

POSSESSING A HEALTHY SOUL

*“Beloved, I pray that all may go well with you
and that you may be in good health,
as it goes well with your soul.”*

3 John 1:2

PRAYERS to POSSESS a HEALTHY SOUL

Your Word Is Daily Bread For My Soul.

- ◆ Dear Heavenly Father, Matthew 4:4 and its origins in Deuteronomy 8:3 proclaim: *“It is written, ‘Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.’”* This reminds me that your Word is food for my soul. I commit to eating your Word daily as bread for my soul. I commit to chewing it thoughtfully, not taking off huge chunks, but meaningful pieces, and allowing them to sink in and allowing the Holy Spirit to reveal to me deeper meanings and purposes of these sacred pieces of your holy bread.
- ◆ Heavenly Father, I ask for the favor You bestowed on Jeremiah, to make your Words a joy and delight for my heart and soul. As Jeremiah 15:16 shares: *“Your words were found and I ate them, and Your words became for me a joy and the delight of my heart; for I have been called by Your name, O Lord God of hosts.”* Thank you Lord God, for filling my heart and soul with a new joy and delight, even for verses I have travelled many times.
- ◆ Acts 17:11 reminds me not to take your Word and its availability to me for granted: *“Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.”*
- ◆ Heavenly Father, feed me like you fed your prophet Ezekiel, who ate your scroll of the Word in order to prophesy to your people; and John the Beloved who ate the scroll of your Word to prophesy. Your Word is food Lord God. Your Word is food for my soul. It purifies, cleanses,

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sanctifies and fortifies my soul. Please remove from me anything that blocks, distorts or compromises my receiving your Word in its purity and fullness; that my soul will purify, grow and strengthen to fulfill its purposes in You. Amen.

I Crucify the Flesh.

- ◆ Lord God Adonai, I realize that worldly distractions, desires, programs and filters can cause my soul to be overshadowed, to be sullied and even damaged. I commit to detaching from these worldly elements and ask for your help in doing so.
- ◆ For as Your Word in Galatians 5:24 says: *“And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”* I want to belong to Christ Jesus, Lord God. I commit to daily crucifying the flesh, its passions and desires, with daily self-examination about my mental, eating, verbal and online habits, to reign in excessive and inappropriate activities and ‘foods’.

I Confess to Cleanse.

- ◆ Lord God El Shaddai, I understand that regularly self-examining for my own shortcomings and mistakes, and confessing and repenting of them, cleanses my soul.
- ◆ For 1 John 1:9 says: *“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* So I commit this day to regularly self-examining, removing the plank from my own eye, to cleanse myself from all unrighteousness, to possess a healthy soul.

I Shall Purify Double-Mindedness.

- ◆ Dear Lord God, I understand from James 4:8 that opening my heart and soul to be in deeper intimacy with You, motivates me to cleanse of my faults, bad habits and imperfections. For James 4:8 exhorts: *“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.”*

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- ◆ Father God, I repent for all the times and ways I have been double-minded and double-mouthed, speaking out of both sides of my mouth about someone or something. I commit to greater self-discipline and self-awareness to say nothing rather than indict myself by speaking in a rogue and spiritually damaging way.

I Train My Powers of Discernment.

- ◆ Lord God Adonai, Hebrews 5:14 tells me that I can actually train my powers of discernment through discipline, focus and commitment to do so: *“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.”*
- ◆ Lord God, I commit to “constant practice” to discern right from wrong, truth from falsehoods. I lay at the feet of Jesus any filters within me that would block me from receiving and discerning the truth, YOUR Truth, which comes through your Holy Spirit of Truth.

I Shall Serve in the New Way of the Spirit.

- ◆ Lord God El Shaddai, the law of the old covenant was not working because people did not possess purity of heart and soul; but resorted to legalism.
- ◆ Indeed Romans 7:6 says: *“But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.”* Help me Father God, to die to all mental ways that hold me captive, that keep me in forms of legalism, and therefore a kind of spiritual bondage. I want to *“serve in the new way of the Spirit.”* Help me to do so Lord God!

I Shall Not Harden My Heart.

- ◆ Lord God Adonai, I realize that personal and spiritual growth cannot happen with out tests. I now understand that it’s easy to misinterpret or misunderstand the purpose and nature of these tests and to become

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bitter or hardened or resentful. I apologize and I repent for having done this in the past.

- ◆ I embrace Hebrews 3:8, *“Do not harden your hearts as in the rebellion, on the day of testing in the wilderness.”* I commit to embracing tests as acts of mercy-love and grace from You Heavenly Father. Thank you. I receive your tests as a wonderful opportunity to purify and strengthen my soul.

I Turn the Other Cheek.

- ◆ Lord God Adonai, Jesus taught the important lesson of turning the other cheek. When I do so, I am not hooking into the other person’s unkindness or poison. I am not taking it into my soul or allowing it to damage my soul.
- ◆ For 1 Peter 2:23 instructs me: *“When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”*

Purify My Soul O Lord.

- ◆ Lord God Adonai, please purify my soul. I cannot possibly know all the ways and elements within me that cause my soul to not be its best. But I can have a commitment to truth, an obedience to truth, as the agency of purification.
- ◆ For 1 Peter 1:22 says: *“Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart.”* Truly Lord God, your Word makes clear that if a believer is focused on how wrong or flawed is another person’s spiritual walk, it is a hindrance to *“loving earnestly from a pure heart.”* I lay at the feet of Jesus any such impulses or habits and repent for them now. I do truly want to love earnestly from a pure heart.

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May Your Shalom Sanctify My Soul.

- ◆ Lord God El Shaddai, your Shalom is a wholeness, a perfection of peace that can sanctify my soul beyond measure. I ask You to fill me with your Shalom, every day in every way, that I will walk sanctified in You.
- ◆ I take hold of 1 Thessalonians 5:23, *"Now may the God of peace Himself sanctify me entirely; and may my spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ."*

3. Thanks and Gratitude.

- ◆ Thank you Heavenly Father for receiving my prayer commitments to possess and maintain a healthy soul.
- ◆ Thank you God for filling me with Your Shalom, the peace that passeth understanding, which sanctifies my soul.
- ◆ To You alone be ALL the glory in Heaven and Earth forever and ever! Amen!

SEALING PRAYER

The Aaronic Blessing

*The LORD bless me, and keep me;
LORD make Your to face shine on me,
And be gracious to me;
LORD God lift up Your countenance on me,
And establish Shalom for me, in me.*

Numbers 6:24-26

ONM

(One New Man Bible)¹

¹ "Shalom means that no good thing is withheld." ONM Glossary