

## **Pursue Virtue as the Key to True Intercession**

*“But I say, walk by the Spirit, and you will not carry out the desire of the flesh.  
For the desire of the flesh is against the Spirit, and the Spirit against the flesh;  
for these are in opposition to one another,*

*in order to keep you from doing whatever you want.*

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,  
faithfulness, gentleness, self-control; against such things there is no law.*

*Now those who belong to Christ Jesus  
crucified the flesh with its passions and desires.”*

Galatians 5:16-17 & 22-24

### **Why Pursue Virtue?**

#### **Because the pursuit of and commitment to being virtuous...**

- ◆ Cultivates humility. Humility is the great inoculation against demonic attack.  
*“A curse without cause cannot land.” Proverbs 26:2*
- ◆ Removes the plank from our own eye, as Jesus admonishes.
- ◆ Delivers us from hubris, religious and spiritual arrogance, superiority and bigotry.
- ◆ Helps us to *“be ye holy as I AM holy.”*
- ◆ Serves as inspiration and an invitation to others to experience the Love of Jesus Christ. *“If I have not love, I am but a clanging symbol.”* Corinthians 13:1
- ◆ Fulfills your pre-destiny to be confirmed to the image of Christ Jesus. Romans 8:28-30
- ◆ Perfects love. *“Be ye perfect as Your Father in Heaven is perfect.”* Matthew 5:48  
This is speaking to the perfection of love, which can only come from removing our flaws and replacing them with virtues.

#### **READ: Matthew 5: The Sermon on the Mount & The Beatitudes**

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### **Coming Before Lord God Adonai**

Dear Heavenly Father, I come before You today that You may bear witness to my commitment to choose virtue, pursue virtues, cultivate godly virtues, to live a virtuous life and be a man/woman of virtuous character; that I may be a shining example and inspiration to others as a true child of God and as an ambassador of Christ Jesus.

Lord God, I pursue virtue to remove my own leaven, so that I may become a partaker of the divine nature, to escape the corruption that is in this world on account of lust. And so I apply all diligence, in my faith I supply moral excellence, and in my moral excellence, knowledge, and in my knowledge, self-control, and in my self-control, perseverance, and in my perseverance, godliness, and in my godliness, brotherly kindness, and in my brotherly kindness, love; according to 2 Peter 1:4-7.

I understand that if I lose sight of the spiritual value of these virtues, I have surely forgotten my purification from former sins. I understand, Father God, that my commitment to godly virtues is the entrance into the eternal kingdom of our Lord and Savior Jesus Christ who will be abundantly supplied to me, according to 2 Peter 1:9 & 11. And I thank you Lord God, for this mercy and grace. Thank you for your patience with me as I pursue virtue to be your spotless bride and a powerfully effective intercessor.

### ***Without Love, We are Nothing***

◆ Dear Abba Father God, You have given us Love as the supreme commandment and virtue to possess. I now understand that if prayers and petitions are conducted from a manner, emotion or tone of voice that contains anger, roughness, hostility or superiority, it is not intercession. It is a personal ax. It may even be from a spirit of religion or other spirits. True intercession is free from personal leaven. It is emotionally neutral, albeit passionate. It is not nasty. It is not rough-edged. It is done with a force of love, but not rancor or hostility. I repent for all the times and ways that I have prayed, petitioned and acted as an intercessor from personal leaven and even a spirit of religion, holding hostility and/or superiority over other

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people and denominations. They are all still your children. I repent Father God. Please forgive me.

- ◆ Lord God, I take hold of Corinthians 13:1-3 and proclaim: *“If I speak with the tongues of mankind and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. If I have the gift of prophecy and know all mysteries and all knowledge, and if I have all faith so as to remove mountains, but do not have love, I am nothing. And if I give away all my possessions to charity, and if I surrender my body so that I may glory, but do not have love, it does me no good.”*
- ◆ In Matthew 22:36-40, Jesus exhorts what is the great commandment in the Law. *“And He said to him, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the great and foremost commandment. The second is like it, ‘You shall love your neighbor as yourself.’ Upon these two commandments hang the whole Law and the Prophets.”*
- ◆ I take hold of Ephesians 5:1-2 to *“Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.”*

### ***Faith***

- ◆ Heavenly Father, so many righteous men and women of Your Word demonstrated that possessing the virtue of faith enabled them to possess Herculean strength and endurance, to persevere and triumph over evil and bear witness to Your Glory. As Hebrews 11:33-35 describes: *“Righteous ones who by faith conquered kingdoms, performed acts of righteousness, obtained promises, shut the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, put foreign armies to flight. Women received back their dead by resurrection.”* I receive these accounts into my very being as the soil of my faith.
- ◆ I take hold of your mighty sons’ and daughters’ triumphs as models of inspiration for my own journey of faith as an embedded virtue in my character. Either I believe in You and your Word of promises or not. Either I believe that I am in a true relationship with You, one that is fully honoring and loving You or I am not. Either I

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believe in your mercy and justice or I do not. I choose to believe Father God. I do choose to believe You.

- ◆ Lord God, I humbly receive tests and trials, that as James 1:3 instructs, the testing of my faith shall produce perseverance. And surely perseverance is its own virtue; and I commit to pursuing perseverance as a noble character trait and habit.
- ◆ Lord God, surely faith is an inoculation against the culture of lies and deceit in which we currently abide. I choose to so inoculate myself now by anchoring myself in your word and binding myself to your heart.
- ◆ Father God, I commit to living by faith. I release to You all in me — habits, beliefs, fears, attachments, that stand in the way of my truly and fully living by faith. *“For in it the righteousness of God is revealed from faith to faith; as it is written, ‘But the righteous man shall live by faith’”*, according to Romans 1:17.
- ◆ Father God, I commit to trusting in You with all my heart, not leaning, relying on my own understanding; and in all my ways I shall acknowledge You, that You will make my paths straight, according to Proverbs 3:5-6.

### **Joy**

- ◆ Dear Father God, I open my heart now to receive the fruit of the spirit that is joy, according to Galatians 5:22. Joy also becomes a virtue by choosing to possess joy of the Lord. In this way, joy is not random or out of my control, but an actual character trait. I release to You anything and everything in me that would impede or impair my receiving the fullness of the spirit of joy and the virtue of joy of the Lord.
- ◆ Dear Lord Jesus, it is clear from Your Word in John 15:11, *“These things I have spoken to you so that My joy may be in you, and that your joy may be made full,”* that You have availed to us, deposited in us, your joy and the source and cause of your joy, which is love of and union with our Heavenly Father, the source and cause of joy itself. This is not a capricious and fickle human joy, but a joy abiding in the peace, assurance and comfort of our Father’s heart, which is true peace and security.

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- ◆ Now may the God of hope fill me with all joy and peace in believing, so that I will abound in hope by the power of the Holy Spirit, according to Romans 15:13.
- ◆ Heavenly Father, joy surely is more of a virtue when it is experienced during times of testing and challenges, as James 1:2-4 shares: *“Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.”*
- ◆ Heavenly Father, I commit now that I shall not be grieved, for the joy of the Lord is my refuge, as exhorted by Nehemiah 8:10. For truly, grief and joy cannot co-exist in the same moment and space. Worry and anxiety cannot co-exist with joy in the same moment and space. I choose joy. I choose joy of the Lord. I recognize and accept that this requires discipline, and I commit to that discipline now. I ask for your Holy Spirit to continually pour into my spirit the joy of the Lord God Most High, joy in our Lord Jesus Christ.

### ***Charity - Love of God for Neighbor***

- ◆ Heavenly Father, through John 15:12-13, I understand that love of others contains and calls for a selflessness, laying down my own desires, attachments and interests, to serve others: *“This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this, that a person will lay down his life for his friends.”*
- ◆ Father God, I repent for all the times and ways I have been selfish, been selfish in relationships with others, been selfish towards You; doing what I wanted instead of what would have truly served Love. I repent for callousness or just plain self-involvement that caused me to be insensitive to others, to my own neighbors, those who were in need and could have used a helping hand — time or energy that would have made a difference to them. I am truly sorry Lord God. Please forgive me.
- ◆ I repent for taking for granted those close to me — a spouse, family member, a friend; and in so doing neglected to extend charity, love of God — Your version of and capacity for love towards them. I repent for my self-involvement, caught up in my own world and activities, that I lost the moment when they needed my ear or a

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sympathetic heart. I am truly sorry Lord God, please forgive me. Reveal to me ways that I can make it up to them, if possible. Or pay it forward to a total stranger in a random act of kindness and caring.

### ***Shalom***

- ◆ Heavenly Father, Your shalom is so encompassing — it is a wholeness and peace that I receive when I am yoked to You as the source and author of peace. This is a *“peace that passes all understanding”*, that is beyond the mind’s comprehension yet grasped by the indwelling spirit.
- ◆ I take hold of *“the peace of God, which surpasses all understanding, and will guard my heart and my mind in Christ Jesus,”* according to Philippians 4:7.
- ◆ Lord God, John 16:33 comforts me: *“These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”* It comforts me, Lord God, that peace may be experienced and can actually be a virtue not just an event-related experience. I choose inner peace Lord God, because I choose to have You dwelling in my heart. I choose to welcome the Prince of Peace into my heart and very being.
- ◆ Father God, I commit to reconciliation in order to restore shalom, as Matthew 5:23-24 instructs: *“If you are presenting your offering at the altar, and there you remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.”* Lord God, I repent for the times I held a grudge and I release to You now any I am still holding. I release all unforgiveness now. Guide and direct me if there is anyone with whom I should reconcile. Or at least pay it forward to bring peace between two parties as an ambassador of our Lords’ peace, His shalom.
- ◆ Father God, I commit to the ministry of reconciliation, according to 2 Corinthians 5:18; and all that this encompasses — reconciling others to You, reconciliation amongst the Body of Christ, reconciling myself to You daily and moment-to-moment. In this ministry of reconciliation, I pursue peace as a virtue and choose to be a son/daughter of Peace.

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- ◆ Heavenly Father, I open my heart to receive and walk with the Prince of Peace, according to Isaiah Chapter 9:6: *“And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.”*

### ***Slow to Anger***

- ◆ Dear Lord God, anger is so pervasive it seems it has been normalized, even tho it can be a kind of violence depending on the volume and expression of it. I do recognize there is righteous anger, as when Jesus turned over the tables of the money changers. But so much anger today is not righteous. It is self-righteous, which is not anchored in a righteous cause.
- ◆ Dear God, I repent for all the times and ways I have indulged in anger, been quick to fire off an angry response, in reactivity, rather than cooling down first. I repent for how I have hurt others by my anger. Please forgive me.
- ◆ Father God, Your Word in Proverbs 19:11 shows me that discretion, being discrete through words, speech and actions, is the foundation of possessing the virtue of being slow to anger: *“A man’s discretion makes him slow to anger, and it is his glory to overlook a transgression.”* I commit to cultivating this discretion now. I want to be a model for others of how a true man/woman of God conducts him/herself.
- ◆ Lord God, I understand from Proverbs 15:18 that I can be an instrument for peace, rather than perpetuating or fomenting more strife: *“A hot-tempered man stirs up strife, but the slow to anger calms a dispute.”* Help me to be a true instrument of peace, especially amongst your flock from different pens.
- ◆ Father God, I repent for indulging in anger as an extension of my ego and egoism, of being in self-righteousness, reactivity and offense. Proverbs 14:29 shares: *“He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.”* Lord God, I do NOT want to exalt folly. I do not want to feed demons by broadcasting unrighteous anger. I repent for feeding the demonic in this way. Please forgive me.
- ◆ Heavenly Father, I learn from Romans 8:6 that when I am fed in the spirit with your Holy Spirit, I am anchored in peace and not so easily or quickly riled up to

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inappropriate and potentially damaging anger; *“For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.”* I choose life and peace in the Spirit, Lord God. Help and guide me to continue to put oil in my lamp, to take the time to feed my spirit with and from Your Spirit, to become the virtues of patience, calm, evenness and grace under fire.

### ***Kindness***

- ◆ Heavenly Father God, I have truly tasted the kindness of the Lord, as 1 Peter 2:3 describes; a kindness that is mercy laced with patience, forbearance and love. Surely I can and am called to pay it forward and show that same mercy-kindness to others, especially those who have wronged me, disappointed me or hurt me or others.
- ◆ Instruct and guide me Father God, in whatever gifts I have received from You, to use them for the benefit and good of others, as a good steward of Your many-sided kindness, as 1 Peter 4:10 instructs. For freely I have received from You, freely shall I give. If I am indeed made in your image, then I possess within me the potential and ability to pour out mercy-lovingkindness to others; and so I commit to doing so. Make me an instrument of your lovingkindness.
- ◆ Truly Lord God your Word in James 2:13 says, *“For judgment will be merciless to one who has shown no mercy; mercy triumphs over judgment.”* Father God, I repent for all the times and ways I did not show mercy; times that I rubbed it in, was vindictive, unforgiving, cold or hard-hearted, bitter, unbending. Please forgive me. Convict me of any reparations that I need make for those times and ways that I fell short.



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## **Sealing Prayer: List of Virtues**

*“Therefore, as God’s elect, holy and loved, I clothe myself with heartfelt compassion,  
kindness, humility, gentleness, and patience.*

*I shall bear others and forgive others if anyone has a complaint against anyone else.*

*I forgive, just as Christ forgave me.*

*And, in addition to all these things, I put on love,  
which ties things together in perfect unity.*

*I let the peace of Christ control my heart,  
to which I have been also called, in one body. And I am thankful.*

*I let the word of Christ dwell in me richly,  
as I teach and admonish with others with all wisdom, singing psalms, hymns,  
and spiritual songs, with gratitude in my heart to God.*

*And everything I do, whether in word or deed,*

*I do it all in the name of the Lord Jesus,  
giving thanks to God the Father through Him.”*

Colossians 3:12-17

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