



Lesson 7 Sample Prayer

Father,

I praise Thee for all of the enticements that I am going to be faced with today. I know Thou set up this world for me to encounter enticements constantly. And the reason is because they are to help me to choose between focusing temporally or focusing spiritually.

While I have my physical body I want to make sure that I am not wasting the day. Please help me to use my time to learn how to spiritually focus throughout all the enticements of the day. I praise Thee for Thy help, that as I overcome the enticements around me, that is helping me to overcome the flesh. Thou has given me the power to overcome depression, anxiety, hatred, jealousy and malice. I praise Thee that as I choose a spiritual paradigm, that more light is given to me and I am given more power to resist darkness.

I am willing to submit to Thee. I also praise Thee that when I make mistakes and temporally focus, that I can use my weaknesses to turn to Thee. That gives me an opportunity to practice separating my worth from my performance, repent, and try again. Father, I also know as I practice using enticements of the day for my spiritual growth, that it will help to train me and prepare me to handle the adversities in my life. Adversities come as a part of this world, and I know as I choose to praise Thee and praise my Savior that the power of Jesus Christ can be manifested in my behalf.

I praise Thee Father, through everything today, even when it's difficult and I'm triggered. I praise Thee and the way Thou helps me to overcome the day. I know the worth of my soul is great in Thy sight!