

PRAYERS
TO STRENGTHEN
YOUR INNER MAN

PERSONAL PRAYER LISTS

F-E-L-L-O-W-S-H-I-P
T-R-U-S-T
A-R-K

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Prayers to Strengthen Your Inner Man

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Published by Forerunner Publishing

International House of Prayer

3535 E. Red Bridge Road

Kansas City, MO 64137

ihopkc.org/books

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ISBN: 978-0-9823262-1-3

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Cover design by Isaac Reichenbach

Updated by George Estrada

Printed in the United States of America

Second printing, March 2014

Table of Contents

1. Why We Need to Pray	1
2. Establishing a Prayer Life	3
3. F-E-L-L-O-W-S-H-I-P	7
4. The Blessing of Prayer	19
5. T-R-U-S-T	21
6. The Descriptions of Jesus: A-R-K	27

1

Why We Need to Pray

I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man. (Eph. 3:14–16)

It is a foundational principle in the kingdom of God that the Lord will give more strength to our inner man if we ask Him for it. In Ephesians 3:16, Paul asked the Lord to strengthen the inner man of the believers in Ephesus. It is vital for us to understand this prayer, because it is one of the most important prayers we can pray. Our inner man is our soul, made up of our mind, emotions, and will. It is the place where we directly connect and interact with Jesus. It may sound unusual, but it is necessary to focus some of our prayers on our own inner man by asking the Holy Spirit to strengthen us internally, in our heart.

It is biblical to pray for external things like our ministry, a breakthrough in finances, or help with situations and circumstances in our life. However, many never get around to praying for their internal life to be strengthened. Just as our physical strength can increase or decrease, so can our spiritual strength. We cannot always discern the specific times when the Spirit strengthens us, because He usually does it in small measures.

I compare it to taking vitamins: I have taken vitamins for years, but I cannot remember one precise day when I knew it was making a difference. If we take the right vitamins, they will strengthen us physically over time. It is the same way in our spirit man—if we ask regularly, the Spirit will release His might, little by little, and over time we will discern newfound strength.

Going Deep in Prayer

The most important part of our life is our inner man; therefore it really should be our main focus when praying for our personal life. God longs to bless our inner man with strength and might, but He is waiting for us to ask Him. This strength is essential for our hearts—it will help us to walk uprightly before the Lord and to stand against compromise.

In this booklet, I will share with you from two of my personal prayer lists that I have used over the years. They are practical tools to help you develop your own personal prayer life. In my experience, a prayer list is a simple tool that can help keep us focused in our prayer times.

The first prayer list covers ten prayers to receive strength in our inner man; the second list offers five small phrases that have helped me when talking with the Spirit. Additionally, I have added three prayer principles (A-R-K) that I use to pray over the descriptions of Jesus that I find in the Bible.

2

Establishing a Prayer Life

A prayer life is not just about sincerely loving God; it also includes developing practical times and ways to talk to God on a regular basis. We must be intentional about developing a consistent prayer life. It will not just happen automatically.

Part of my prayer life focuses on praying for others, and part of it is focused on asking God to touch my personal life. I spend time praying for others, as well as for the release of revival on my city or the transformation of my nation.

When I pray for myself, I think of three categories: my inner man, my circumstances, and my ministry. I have developed specific prayer lists for each of these areas of my personal life.

Our inner man is the most important part of our prayer life—it is the only part of your life that you will take to eternity. When some people pray, they only think of praying for people, places, or things, but a very valuable category of prayer is for our own heart. We need to be intentional about praying for the development of our heart in the power of God, and about growing in our connection with the Spirit.

We Must Ask

A simple truth that we all know is that God releases more blessing if we will just ask for it. In James 4:2 we are told, “You do not have because you do not ask.” He knows we have needs, but Scripture is clear that the Lord withholds many things until we ask. When we talk to Him, it puts us in a position to connect with Him. God knows that connecting with Him will dynamically change our life. Therefore, He “starves us” out of our prayerlessness by withholding

certain blessings until we actually ask or talk to Him about them. This is important to Him because He values fellowshiping with us.

Yes, we ask for financial blessing or a greater anointing on our ministry, but it does not stop there. We are also to ask for strength in our inner man. The Lord will increase the release of grace to our inner man if we ask Him for it on a regular basis.

It is easy to *think* about our needs, without actually verbalizing them to the Lord. The Bible makes it clear that we must actually speak our request to God. Philippians 4:6 commands us, “In everything by prayer . . . let your requests be made known to God.” You can whisper your request, mutter it, or even groan it, but it is not enough to simply think about it without asking. Many fret and complain about their needs and even talk to others about them, but they don’t actually speak them out to the Lord. He is waiting for us to approach Him. He longs to hear our requests and then answer us.

Two Practical Tools

I have taught on prayer for over thirty years, and I have clearly observed that people pray much more if they do two simple things: first, establish a schedule that designates *when to pray*; secondly, develop a prayer list that focuses on *what to pray*. Scheduling regular prayer times is essential for a consistent prayer life. Without a schedule, we may sincerely intend to have an hour of prayer, but we will often not get around to actually doing it, even though we continue to offer our short prayers through the day as we groan in the car on the way to work or whisper a short prayer when we feel anxious about something. But by building our prayer times into our daily routine—by scheduling regular time for them—we will pray much more.

Of course, we will not keep our schedule 100 percent of the time, nor are we limited to praying only when we schedule prayer. However, by making prayer part of our planned routine of life, we will pray far more consistently.

A schedule is good, but it is not enough. Often when I sit down to pray, my mind is blank. I need a little jump-start to help gain focus in my prayer time, so I use my prayer list. I find it invaluable. I recommend that everyone have a prayer list for the three areas of life that I mentioned earlier.

It is never too late to make a list—I was eighteen years old when I made my first one. The Lord has given me grace for prayer over the years, but I admit that without a prayer list I would have prayed significantly less. I still use my prayer lists today.

I believe that most of us will pray ten times more over the next year if we use these two practical tools, establishing a schedule for regular prayer times and developing prayer lists. With these practical tools in place, you will be better equipped to pray with a focus and determination that will keep you steady for years to come.

Fellowship with God

Our highest calling is to have fellowship with God, and our inner man is where this fellowship occurs. My prayer list for my inner man covers ten areas. I use a ten-letter acronym, F-E-L-L-O-W-S-H-I-P, to systematically pray for these ten areas. I try to pray through this acronym on a daily basis.

All ten requests are based on promises or prayers found in Scripture. I may pray them differently sometimes, but I use the acronym as the basis of my prayer list. The foundation for the ten prayers is from Ephesians 3:16, where Paul prayed that the Spirit would strengthen believers with might on the inside.

Not all promises in the Bible are a *guarantee* of increased blessings—they are *invitations* to receive them based on our responses. Thus, one important response is to ask for the release of these blessings. For example, the Lord promises to put the fear of God in our lives. The promise is sure, but it takes the supernatural activity of the Spirit for the fear of the Lord to actually grow in us.

The Holy Spirit waits for us to ask Him for more of the fear of God before He releases this great promise in us. God has made many promises related to our inner man, yet many believers continue decade after decade in unnecessary deficiency, because they do not ask the Lord to release these great promises which will not operate without the Spirit's impartation to strengthen us. He waits for us to ask for His increased activity in our inner man. God will release far more if we consistently ask Him for it.

During my prayer time I do not hesitate to depart from my prayer list any time I feel the winds of inspiration leading me to pray in a

different direction. Also, I often skip parts of my prayer list when I don't feel like praying that specific prayer. I encourage you to follow the winds of inspiration when you pray and to skip parts of your prayer list any time you want to.

This prayer list is simply a road map to get you started in your prayer time. Feel free to start with my prayer list and to change it in any way to make it your own. Ultimately, *you learn to pray by praying*. As you pray, your prayer list will grow and change over time as the Lord touches you and leads you in different ways.

3

F-E-L-L-O-W-S-H-I-P

F: FEAR OF GOD

The Lord promised that He would put His fear into the hearts of His people (Jer. 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 (Ps. 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 (Isa. 11:3). Ask Him to strike your heart with the majesty, awe, and dread of God (Isa. 8:13).

Scriptures

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

Unite my heart to fear Your name. (Ps. 86:11)

His delight is in the fear of the LORD. (Isa. 11:3)

“The LORD . . . you shall hallow; let Him be your fear, and let Him be your dread.” (Isa. 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*, *perseverance*, 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 with someone or driving within the speed limit. We must faithfully persevere for decades, and never draw back from 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 help you persevere on your fasting days. Another way to ask for endurance is to ask God to give you zeal for His heart and His house (John 2:17; Ps. 69:9).

Scriptures

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

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

"Zeal for Your house will consume me." (John 2:17, NASB)

Prayer

Father, strengthen my inner man with endurance, that I may do Your will with zeal and diligence, and not quit pursuing the deep things of Your heart. Impart endurance to me for fasting. Direct my heart into the patience and 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.

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 more and more” (Phil. 1:9, NIV). 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 that 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, and this hinders their walk with God.

Fourth, we ask the Spirit to cause love for others to abound in our heart.

Scriptures

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

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

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

May the Lord direct your hearts into the love of God. (2 Thes. 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. (Ps. 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)

PRAYERS TO STRENGTHEN YOUR INNER MAN

“ . . . that the love with which You loved Me may be in them.” (John 17:26)

. . . that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ. (Eph. 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 (John 17:26). I ask for grace to love God with all my heart, soul, mind, and strength (Mark 12:30). Allow me to comprehend Jesus' love for me and to abide in it—stay connected to it (John 15:9). Let me see myself through Your eyes and 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 on the road to Damascus in a great light from heaven (Acts 22:6–11).

Moses prayed to see God's glory (Ex. 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 (John 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.

Scriptures

Suddenly a great light from heaven shone around me [Paul] . . . 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 [Moses] said, "Please, show me Your glory." (Ex. 33:18)

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

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

LORD, lift up the light of Your countenance upon us. (Ps. 4:6)

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

Oh, send out Your light and Your truth! Let them lead me . . . bring me to Your holy hill. (Ps. 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, the disciples on the day of Pentecost, and John on the island of Patmos (Ex. 33–34; Isa. 6; Ezek. 1; Acts 2; Rev. 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 (Ps. 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 yourself 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, through 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.

Scriptures

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. (Ps. 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. (Phil. 3:13-14)

I have set the LORD always before me; because He is at my right hand I shall not be moved. (Ps. 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 (Rev. 2:4-5, 3:1-3, 15-20).

W: WORTHY

Paul wrote, “We also pray always . . . that our God would count you worthy of this calling, and fulfill all . . . His goodness” (2 Thes. 1:11). Paul emphasized that he *always* prayed this for the saints because he understood how important it was. Walking worthy before the Lord is not the same as seeking to be worthy so as 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 fulfilling “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 Thes. 5:23).

Scriptures

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 Thes. 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 Thes. 5:23)

. . . that He may establish your hearts blameless in holiness before our God. (1 Thes. 3:13)

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

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

PRAYERS TO STRENGTHEN YOUR INNER MAN

“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 to 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 (Jas. 3:2). Paul exhorted the saints to not speak any corrupt words, nor to grieve the Holy Spirit by filthy or foolish speech (Eph. 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 (Ps. 19:14). David purposed that he would not sin with his mouth and that the Lord would set a guard over his speech (Ps. 17:3; 141:3).

Scriptures

If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. (Jas. 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. (Eph. 4:29–30, 5:3–4)

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

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

“I will guard my ways, lest I sin with my tongue; I will restrain my mouth with a muzzle.” (Ps. 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 (Matt. 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.

Scriptures

“Take My yoke . . . and learn from Me, for I am gentle and lowly in heart.” (Matt. 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. (Phil. 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 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; and so on. He will also give insight into what is on His heart for our city, nation, and generation.

Scriptures

“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. (Ps. 25:4–5, 14)

. . . that the God of our Lord Jesus Christ . . . may give to you the spirit of wisdom and revelation in the knowledge of Him. (Eph. 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. (Col. 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. (Col. 4:12)

Prayer

Father, give me insight into Your Word, will, and ways. Give me wisdom about 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 (Ps. 25:14). What are You thinking and feeling about my city, nation, and generation?

P: PEACE AND JOY

The Holy Spirit will guard your heart and mind with supernatural peace (Phil. 4:7). In this verse, *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 actually ask for peace and joy in specific areas of our life, we will receive more peace and joy from the Lord.

Scriptures

The peace of God . . . will guard your hearts and minds through Christ Jesus. (Phil. 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. (Rom. 15:13)

Now may the Lord of peace Himself give you peace always in every way. (2 Thes. 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.

4

The Blessing of Prayer

We are called to walk in fellowship, or communion, with the Holy Spirit by intentionally developing our friendship with Him (2 Cor. 13:14). One way we do this is by speaking to Him as the God who dwells inside us—the indwelling Holy Spirit flows like a river in our heart (John 7:38).

We will walk in the Spirit far more effectively if we regularly talk to the Spirit. Many believers do not talk to the Holy Spirit; they neglect a most precious relationship. He longs for us to talk with Him, but He will not force conversation or friendship on those who are not interested.

When we talk to Him, He will talk back to us. Often when He “talks,” He does not use words, but gives us impressions and sensitizes our emotions so we can feel His nearness. God leads us by the still, small voice in our inner man (1 Kgs. 19:11–13). As we engage in a two-way dialogue with the Spirit, it is essential that we quiet our soul (Ps. 131:2). Our soul is by nature active and turbulent, so it takes effort to quiet ourselves.

I linger in the Spirit’s presence with my attention turned inwardly toward Him. I speak short, simple phrases to Him, slowly and softly. It is important to wait with a listening heart. Sometimes I will gently sigh in my spirit as I pray with subtle “groanings that cannot be uttered” (Rom. 8:26). This happens naturally. Sometimes I am totally silent.

I often use five phrases when talking to and fellowshiping with the Holy Spirit. I thank the Holy Spirit for His presence in me and then ask for revelation; I ask Him to use, strengthen, and teach me. I do this by using a five-letter acronym: T-R-U-S-T. I try to pray through this acronym on a daily basis.

5

T-R-U-S-T

T: THANK YOU

The first thing we do is turn our attention inward to recognize the Holy Spirit; we simply thank Him for His indwelling presence. I say, “Thank You, Holy Spirit, for Your indwelling presence in my inner man.” Take a few minutes to do this and add a few affectionate phrases, like “I love You, Holy Spirit.”

Scripture

“He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (John 15:5)

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. (2 Cor. 13:14)

Prayer

Thank You, Holy Spirit, for Your bright presence in me. I love Your presence. Apart from You, I can do nothing.

R: RELEASE REVELATION

I ask the Holy Spirit to release revelation of God in me; in other words, to give me understanding of God's heart and Word. By asking for revelation, we prepare our spirits to receive truth from the Lord.

Scripture

... that ... the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened ... (Eph. 1:16-18)

Give me understanding according to Your word. (Ps. 119:169)

Prayer

Holy Spirit, I ask You to release revelation of God's heart and Word to me. I ask that You open my eyes and give me understanding as I read Your Word.

U: USE ME

Paul exhorted us to diligently seek to be used in the gifts of the Holy Spirit. The Holy Spirit will use us more when we simply take time to ask Him to use us.

Scripture

The manifestation of the Spirit is given to each one for the profit of all. (1 Cor. 12:7)

But earnestly desire the best gifts. (1 Cor. 12:31)

Desire spiritual gifts, but especially that you may prophesy. (1 Cor. 14:1)

Prayer

Holy Spirit, I ask You to release Your gifts and power through me to help others. I desire to be a vessel of Your presence to bless others.

S: STRENGTHEN ME

The Spirit will strengthen our inner man by touching our mind, emotions, and speech with the might of His presence. We can draw on His strength, which flows like a river of life in us, by asking Him to strengthen us.

In addition to this, because the Holy Spirit lives in us, His love, peace, patience, and self-control are *already* in us. Thus, we can experience more of the power of His love, peace, patience, and self-control by thanking the Holy Spirit that these fruits are already in us by virtue of Him living in us.

Scripture

... that He would grant you ... to be strengthened with might through His Spirit in the inner man. (Eph. 3:16)

The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. (Gal. 5:22-23)

Prayer

Holy Spirit, release divine might to strengthen my mind and emotions. Thank You for the presence of Your love, peace, patience, and self-control in me.

T: TEACH ME

The Holy Spirit is the great Teacher, and is committed to leading us into God's will and ways. He will give us wisdom on how to live in every area of life, including how to steward our money, manage our schedule, prosper in our relationships, function in ministry, and walk in purity and health in our physical body. When we ask the Spirit to lead us in these spheres of life, He will show us how to walk in godliness and wisdom.

Scripture

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

"The Spirit of truth . . . will guide you into all truth." (John 16:13)

Prayer

Holy Spirit, I ask You to lead me in every area of my life. Give me new and creative ideas, order my steps, and open doors for new relationships and new business and ministry opportunities. Teach me how to live in a manner that is pleasing to You, and show me how best to walk in Your will, blessing, and prosperity for my life.

6

The Descriptions of Jesus A-R-K

Revelation chapters 1–3 contain thirty different descriptions of Jesus. There is no place in Scripture where Jesus is revealed with more depth and diversity than in these three chapters. Here, Jesus reveals Himself in the way that He appeared and in the names that He used. By meditating on these thirty descriptions, we can grow in intimacy with Jesus.

It is not enough to study these descriptions—we must talk to Jesus as we read them. Bible study is most effective when it creates a dialogue between us and the Holy Spirit. In this way, the Spirit will reveal more to us about Jesus. Keeping a journal helps us to capture the truths the Spirit gives us, so it is helpful to write down our thoughts during the dialogue.

I use a three-letter acronym, A-R-K, to pray through these thirty descriptions. The ark was the place where the presence of the Lord dwelt in the Old Testament. It also speaks of a place of safety, in that Noah's ark was kept safe during the flood. By encountering Jesus in these thirty descriptions, we can experience the ark of His presence as well as the ark of His safety.

Proverbs 18:10 declares, “The name of the LORD is a strong tower; the righteous run to it and are safe.” How do we find safety in His name? One practical way is that when our spirit becomes strong in the Lord, we are able to stay calm in the storms of life. This allows us to make good decisions in times of pressure, instead of making poor decisions that are driven by fear, panic, and confusion.

A: AGREEMENT

First, we *agree* with what the description says about Jesus.

For example, when reading that Jesus is the faithful witness, we express our agreement by simply declaring to Jesus—with affection and gratitude—that He is the faithful witness. As we do this, our heart becomes more receptive to the Holy Spirit.

... *Jesus Christ, the faithful witness, the firstborn from the dead.*

(Rev. 1:5)

Simply agreeing with each specific aspect of Jesus' personhood has a dynamic impact on our heart. The angels around God's throne declare who Jesus is night and day by saying, "You are worthy, You are holy." They speak of who God is with affection and thanksgiving.

Like the angels, we can declare our agreement concerning the beauty and splendor of Christ.

R: REVELATION

Next, we ask God to give us fresh *revelation* of Jesus in relation to each description.

For example, we ask the Holy Spirit to reveal Jesus to us as the faithful witness.

K: KEEP THE PROPHECY

Finally, we must respond in practical ways as we ask for the Spirit's help to *keep* the prophecy.

“Blessed is he who keeps the words of the prophecy of this book.”

(Rev. 22:7)

Keeping the prophecy refers to acting on Jesus' commands and plans that are written in the book of Revelation. We are to apply them to our life by responding in faith and obedience to the specific truths about His name in our actions and attitudes, and by asking for the Spirit's help to be faithful.

We respond to the prophecy in three ways—obey, say, and pray:

- 1) By *obeying* the commands of Jesus as we persevere in walking in love and holiness. This involves responding in faith and obedience to the thirty truths about Jesus that we see in Revelation chapters 1–3.
- 2) By *saying* the message of Jesus as we proclaim the main truths set forth in “the prophecy.”
- 3) By *praying* for the power of Jesus to release revival among the saints.

We make simple declarations of our resolve to obey the implications of these thirty truths. Then we ask the Holy Spirit to empower us to follow through, praying, for example, “I commit to be a faithful witness to the truth, regardless of what it costs me. Holy Spirit, help me to do this.”

EXAMPLES OF A-R-K

... Jesus Christ, the faithful witness, the firstborn from the dead.

(Rev. 1:5)

Jesus, the faithful witness

1. Agreement: "Jesus, You are the faithful witness to the truth. You are the truth. Thank You that You always tell the truth. I trust what You say because You are reliable. You took a stand that cost You Your reputation and Your life. Thank You for being faithful to the end."
2. Revelation: "Reveal Yourself to me as the faithful witness."
3. Keep the prophecy: "I commit to speak the truth, regardless of what it costs me. Holy Spirit, help me to speak up for the truth, even when it is not popular."

Jesus, the firstborn from the dead

1. Agreement: "Jesus, You are the firstborn from the dead. I rejoice in Your preeminence over all."
2. Revelation: "Reveal Yourself to me as God's firstborn. Teach me more about Your supremacy over all things."
3. Keep the prophecy: "I will serve You as the One who is preeminent, by obeying You and drawing others to You instead of to me. Holy Spirit, help me to walk this out."



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International House of Prayer University (IHOPU) is a full-time Bible school which exists to equip this generation in the Word and in the power of the Holy Spirit for the bold proclamation of the Lord Jesus and His return.

As part of the International House of Prayer, our Bible school is built around the centrality of the Word and 24/7 prayer with worship.

Training at IHOPU forms not only minds, but also lifestyle and character, to sustain students for a life of obedience, humility, and anointed service in the kingdom. Our curriculum combines in-depth biblical training with discipleship, practical service, outreach, and works of compassion.

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Two three-month residential tracks for young adults, ages 18–30, who cry out to the Lord between the hours of midnight and 6:00am.

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