

# Guided Prayer Tool

*For renewing your mind with the Truth*

## Alone with God

1. **Write** out everything you're thinking and feeling about the situation or person. Don't hold back — it doesn't need to be polished, just honest.
2. **Look** over everything you just wrote down and ask God to show you the deeper issues, the root of the problem.
3. **Offer** it all to God and ask him for his perspective about:
  - Yourself (see “Who you are in Christ”)
  - The other person/people
  - The situation
4. **Stop.** Ask the Spirit to speak into your thoughts, renewing your mind with Truth. Once you begin to have new thoughts, write them down. It's a great way to learn the voice of the Spirit!
5. **Walk** in the truth he reveals!

## In the Moment

1. **Ask** God to give you his perspective about:
  - Yourself (see “Who you are in Christ”)
  - The other person/people
  - The situation
2. **Breathe** before you speak. Be reminded that he is your source, your breath of Life.
3. **Ask** him to speak through you, and to *hold* your tongue from saying things that aren't from him.

As soon as you have the time, choose to spend it with God and get to the root of the problem.

## Who you are in Christ

In Christ...

- I am new (2 Corinthians 5:17).
- I am unconditionally loved (Romans 8:35, 38-39).
- I am worthy of God's love (Colossians 3:12).
- I am adequate (2 Corinthians 3:5).
- I am more than a conqueror (Romans 8:37).
- I am accepted and acceptable (Romans 15:7).
- I am sufficient (2 Corinthians 9:8).
- I am righteous and holy (Ephesians 4:24).
- I am a *forgiving person* (Colossians 3:13).
- I am complete in him (Colossians 2:10).
- I am free (Galatians 5:1).
- I am *compassionate, kind, humble, and patient* (Colossians 3:12).
- I am secure (Romans 8:32).
- I am victorious (1 Corinthians 15:57).
- I am *sacrificially loving* (John 15:13).
- I am *others-focused* (Philippians 2:3).
- I am joyful, faithful, gentle, peaceful, and good (Galatians 5:22, 23).
- I am a saint (Ephesians 1:1).
- I am a child of God (John 1:12).
- I am Christ's friend (John 15:15).
- I am a joint heir with Christ (Romans 8:17).
- I am in possession of the mind of Christ (1 Corinthians 2:16).
- I am a full heir of God's promises (Galatians 3:26-29).
- I am an expression of Christ's life (Colossians 3:4).
- I am a partaker of Christ (Hebrews 3:14).
- I am *part of a chosen race, a royal priesthood* (1 Peter 2:9, 10).
- I am God's masterpiece (Ephesians 2:10).
- I am a minister of *reconciliation* (2 Corinthians 5:18).
- I am *a part of the body of Christ* (1 Corinthians 12:27).

\* those which are italicized highlight how our identity in Christ is both individual and corporate.