

Daughters Of Zion
January, 2009
Focused Prayer – Spiritually Fit

Week 1 – Warm Up

In The Name Of Jesus Christ We Pray . . .

- Train us to become spiritually fit.
- Remove the laziness that causes us to become spiritually unfit.
- Each day, we fall to our knees because Your grace still amazes us.
- Lord, we are determined to live a disciplined prayer life.
- Stretch our thinking for Your knowledge and wisdom is far greater than ours.
- Remove the hardness of our hearts that keeps us from being flexible.
- Give us strength to fight the good fight for what we believe.
- We flex our muscles of great faith and pursue a Godly life.
- Develop our spiritual muscles so that we will be fit and ready for any storm that comes our way.
- We hold on tightly to the hope eternal life.
- Daily we lift up Jesus; our redemption draweth nigh.
- Diligently we push toward the mark.
- We choose to uphold righteous standards.
- Keep us mentally alert, disciplined, and focused on our goal.
- Set us apart from sin and its influences.
- Daily, we will exercise Godliness.
- We will spend our time and energy in training ourselves for spiritual fitness.

Week 2 – Work Out

In The Name Of Jesus Christ We Pray . . .

- It's mind over matter – Give us the power to overcome sin.
- Train us to become Godly people.
- We fix our thoughts on what is true, honorable, right, pure, and worthy of praise.
- We will put into practice all that You have taught us in Your Holy Word.
- Give us the willpower to resist all temptation.
- Daily we will exercise self control.
- Remove the excuses that cause people to avoid responding to Your call.
- Help us to remain committed to our spiritual workout.
- We depend on Your strength and Your strength alone.
- Increase our spiritual firmness allowing us to be strong with Your mighty power.
- Purify us from worldly lusts.
- Give us power and understanding to live according to Your will.
- We say 'No' to temptation and 'Yes' to actively serving You.
- We can do all things through Christ who strengthens us.
- When we become discouraged, remind us of Your promises.
- Help us to grow in grace while You complete Your work in our lives.
- Confidently we condition ourselves to the likeness of Christ.
- Our hope is in You Lord, we will not become weary in doing good.
- As we work out, we look forward to a fuller and more meaningful life with Christ.



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Week 3 – Lose Excess Weight

In The Name Of Jesus Christ We Pray . . .

- Guide us in our workout so that we may become spiritually fit.
- We will condition our bodies with Godly activities.
- Reveal to us the areas in our lives where we need to lose excess weight.
- We will be strong and courageous for the Lord is with us wherever we go.
- Fear will no longer weigh us down; our hope is in You Lord.
- We will not fail; the Lord is with us; You will not forsake us.
- Align our goals with Yours and help us to remain on course.
- Give us words of encouragement to lift up others who are broken in spirit.
- There is power and strength in prayer; we seek You daily in our prayers.
- We will not be weighed down with revenge for vengeance is Yours Lord.
- You brought us out of many trails; You will do it again.
- We will not allow the weights of this world to bog us down and rob our peace.
- Lord, lighten our load; we give You every weight that breaks our spirit.
- Sin will not harbor in our hearts; purge us of all iniquity.
- Let the scales of righteousness weigh in our favor.
- Squeeze out the pride that causes us to gain excess weight.
- Give us the determination to stay spiritually trim and fit.

Week 4 – Stay Spiritually Fit

In The Name Of Jesus Christ We Pray . . .

- Examine and test us to see if we really are Christians.
- Let there be a growing awareness of Christ's presence and power in our lives.
- Nourish our bodies as we read Your Holy Word.
- We will stay the course and not allow Satan to get us off track.
- Daily we look to You for all our needs.
- Remove the busyness in our lives that causes us to become weary.
- Let us lay aside every weight and sin that so easily ensnares us.
- We will us run with endurance the race that You have set before us.
- Our eyes are focused on You, we trust in You Lord.
- Give us this day our daily bread.
- Allow Your Holy Word and a personal relationship with You satisfy our hungry and thirsty souls.
- Empower us to deal with problems from God's perspective.
- Daily we will take a walk with Jesus.
- Give us wisdom and guidance as we make important decisions about our spiritual walk.
- Put a desire in our hearts to obey You and the power to do what pleases You.
- Reveal the Truth to Your people and allow Your Truth to set us free.
- My body is a temple of the Holy Spirit, everything I do, I do all for the Glory of God.
- Instill in us the importance of staying spiritually fit.

