

## **prayer to build the Spirit...**

***. Lord, Your word tells us, “How blessed is the man whose strength is in Thee; in whose heart are the highways to Zion.”***

***Help us find our strength in You,  
and help us to allow You to become our strength.  
Out of Your own abundance, provide for us those things we  
need for the care and feeding of our spirits.  
Give us the courage to ask for and receive what we need and  
not to flee from it.***

***Teach us how to take in life from Your earth and experience  
the beauty of Your creation.  
Help us to share life with one another and to offer life through  
affection, affirmation, and truth.***

***Give to each of us a sovereign gift of trust, and pour Your  
Spirit into us, empowering us to lay hold of Your provision.  
Call us into the joy of sacrificial living.***

***Walk through our hearts, and empower us to forgive and  
receive forgiveness so that our relationship with You and with  
the body of Christ can be fully real and fully spiritual.***

***Help us to be human, Lord.***

***Fill us with Your joy and strengthen our spirits that we may  
fully accept the gift of life.***

<http://elishasmantle.freeyellow.com/swordhomepage.htm><http://elishasmantle.freeyellow.com/swordhomepage.htm>

**IMPORTANT:** These sample prayers are not formulas; rather, they offer ideas and direction. Be led by the Holy Spirit, and use the substance of this prayer as a guide. Also, please acknowledge these prayers as sample narratives, in which gender-exclusive references are used as they would be used in a real situation. For this reason, some prayers are for a female and others for a male. All are interchangeable.