

ENCOUNTERING GOD IN PRAYER

A MODEL FOR PRAYER

by Juanita Kretschmar

1. Ask the Father for the covering of the Holy Spirit bringing the presence of Jesus. Claim the blood of Jesus over all sin. Ask for angels to guard you, since He has promised. Ask Him to make sure that no other influences or thoughts will be allowed to disturb, that He will protect.
2. Worship the Creator, Redeemer, King, etc.
3. Invite Him to search your life for a revelation of hidden sin. Allow Him to take you back to childhood if necessary. Take time to be attentive and listen.
4. As conviction comes to your mind of thoughts, acts, cherished “rights” such as anger, rebellion and resentment, or experiences that in the presence of the cross are sin, be specific, call it sin, and ask for forgiveness. Accept forgiveness and thank Him aloud. (Your ears need to hear your own voice expressing confidence and praise.)
5. Ask for a deeper repentance. Since it is a gift, thank Him, whether you feel anything or not.
6. By your own free choice, tell your Heavenly Father you give Him permission to remove the sin and sense of guilt or condemnation that came with the sin. Let God know you are willing to allow Him to place the burden you have been carrying on the shoulders of His Son. Accept Jesus’ desire to release you from this guilt. Christ wants to do this for you. Be sure to express thanks aloud.
7. Ask God what He has for you in exchange. What characteristic of Jesus is He waiting to give you? What gift of guidance or insight is He making available? Take time to be attentive and listen.
8. Let God know you will accept that gift (whatever thought, word, or picture He brings to your mind). Be sure to thank Him aloud.
9. Repeat the process as desired. Enjoy His presence. Praise Him.
10. At the time you are accepting gifts from God, if He has just impressed you of specific instances of sin, you may want to ask what help He would have sent if you had turned to Him fully in that earlier moment of temptation. Or you may ask what Jesus would have done in your place. He may give you delightful insights.
11. You may want to ask Him at the final moments of this specific prayer if there is anything or anyone else He wants you to pray about or for, or if there is any particular instruction He wants to share with you, etc. Take time to be attentive and listen.
12. Be sure to praise Him aloud as you end the time of prayer. You’ll want to. He’s a wonderful God, and a marvelous, generous, loving Friend.