

## PRAYERS TO STRENGTHEN YOUR INNER MAN: F-E-L-L-O-W-S-H-I-P

(Mike Bickle, International House of Prayer Kansas City)

### **F: FEAR OF GOD**

The Lord promised that He would put His fear into the hearts of His people (Jeremiah 32:40). He will do this much more as we ask Him to. Therefore, we must ask the Spirit to impart the fear of God into our heart as He unites our heart to His heart and Word (Psalm 86:11). It is far easier to resist sin and compromise when we feel even a small measure of the fear or awe of God in our heart. Therefore, I ask Him to cause me to delight in the fear the Lord (Isaiah 11:3). Ask Him to strike your heart with the majesty, awe, and the dread of God (Isaiah 8:13).

*I will put My fear in their hearts so that they will not depart from Me. (Jeremiah 32:40)*

*Unite my heart to fear Your name. (Ps. 86:11) His delight is in the fear of the LORD. (Isaiah 11:3)*

*The Lord...you shall hallow; let Him be your fear, and let Him be your dread. (Isaiah 8:13)*

### **Prayer**

Father, release the spirit of the fear of God into my heart. Strike my heart with revelation of Your majesty, that I might live in awe before You. Release Your presence with holy dread that causes my spirit to tremble before Your glorious majesty. Unite my heart to Your heart and Word, and cause me to delight in the fear of God.

### **E: ENDURANCE**

In the New Testament, the words “endurance” and “per-severance” and “patience” are often interchangeable. All three speak of being faithful in your God-given assignments under pressure without quitting. The word patience means more than not being annoyed by someone or patiently driving within the speed limit. We must faithfully persevere for decades without ever quitting in our pursuit of the deep things of God’s heart. It takes the power of God touching our spirit to keep us from quitting or drawing back. Ask the Lord to give you endurance to be faithful even in the difficult and dry seasons of life. Ask the Spirit to impart endurance to you on your fasting days. Another way to ask for endurance is by asking God to impart zeal in your heart for His heart and His house (John 2:17; Psalm 69:9).

*Being strengthened with all power...so that you may have great endurance and patience. (Colossians 1:11)*

*May the Lord direct your hearts into...the patience of Christ. (2 Thessalonians 3:5)*

*Zeal for Thy house will consume me. (John 2:17)*

### **Prayer**

Father, strengthen my inner man with endurance, that I may do Your will with zeal and diligence, and that I might not quit pursuing the deep things of God. Impart endurance in me for fasting. Direct my heart into the patience or endurance in which Jesus walked. Give me strength to follow through in my commitments to You and to fulfill my ministry calling when it is difficult.

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### **L: LOVE**

It takes the influence of the Holy Spirit for us to love in the way God calls us to. As Paul wrote, “This is my prayer, that your love may abound still more and more” (Philippians 1:9). When we ask for our heart to abound in love, we are actually asking for the Holy Spirit to inspire us in four ways. First, we are asking for understanding of God’s love for us to abound in our heart. Second, we are asking the Spirit to tenderize our heart so we can abound in love for Jesus. Third, we ask Him to help us love ourselves by seeing ourselves as God sees us. Many people despise themselves in a way that hinders their walk with God. Fourth, we ask the Spirit to cause love to abound in our hearts for others.

*I pray, that your love may abound still more...in knowledge and all discernment. (Philippians 1:9)*

*The love of God has been poured out in our hearts by the Holy Spirit. (Romans 5:5)*

*May the Lord make you increase and abound in love to one another. (1 Thessalonians 3:12)*

*May the Lord direct your hearts into the love of God. (2 Thessalonians 3:5)*

*You formed my inward parts; You covered me in my mother’s womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. My frame was not hidden from You, when I was made in secret, and skillfully wrought. (Psalm 139:13–15)*

*You shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength. (Mark 12:30)*

*As the Father loved Me, I also have loved you; abide in My love. (John 15:9)*

*That the love with which You loved Me may be in them. (John 17:26)*

*That you...may be able to comprehend...what is the width and length and depth and height—to know the love of Christ. (Ephesians 3:17–19)*

### **Prayer**

Father, pour out Your love into my inner man by the Holy Spirit, that my heart may overflow in love back to You and to others (Rom. 5:5). I also ask that You impart Your love for Jesus into my heart (Jn. 17:26). I ask for grace to love God with all my heart, soul, mind and strength (Mk. 12:30). Allow me to comprehend Jesus’ love for me and to abide in it or stay connected to it (Jn. 15:9). Let me see myself through Your eyes and to love who You created me to be (Ps. 139:13-15).

### **L: LIGHT OF GLORY**

On the day of Paul’s conversion, he saw Jesus in a great light from heaven (Acts 22:6–11). Moses prayed to see God’s glory (Exodus 33:18). Afterwards, his face shone with the light of glory. Like Moses, we can also ask to encounter the realm of God’s glory. Jesus said that His disciples would see an open heaven in which they would see the angels ascending and descending (Jn. 1:51). Ask the Lord for supernatural encounters that include seeing angels and experiencing His glory and presence in dynamic ways. Ask Him to shine the light of His countenance on your heart.

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*Suddenly a great light from heaven shone around me...And since I could not see for the glory of that light, being led by the hand of those who were with me, I came into Damascus. (Acts 22:6,11)*

*And he said, "Please, show me Your glory." (Exodus 33:18)*

*You shall see heaven open, and the angels of God ascending and descending. (John 1:51)*

*"I pray, open his eyes that he may see." Then the LORD opened the eyes of the young man...The mountain was full of horses and chariots of re all around Elisha. (2 Kings 6:17)*

*Lord, lift up the light of Your countenance upon us. (Psalm 4:6)*

*His countenance was like the sun shining in its strength. (Revelation 1:16)*

*Oh, send out Your light and Your truth! Let them lead me...bring me to Your holy hill. (Psalm 43:3)*

### **Prayer**

Father, let me see the light of Your glory. Give me Holy Spirit encounters—dreams, visions, angelic visitations, manifestations of Your light, fire, and wind—as You gave to Moses, Isaiah, Ezekiel, and John and the disciples on the day of Pentecost (Exodus 33–34; Isaiah 6; Ezekiel 1; Acts 2; Revelation 1).

### **O: ONE THING**

It is essential to consistently spend time before the Lord in His Word. In other words, to be a man or woman of one thing like David (Psalm 27:4), or Mary of Bethany, who sat at Jesus' feet (Luke 10:42). Set your heart to be a person of one thing. Commit your- self regularly to be a person of one thing and ask the Holy Spirit to help you to not lose this focus. I ask the Lord to show me, to intervene and speak to me, when I start to drift away from this one thing lifestyle. I ask Him to speak to me from Scripture, by dreams, or just by His still small voice. As I pray this prayer regularly, I am far more sensitized to receiving the Lord's help and correction when I lose my one thing focus.

*One thing I have desired...that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord. (Psalm 27:4)*

*But one thing is needed, and Mary has chosen that good part. (Luke 10:42)*

*One thing I do...reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:13–14)*

*I have set the Lord always before me; because He is at my right hand I shall not be moved. (Psalm 16:8)*

### **Prayer**

Father, I commit to live as a person of one thing. Help me to regularly sit at Your feet as Mary of Bethany did. Strengthen me to desire and maintain a lifestyle that has regular times before You in Your Word. When I lose this focus, send Your Word to deliver me, as You did for the saints in the early church (Revelation 2:4–5, 3:1–3, 3:15–20).

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### **W: WORTHY**

Paul wrote, “We also pray always...that God would count you worthy of this calling, and fulfill all... His goodness” (2 Thessalonians 1:11). Paul emphasized that he *a/ways* prayed this for the saints because he understood how important it was. To walk worthy before the Lord is not the same as the idea of seeking to be worthy to earn our forgiveness. Rather, it is about having a worthy response to God that prepares us to walk in the fullness of our calling, referred to as “fulfill[ing]...all His goodness.”

Too many believers come up short of what God has invited them to walk in because of their halfhearted choices. Jesus urged us to pray that we may receive grace to walk worthy of this calling to escape the compromises in the end times, so that we may stand in victory before Jesus (Luke 21:36). Paul prayed that God would sanctify the disciples completely; and that they would walk in such a way as to be preserved blameless, or without compromise, until they met the Lord (1 Thessalonians 5:23).

*We also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power. (2 Thessalonians 1:11)*

*Pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man. (Luke 21:36)*

*Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord. (1 Thessalonians 5:23)*

*That He may establish your hearts blameless in holiness before our God. (1 Thessalonians 3:13)*

*Create in me a clean heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)*

*Search me, O God, and know my heart; try me, and know my anxieties. (Psalm 139:23)*

*I have made a covenant with my eyes; why then should I look upon a young woman? (Job 31:1)*

### **Prayer**

Father, strengthen my inner man to walk in faith and obedience that is worthy to escape all compromise and to prepare me for the highest things that You have called me to. Help me to live free of compromise that I would walk blamelessly in body, soul, and spirit, and be able stand before You victorious, in full obedience.

### **S: SPEECH**

Speech is a very significant issue in our spiritual lives. When our speech comes under the leadership of the Holy Spirit, our entire inner man will also come under His leadership (James 3:2). Paul exhorted the saints to not speak any corrupt words, nor to grieve the Holy Spirit by filthy or foolish speech (Ephesians 4:29–30; 5:4). The subject of speech was on David’s “prayer list” as he also asked the Lord to help him control the words of his mouth until they were pleasing to God (Psalm 19:14). David purposed that he would not sin with his speech and that the Lord would set a guard over his speech (Psalm 17:3; 141:3).

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*If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. (James 3:2)*

*Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit...Let it not even be named among you...neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting. (Ephesians 4:29–30, 5:4)*

*Let the words of my mouth and the meditation of my heart be acceptable in Your sight. (Psalm 19:14)*

*Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Psalm 141:3)*

*I will guard my ways, lest I sin with my tongue; I will restrain my mouth with a muzzle. (Psalm 39:1)*

### **Prayer**

Father, set a guard over my lips and help me to speak only words that are pleasing to You. Free me from defensive, angry, and foolish speech. Keep me from quenching the Spirit with my words. I set my heart not to sin with my speech, that I could sustain unbroken communion with You.

### **H: HUMILITY**

Jesus called us to learn from Him about walking in humility, or lowliness of heart (Matthew 11:29). He is willing to teach us about this vital subject, if we ask Him for understanding. Ask Him to teach you how to walk in humility.

*Take My yoke...and learn from Me, for I am gentle and lowly in heart. (Matthew 11:29)*

*Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others. Let this mind be in you which was also in Christ Jesus. (Philippians 2:3–5)*

### **Prayer**

Jesus, teach me how to walk in Your yoke of humility and lowliness. I set my heart to learn lowliness of heart from You that will transform my attitudes, speech, and actions. Give me wisdom on how to carry my heart in humility.

### **I: INSIGHT UNTO INTIMACY**

The Holy Spirit desires to guide us into truth—to give us insight into His will for every area of our life. He will teach us how to walk in agreement with His heart so that we enjoy intimate partnership with Him. He will give us creative wisdom for our money, time, relationships, career, and ministry activities; in the specific ways that we pursue purity and health in our body; and so on. He will also give you insight into what is on His heart for your city, nation, and generation.

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*The Spirit of truth...will guide you into all truth...He will tell you things to come. (John 16:13)*

*The Holy Spirit...will teach you all things. (John 14:26)*

*Show me Your ways...teach me Your paths. Lead me in Your truth...The secret of the LORD is with those who fear Him. (Psalm 25:4-5,14)*

*That God may give to you the spirit of wisdom and revelation in the knowledge of Him. (Ephesians 1:17)*

*Ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord. (Colossians 1:9-10)*

*Epaphras...is...always laboring fervently for you in prayers, that you may stand perfect and complete in all the will of God. (Colossians 4:12)*

### **Prayer**

Father, give me insight into Your Word, will, and ways. Give me wisdom on how to walk in intimacy with You in every area of my life, including my finances, schedule, emotions, circumstances, physical body (diet, health), relationships (in the home, office, ministry), my future, fears, addictions, etc. Let me know the secrets of Your heart (Psalm 25:14). What are You thinking and feeling about my city, nation, and generation?

### **P: PEACE & JOY**

The Holy Spirit will guard your heart and mind with supernatural peace (Philippians 4:7). In this verse, our heart speaks of our emotions. We do not have to live with a heart filled with jealousy, rejection, anxiety, or fear, nor with a mind filled with turmoil, confusion, and indecision. If we ask for peace and joy in specific areas of our life, we will actually receive more of it.

*The peace of God...will guard your hearts and minds through Christ Jesus. (Philippians 4:7)*

*Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. (Romans 15:13)*

*Now may the Lord of peace Himself give you peace always in every way. (2 Thessalonians 3:16)*

### **Prayer**

Father, strengthen my heart with supernatural peace in areas where I feel rejection, fear, and anxiety; strengthen my mind that I may overcome all turmoil, confusion, and indecision.