

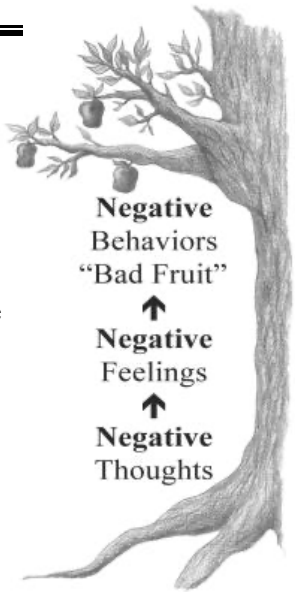
JESUS: Personal CROSS Prayer

* See Acts 7:56–60, 9:35, 10; 10:14–20, 36; John 10:3–4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2–3)

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

Best Hopes and/or Struggles: _____

STEP 1: My Story	STEP 2: Identifying with Jesus’ Story
I <input checked="" type="checkbox"/> 2-3 <u>Samples</u> of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:	I <input checked="" type="checkbox"/> 2-3 Negative Experiences <u>TEMPTING</u> Jesus With the Negative Thoughts I Have :
<p style="text-align: center;">Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18–19; Rom. 1:25</p>	<p style="text-align: center;">JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1–5; Heb. 2:14–18; 4:14–16 [Luke 2:5]</p>
<p><input type="checkbox"/> I’m alone <input type="checkbox"/> I’m abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I’m different <input type="checkbox"/> No one understands me <input type="checkbox"/> I’m not good enough <input type="checkbox"/> I’m not deserving <input type="checkbox"/> I’m rejected <input type="checkbox"/> I’m not wanted <input type="checkbox"/> I’m bad/dirty <input type="checkbox"/> I can’t speak up, have needs, be seen or be safe <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> Be in control <input type="checkbox"/> I’m a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I can’t trust/get close to anyone <input type="checkbox"/> I’m powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I’m not worthy <input type="checkbox"/> I can’t be forgiven or accepted <input type="checkbox"/> I’m not important <input type="checkbox"/> I’m not loved <input type="checkbox"/> I don’t belong <input type="checkbox"/> I trust in my own strength and wisdom <input type="checkbox"/> I am good enough <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I have to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> My past is in the past <input type="checkbox"/> My security is in being right, knowing more than others, and/or trusting in religious activities Other: _____</p>	<p><input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Rejected <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father’s will <input type="checkbox"/> Alone and abandoned by those closest to Him <input type="checkbox"/> Betrayed by a kiss, sold for price of a slave He chose to be powerless as He was being: <input type="checkbox"/> Stripped naked; physically, verbally and mentally abused by Satan, Priests, Herod, Pilate <input type="checkbox"/> Shamed, humiliated and embarrassed <input type="checkbox"/> Abused by those in power over Him who should have protected Him and supported Him <input type="checkbox"/> TEMPTED to numb His pain when His situation seemed to be hopeless and useless <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Crying out “My God, My God, WHY have You forsaken ME?” <input type="checkbox"/> Being unfairly, unjustly accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt, regret <input type="checkbox"/> A Man of grief and sorrows <input type="checkbox"/> Other: _____</p>



STEP 3: Cross Prayer–Pray Jesus’ Story * *Read all the instructions in italics in this prayer*
3:A Dear Jesus, Thank You for choosing to fulfill prophecy, suffering as You were going through the experience of: (write in Jesus’ experiences from right column) _____

3:B So You could be tempted with my thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____, I agree with You that Satan’s false identity keeps me from living out Your plans for my life. And I thank You for taking all of this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4: Blessings Prayer: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)
Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: Dear Jesus, How will Satan attack me out of Satan’s fear that I am receiving Your freedom and living out Your hopes and plans for my life? _____

STEP 6: Protection Prayer: Dear Jesus, How will You protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* I rewrite these sample prayers in my own words, with the “Daily Prayers,” making it a personal prayer, not a formula.

FATHER: Personal “Cross Prayer”

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

STEP 1: My Story

I 2-3 *Samples* Of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18–19; Rom. 1:25

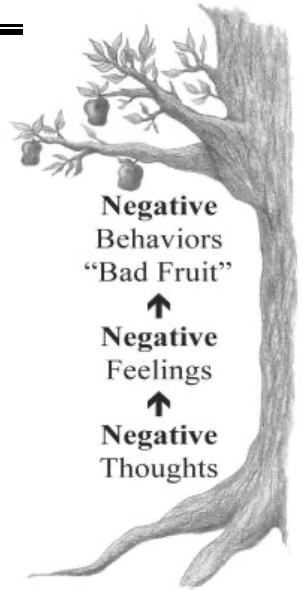
- I’m alone I’m abandoned Why God?
- I’m different No one understands me
- I’m not good enough I’m not deserving
- I’m rejected I’m not wanted I’m bad/dirty
- I can’t speak up, have needs, be seen or be safe
- I have to perform/try harder Be in control
- I’m a failure I deserve to be punished I can’t trust/get close to anyone I’m powerless, helpless, weak, hopeless, useless I’m not worthy
- I can’t be forgiven or accepted I’m not important I’m not loved I don’t belong
- I trust in my own strength and wisdom I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past My security is in being right, knowing more than others, and/or trusting in religious activities
- Other: _____

STEP 2: Identifying with Jesus’ Story

I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **You Have**:

JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1–5; Heb. 2:14–18; 4:14–16 [Luke 2:5]

- Unwed mother No bio father Refugee in Egypt Rejected Tempted in the desert
- Struggling to surrender His will to His Father’s will Alone and abandoned by those closest to Him Betrayed by a kiss, sold for price of a slave
- He chose to be powerless as He was being:**
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by those in power over Him who should have protected Him and supported Him
- TEMPTED** to numb His pain when His situation seemed to be hopeless and useless
- Difficulty breathing Crying out “My God, My God, **WHY** have You forsaken ME?”
- Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for our sin, shame, guilt, regret A Man of grief and sorrows Other: _____



STEP 3: CROSS PRAYER—PRAY JESUS’ STORY * Read all the instructions in italics in this prayer

3:A Dear Father, Thank You for choosing to have Jesus fulfill prophecy, suffering as He was going through the experience of: (write in Jesus’ experiences from right column) _____

3:B So He could be tempted with my thoughts that I (write in thoughts from left column): _____

I know my thoughts prevent me from receiving/having (write in best hopes from top line) _____

And I know my thoughts have grown into (write in struggles from top line) _____

_____. I confess that Satan’s false identity keeps me from living out Your plans for my life. And I thank You for having Jesus take all of this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter.

In Jesus’ name, Amen.

STEP 4: Blessings Prayer: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)

Dear Father, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11) _____

5: Discernment Prayer: Dear Father, How will Satan attack me out of Satan’s fear while I am receiving Your freedom and living out Your hopes and plans for my life? _____

6: Protection Prayer: Dear Father, How will You protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* I rewrite these sample prayers in my own words, with the “Daily Prayers,” making it a personal prayer, not a formula.

Step-by- Step Instructions to Pray the Cross Prayer for Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Holy Spirit to impress me with/lead me to my best hopes and the:

- Negative thoughts/'roots' in my life behind my negative behaviors and feelings
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: I ask God what area of my life/struggle in my life He wants me to pray about.
Then I write it down on the blank line at the top of the page.**

Pray at Step 1: * See instructions on page with the prayer

I ask God to reveal my negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

Pray at Step 2: * See instructions on page with the prayer

I ask God to reveal Jesus' negative experiences where He "**suffered being tempted**" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

Pray at Step 3:A & 3:B: * See instructions on page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly.

3:B – I write my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

Then I pray the Cross Prayer to myself.

Pray at Step 4 – Blessing Prayer: * See instructions on page with the prayer

I ask God to reveal a blessing He has for me... and I write down any blessing, Scriptures or promises that come to my mind.

Pray at Step 5: Warfare Prayers

Satan's Attacks:

I ask God to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then, I write down any attacks that come to my mind.

Pray for God's Protection:

I ask God how God wants to protect me in the midst of Satan's attacks.

Then, I write down any of the ways that helps me to see how God wants to us to offer me His protection.

Option – I Can Also:

A: Transfer the "Cross Prayer options," "Blessing Prayer," "Attack Prayer," and "Protection Prayer" onto the "Summary Prayer"

B: Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer