KEYS TO TENDING TO OUR OWN SOUL

Detachment — A spiritual detachment from the programs of this world. Lays the groundwork for a spiritual lifestyle of purification.

Purification — The 5 Keys to Purification

- 1. Examination of our own conscience
- 2. Repentance
- 3. Reparations or penance
- 4. Forgiveness
- 5. Perseverance

Staying Delivered from Unhealthy Patterns — Cycling thru the 5 Keys of Purification

Soul Healing — To route out trauma, programs and powers at their core. (Chapter 15)

Take Hold of God's Word as Comfort, to Minister to Your Soul

PRAYERS TO MINISTER TO OUR SOUL

Be Still in God's Arms

- ◆ Dear Heavenly Father, Your Word in Psalm 46:11-12 is my guide to inner peace: "Be still and know that I am God! I am exalted among the nations, exalted on the earth."
 Truly, the Lord of hosts is with me; my stronghold is the God of Jacob.
- ✦ Heavenly Father, as Proverbs 3:5-6 & 23-24 advise, I commit to "Trust in You Lord God, with all my heart, not on my own intelligence shall I rely; in all my ways I shall be mindful of You, and You will make straight my path.....Then I will go on my way in safety, and my foot will not stumble. When I lie down, I will not be afraid; when I lie down, my sleep will be sweet.

Shelter & Protection

- ◆ Father God, I proclaim Psalm 5:2-4 & 8, "Give ear to my words, O Lord; understand my sighing. Attend to the sound of my cry, my king and my God! For to you I will pray, Lord; in the morning you will hear my voice; in the morning I will plead before you and wait.... But I, through the abundance of your mercy, will enter into your house. I will bow down toward your holy sanctuary out of fear of you."
- ◆ From Psalm 18:2-4 & 36 & 47, I proclaim: "I love you, Lord, my strength, Lord, my rock, my fortress, my deliverer, my God, my rock of refuge, my shield, my saving horn, my stronghold! Praised be the Lord, I exclaim! I have been delivered from my enemies.....You have given me your saving shield; your right hand has upheld me; your favor made me great.... The Lord lives! Blessed be my rock! Exalted be God, my savior!"
- ◆ Father God, I take hold of Psalm 27:5, For in the day of trouble, You will keep me safe in the shelter of Your dwelling; You will hide me in the shelter of Your tent; You will set me high upon a rock.
- ◆ El Shaddai, according to Psalm 71:3, "Be my rock of refuge, to which I may continually come; give the command to save me, for You are my rock and my fortress."
- ◆ I proclaim Psalm 91:1-2, 4-5, As I dwell in the shelter of the Most High, resting in the shadow of the Almighty, I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." He will cover me with his feathers, and under his wings I will find refuge; his faithfulness is a shield and buckler. I will not fear the terror of night, nor the arrow that flies by day. Thank you Heavenly Father, for Your Grace shelter and protection! In it, I have peace and calm, and receive Your loving care.

Inner Peace

- ✦ Holy Father God, in these turbulent times, I seek inner peace in You. From Your Word in Psalm 4:8 I say: "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."
- ◆ I deposit Your Shalom into my being through Psalm 16:8-9: I keep my eyes always on You Lord. With You at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure.

- ◆ Lord God, I proclaim Psalm 23:4: "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; your rod and your staff, they comfort me."
- ◆ "When I am afraid, I put my trust in You. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?", says Psalm 56:3-4.

I Take Refuge in Your Love

- ✦ Heavenly Father, Psalm 27:5 comforts me: "For in the day of trouble, You will keep me safe in the shelter of Your dwelling; You will hide me in the shelter of Your tent; You will set me high upon a rock."
- ◆ Psalm 36:7 comforts me: "How precious is your steadfast, unfailing love, O God! The people take refuge in the shadow of your wings."

Never Let Me Be Shaken

◆ Dear Lord God, from Psalm 55:22, I cast my cares on YOU Lord and You will sustain me; You will never let the righteous be shaken. Thank you Heavenly Father! I receive Your love and shalom.

Pour Out Your Heart to Him

- ♦ Holy Father, Psalm 62:8, I shall trust in You at all times; I pour out my heart to You, Heavenly Father; for You are my refuge.
- ◆ By Philippians 4:6-7, I commit Lord God, to have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make my requests known to God. Then the peace of God that surpasses all understanding will guard my heart and mind in Christ Jesus.

Sealing Prayer:

"Behold God! See, the Sovereign Lord comes with power,
and He rules with a mighty arm.
See, His reward is with Him,
and His recompense accompanies Him.
He tends His flock like a shepherd:
He gathers the lambs in His arms
and carries them close to his heart;
He gently leads those that have young."
Isaiah 40:9-11