### **Pray at Step 2:** \* See instructions on the page with the prayer

I ask God to reveal Jesus' negative experiences where He “**suffered being tempted**” with the person's thoughts (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never-ever gave in into believing the person's negative/sinful thoughts or “doing” the sinful behaviors.

#### **Pray at Step 3:A & 3:B:** \* See instructions on the page with the prayer

**3:A** – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns addressing Jesus or His Father in words that make the prayer flow smoothly.

**3:B** – First, I write the person's thoughts in. Then, I write in/summarize the person's struggles, in a prayer that flows smoothly.

### **After that, I pray the prayer to myself as I intercede for that person.**

#### **Pray at Step 4: God's Blessing** \* See instructions on the page with the prayer

I ask God to reveal a blessing or Scripture promise for the person and I write down any Scriptures or promises that come to my mind.

#### **Pray at Step 5: Discerning Satan's Attacks**

I ask God to reveal how the enemy will attack the person, and I write down any attacks that come to my mind.

#### **Pray at Step 6: God's Spiritual Protection**

I ask God how He wants me to pray for God to protect the person in the midst of Satan's attacks, and I write down any kinds of protection that come to my mind.



## Praying Jesus' Story FOR Others: Intercessory Prayer (Father)

How can we pray for others when they are struggling with negative thoughts, and patterns of self-protection – especially if they do not want us praying for them? **Matt. 23:37**

### STEP 1: Listen To Person's Story

1 Thess: 2:8 – Psalm 139:23–24/Heb. 4:12

I  2-3 *Samples* of Negative Thoughts, Lies, Beliefs, Messages, Roots/Self-Talk:

**Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness**  
John 8:44; Matt. 15:18-19; Romans 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 and try harder  Be in control  I'm a failure  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'm not important  Not loved  I don't belong
- Trusting in my own strength/wisdom/self-talk
- 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  My past is in the past
- My security is in knowing more than others, being right and/or trusting in religious activities
- I deserve to be punished  Other \_\_\_\_\_

### STEP 2: Share Jesus' Story

Luke 24:1–7; Acts 3:18, 24; 17:2–3

I  2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **this Person Has:**

**JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry**  
Isaiah 53:1-5; Hebrews 2:14-18; 4:14-16

- Unwed mother  No earthly father  Refugee
- Struggling to surrender to His Father's will
- Alone and abandoned by those closest to Him
- Betrayed by a kiss, sold for price of a slave (2 Corinthians 13:4; Matt. 27:27-50)
- Choosing to be Powerless when He was being:**
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by men in power over Him who should have been protecting Him and supporting Him
- 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 our sin, shame, guilt, regret
- A Man of grief & sorrows  Other: \_\_\_\_\_



### STEP 3A – 3B: PRAY JESUS' STORY *(Read instructions in this "Cross" prayer written IN italics)*

**Dear God,** Thank You for choosing to have Jesus fulfill prophecy, going through the experiences of:

*(3:A write in Jesus' experiences from right column)* \_\_\_\_\_

\_\_\_\_\_ so He could be tempted to believe the same kinds of negative thoughts that \_\_\_\_\_ has, that he/she is: *(3:B write in person's name and thoughts from left column)* \_\_\_\_\_

Thank You for having Jesus take Satan's false identity for him/her to death on the cross, rising Him up from the dead to bring healing and freedom to receive his/her truest, deepest identity as Your son/daughter. **In Jesus' name, Amen.**

**STEP 4-Blessing Prayer: Dear God,** Based on Your promises, what are the best hopes, truths, plans or words of encouragement You have for \_\_\_\_\_ *(write person's name)* in this area of his/her life? \_\_\_\_\_

**STEP 5-Discernment Prayer: Dear God,** How will Satan attack \_\_\_\_\_ this week, to keep him/her from receiving the fullness of Your freedom and Your plan for his/her life? \_\_\_\_\_

**STEP 6-Protection Prayer: Dear God,** How will You protect him/her in a way that he/she notices Your spiritual protection? \_\_\_\_\_



## Step-by- Step Instructions to Pray to the Father for Someone Who is NOT Physically Present with You (N/A for phone calls)

### I Have Two Choices/Options When I Have Concerns About Loved Ones:

#### A Self-Centered Option:

I worry and worry and worry, begging and pleading with God to save my loved one, agonizing for them.

And through my anxiety and worrying, I send a message to my children or loved ones that God is weak, God is needy and anxious, not caring enough, not loving enough, not strong enough to save them or change them without my anxiety and worrying about them ☹️.

#### A God-Centered Option:

I trust the Holy Spirit to translate my imperfect prayers into perfect prayers.

And through my peace and calmness, I send a message to my children or loved ones that God is strong enough, caring enough, and loving enough to save them or change them 😊. So, I give the Holy Spirit more opportunities to work in that person's life 😊.

**Pray: I ask God whom He wants me to pray for – and I write down the person's name.**

**Pray at Step 1:** \* See instructions on the page with the prayer

**I ask** God to reveal the person's negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or writing in some other thoughts that are not on the list.

**Pray at Step 2:** \* See instructions on the page with the prayer

**I ask** God to reveal Jesus' negative experiences where He “**suffered being tempted**” with the person's thoughts (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never-ever gave in into believing the person's negative/sinful thoughts or “doing” the sinful behaviors.

**Pray at Step 3:A & 3:B:** \* See instructions on the page with the prayer

**3:A – I ask** God to help me write in Jesus' suffering/negative experiences with correct pronouns addressing Jesus or His Father in words that make the prayer flow smoothly.

**3:B –** First, I write the person's thoughts in. Then, I write in/summarize the person's struggles, in a prayer that flows smoothly.

**After that, I pray the prayer to myself as I intercede for that person.**

**Pray at Step 4:** \* See instructions on the page with the prayer

**I ask** God to reveal a blessing or Scripture promise for the person and I write down any Scriptures or promises that come to my mind.

**Pray at Step 5: Satan's Attacks**

**I ask** God to reveal how the enemy will attack the person, and I write down any attacks that come to my mind.

**Pray at Step 6: God's Protection**

**I ask** God how He wants me to pray for God to protect the person in the midst of Satan's attacks, and I write down any kinds of protection that come to my mind.



**DAILY DISCIPLESHIP PRAYERS to JESUS:** Use this worksheet to continue praying for someone else, connecting his/her story with Jesus' story through His suffering, death, and resurrection. Include any other Scriptures that are personal and meaningful to you, applying Acts 6:4, as you engage in "prayer and ministry of the Word" *so you are NOT praying vain, repetitive prayers for someone else:*

1. Pray to Jesus **BEFORE** you read the Scriptures.
2. Write down your thoughts in the blank lines as you read the Scriptures.
3. Use these thoughts to re-write the sample prayers in your own words on a daily basis.

*\* Use 'he/him/his' when you are praying for a man— trusting in Romans 8:26-27 as you pray*

**Day 1: 3:A Dear Jesus,** Is there a place where **YOU** were tempted to believe the same kinds of lies he/she believes? (Begin with the key struggle from the prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3) \_\_\_\_\_

**Day 2: 3:B Dear Jesus,** Is there anything more about the wounds or negative thoughts **YOU** want to reveal to me about the ways she/he has not been seen, heard, abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, etc.? (Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19) \_\_\_\_\_

**Day 3: 3:B Dear Jesus,** Is there anything else **YOU** want to reveal to about negative thoughts, the ways he/she has learned to trust in his/her own strength and will power to protect, provide for him/herself, and/or prove who he/she instead of trusting **You** and Your desires for him/her? (Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; 23:34; Heb. 3:7, 15; 4:7; 2 Pet. 1:5-11; Matt. 12:43-45) \_\_\_\_\_

**Day 4: 4—Blessing Prayer: Dear Jesus,** Are there any other blessings or words of encouragement **YOU** have for him/her, so he/she can receive the fullness of **YOUR** freedom in this area of her life and the desires **You** have for him/her? (Scripture promises, scripture songs etc.; Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45)

**Characteristics of Christ we can receive:** Love Patience Faith Joy Hope Faithfulness  
Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort  
Holiness Affirmation Gentleness Kindness Goodness Being seen-heard-pursued-and-valued  
Forgiveness Masculinity Femininity Blessings in place of curses Long suffering Trusting  
God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc.

**Day 5: 5—Attack: Dear Jesus,** How will Satan will tempt him/her to cooperate with his lies instead of **YOU**, so the enemy can "steal and destroy" the way **YOU** are offering him/her **YOUR** healing, **YOUR** freedom, **YOUR** will for the desires in his/her heart, mind and soul? (John 10:10; Eph. 6:10-17; Heb. 3:7-12; 10:5-7) \_\_\_\_\_

**Day 6: 6-Protection: Dear Jesus,** Are there any other ways **YOU** want to offer her **YOUR** spiritual protection from these attacks as he/she stands under **YOUR** armor? And any ways he/she can thank **YOU** and praise **YOU**? (Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Ps. 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5) \_\_\_\_\_

**Day 7: Dear Jesus,** Is there anything else **YOU** want me to know about this area of his/her life that will help him/her to trust in **YOU** with all his/her heart so he/she can receive **YOUR** will and **YOUR** desires for his/her heart, mind and soul? (Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7) \_\_\_\_\_



**DAILY DISCIPLESHIP PRAYERS to GOD (or the Father/Holy Spirit): Use this worksheet to continue praying for someone else**, connecting his/her story with Jesus' story through His suffering, death, and resurrection. Include any other scriptures that are personal and meaningful to you, applying Acts 6:4, as you engage in "prayer and ministry of the Word" *so you are NOT praying vain, repetitive prayers for someone else:*

1. Pray to God **BEFORE** you read the Scriptures.
2. Write down your thoughts in the blank lines as you read the Scriptures.
3. Use these thoughts to re-write the sample prayers in your own words on a daily basis.

\* Use 'he/him/his' when you are praying for a man – trusting in Romans 8:26-27 as you pray

**Day 1: 3:A Dear God**, Is there a place where Jesus was tempted to believe the same kinds of lies that he/she believes? (Begin with the key struggle and thoughts from your prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3) \_\_\_\_\_

**Day 2: 3:B Dear God**, Is there anything more about his/her wounds or negative thoughts **YOU** want to reveal to me about the ways he/she has not been seen, heard, abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, etc.? (Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19) \_\_\_\_\_

**Day 3: 3:B Dear God**, Is there anything else **YOU** want to reveal to me about the negative thoughts and the ways he/she has learned to trust in his/her own strength, his/her own will power to protect him/herself, provide for him/herself and/or prove who he/she is instead of trusting You and Your desires for him/her? (Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; 23:34; Heb. 3:7, 15; 4:7 2 Pet. 1:5-11; Matt. 12:43-45) \_\_\_\_\_

**Day 4: 4–Blessing Prayer: Dear God**, Are there any other blessings or words of encouragement **YOU** have for him/her, so he/she can receive the fullness of **YOUR** freedom in this area of his/her life and the desires You have for him/her? (Scripture promises from God's Word, scripture songs, Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45) **Characteristics of Christ we can receive:** Love Patience Faith Joy Hope Faithfulness Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort Holiness Affirmation Gentleness Kindness Goodness Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Long suffering Trusting God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc. \_\_\_\_\_

**Day 5: 5–Attack: Dear God**, How will Satan will tempt him/her to cooperate with his lies instead of **YOU**, so the enemy can "steal and destroy" the way **YOU** are offering him/her **YOUR** healing, **YOUR** freedom, **YOUR** will for the desires in his/her heart, mind and soul? (Jn. 10:10; Heb. 3:7-12; 10:5-7; Eph. 6:10-17) \_\_\_\_\_

**Day 6: 6–Protection: Dear God**, Are there any other ways **YOU** want to offer him/her **YOUR** spiritual protection from these attacks as he/she stands under **YOUR** armor? And any ways he/she can thank **YOU** and praise **YOU**? (Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5) \_\_\_\_\_

**Day 7: Dear God**, Is there anything else **YOU** want me to know about this area of his/her life that will help him/her to trust in **YOU** with all his/her heart so he/she can receive **YOUR** will and **YOUR** desires for his/her hear, mind and soul? (Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7) \_\_\_\_\_



## Place These Instructions Next To the Daily Discipleship Prayer So They Are Side-By-Side

Jesus' Story: <b>Line 3:A</b> Day 1	<b>Daily Discipleship Prayer To Pray For Others</b> <b>Jesus' Story: Line 3:A</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on Jesus' story</li><li>2. <b>Begin a brand-new prayer on a brand-new page, a separate page</b></li><li>3. Rewrite A: Jesus' Story by including and integrating these notes into the Jesus' Story: Line A prayer on the brand-new <b>page with your prayer for him/her</b></li><li>4. <b>DO NOT include</b> Line B (My Story), Line C, Line D, or Line E today</li></ol>
My Story: <b>Line 3:B</b> Day 2	<b>My Story: Line 3:B-1 – Day 2</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read <b>about his/her</b> story</li><li>2. Rewrite B: My Story prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>with your prayer for him/her</b></li><li>3. <b>DO NOT include</b> Line C, Line D, or Line E today</li></ol>
My Story: <b>Line 3:B</b> Day 3	<b>My Story: Line 3:B-2 – Day 3</b> <i>(We focus on Line B a 2<sup>nd</sup> day. Today's focus is on his/her self-will)</i> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on <b>about his/her</b> story, B:2</li><li>2. Rewrite B: My Story Summary prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>with your prayer for him/her</b></li><li>3. <b>DO NOT include</b> Line C, Line D, or Line E today</li></ol>
Blessings <b>Step 4</b> Day 4	<b>Blessings: Step 4 – Day 4</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on blessings <b>for him/her</b></li><li>2. Rewrite C: Blessings Summary prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>with your prayer for him/her</b></li><li>3. <b>DO NOT include</b> Line D, or Line E today</li></ol>
Satan's Attacks <b>Step 5</b> Day 5	<b>Satan's Attacks: Step 5 – Day 5</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on attacks <b>for him/her</b></li><li>2. Rewrite D: Attacks prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>with your prayer for him/her</b></li><li>3. <b>DO NOT include</b> Line D, or Line E today</li></ol>
God's Protection <b>Step 6</b> Day 6	<b>God's Protections: Step 6 – Day 6</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on God's protection <b>for him/her</b></li><li>2. Rewrite E: Protection prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>with your prayer for him/her</b></li><li>3. <b>DO NOT include</b> Line E today</li></ol>
Day 7	<b>What Else Do You Want Me To Know Jesus? – Day 7</b> <ol style="list-style-type: none"><li>1. Write down notes about the scripture I have read on anything else God reveals</li><li>2. Add to the Summary prayer, expanding on the new page/new prayer by adding in the notes from today's scriptures <b>as I continue praying for him/her</b></li><li>3. <b>Include</b> Line E today</li></ol>