

Handout for Prayer Power Training pt. 1 & 2

2 CONSTANT Questions

(50 options)

1. What makes me most

2. For what am I most



Spiritual

1. Q - Forward
2. Q - Backward
3. Q - New verses
4. Intercession in Spirit
5. Worship
6. Studying
7. Word out loud
8. Armor / Structures
9. Teaching Cds
10. Travailing
11. Journaling

Physical

1. Stretching (7)
2. Walking (8)
3. Kneeling / Prostrate (9)
4. Elliptical (5)
5. Weights (5)
6. Core (5)
7. Driving (7)
8. House (7)

Options → **53**

REVIEW

1. The MIND is the **DECISION** maker of Spirit vs flesh. →
(Your body fights against you) Rom. 12:1-2, 8:5-6, I Cor. 9:27, Lk.6:45. II Cor. 4:13
2. The most **ALERT** mind
→ has 1 primary focus & 1-2 secondary focuses.
(NOT Multi-tasking --. It is Mental Synergy or Environmental Flow)
→ Is constantly Assessing and Evaluating (Structure / Dialogue)

Phil. 4:6-



CONFLICTS → *Belt of Truth* Humility & Honesty / No distractions

EMOTIONS → *Breastplate of Righteousness*

- ⇒ A FULL emotional cup of God's Acceptance, Approval, Delight & Pleasure in me. Peaceful, Quiet, Confidence
- ⇒ Freedom from trying to impress or earn people's approval
- ⇒ Boundaries! Not criticizing or being criticized – Authority to Bless

SCHEDULE → *Shoes of Readiness of the Gospel of Peace*

- ⇒ Prepared AND Peaceful about each activity today?
- ⇒ One step forward with each one on my prayer list

FAVOR → *Shield of Faith*

- ⇒ Specific areas to release God's Favor?
- ⇒ Names of God

THOUGHT LIFE → *Helmet of Salvation*

- ⇒ Am I clear headed, wise & seeing from Heaven's perspective?
- ⇒ Quoting the Word

PERSONAL PROPHECY → *Sword of the Spirit*

- ⇒ The Lord would say to you this day my son / daughter...

ALL DAY PRAYER → *Praying Always in the Spirit*

- ⇒ Inviting a "Travailing" intercession anointing
- ⇒ Spirit of prayer all day / Fill me Holy Spirit (Fruits / Gifts)