

THE *Socratic*
Conversation
Telling Our Stories

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God's Oneness Series
Spiritual Transformation & Empowerment
Elevate Your Consciousness (Prayer in the Spirit & Meditation
Guide—Ephesians 2:6)

Each day, this exercise is a source for my peace, confidence, and spiritual strength resulting in the following testimony:

MY TESTIMONY: It feels good to know that throughout my spiritual journey and ministry for 46 years (since 1974), I've been on the "right side of history" and ridicule because I stood for "righteous truth." I now wear my criticisms as a "badge of honor" in step with the "Lord of Glory." You can't live a lie when your conscience is convicted that it is wrong, so I bowed out of what I saw as the wrong paths. "There's no right way to do a wrong thing and no wrong way to do a right thing—NO COMPROMISE." Like any normal human being, I made mistakes (errors of judgment) along the way but stayed on my course of action and now have no regrets because "fate" can hinder purpose, but never deny God's destiny. My prayer in the spirit and meditation helped me all along the way!" THE LIFE OF A TRUE BELIEVER IS NOT A SPRINT BUT A MARATHON. IT'S NOT HOW YOU START BUT HOW YOU FINISH.



This process requires spiritual discipline (the ability to bring "self" under control). Getting out of bed an hour before your regular time is a good start, but if you can't find time in your day for this discipline.

First, I prefer putting on my earphones and plugging into my favorite Scripture application and reflecting on a few chapters. Then clear your mind and envision

yourself relaxing. Put your body into a meditative posture and begin deep breathing. (I take seven deep breaths.) Inhale God's virtue and exhale toxic wrong thoughts . . . Relax your body and think pleasant thoughts . . . To drown out the negative toxic voices of news and social media you must learn to tune out and tune in . . . to tune out you must engage in something you enjoy doing . . . escape, then come back to your awareness of the issues. After your deep breathing exercise recite the following prayers either verbally or mentally.

Just as you dress physically for your day, get dressed spiritually through the following exercise. If you cannot do it in the morning, any time of the day will do . . . try to find a solitary place. For me, it begins with "prayer in the spirit" which is another article that will follow this article.

THE ARMOR OF GOD—A SPIRITUAL SOLDIER'S PRAYER

As you recite these anointed words, let them resonate with your spirit as you absorb them with a sense of walking in them. The Spiritual Soldiers Prayer will chase the devil away and put him at a distance from you, but always remember, you are a threat to him, and when he attacks it means you are on the verge of a breakthrough blessing regardless of how it looks.



I put on the whole armor of God: The helmet of salvation to protect my mind from evil wrong toxic thoughts—set a watch over my mouth that I sin not with my tongue . . . I put on the breastplate of righteousness to protect my heart and spirit from the flaming arrows of condemnation and judgmental criticism . . . My loins are gird with truth so that I may protect my inner strength with integrity and honesty . . . My feet are shod with the preparation of the gospel of peace so that I may negotiate a common ground of reconciliation between people and those around me and point them to the Messiah . . . I lift my shield of faith to stop all the fiery darts of the enemy that come to attack my faith . . . I wield the sword of the Spirit as my offensive weapon that is sharper than any two-edged sword to cut against lies and deceit and fight with the Word of the Lord, not opinion and philosophy . . . And I bow in prayer in the spirit IN THE BOLDNESS AND CONFIDENCE OF FAITH . . .

Now continue praying in the spirit and with your understanding . . .

Then pray the declaration prayer:

DECLARATION PRAYER

Eternal and Everlasting Lord-God, my Savior . . . Gracious God, I Praise You for Who You Are and Who You Created Me to Be!

Thank You for Your presence all around me and for hearing my prayer . . . I adore and extoll Who You are . . . You are Love, Life, Light, the Way, and the Truth . . . You are the Lord of Glory, the Lord of Hosts . . . You stand as my High Priest touched with the feelings of my infirmities and sit on the throne of Grace . . . You are Creator God and Abba Father . . . You are the God of Abraham, Isaac, and Israel, the Covenant Keeping God . . . You are the Most-High God, Possessor of Heaven and Earth . . . You are YHWH ("Yah-veh"), the Great Provider, Protector, and Guide, manifest in the Person of Yeshua HaMashiach, the anointed Messiah, Jesus the Christ, Son of the Living God . . . You are Elohim, the Living God . . . El-Shaddai, the Almighty . . . Adonai, Lord of lords and King of kings . . . You are the Prince of Peace . . . You are *Sovereign . . . Omniscient . . . Omnipresent . . . Omnipotent . . .* You are "Christ's" Spirit dwelling within the universe . . . You are Sabaoth, the "God of Armies and Battles" and strike terror in the hearts of those who oppose You through Your People and will repay evil against your people . . . Vengeance belongs to You.

PRAYER OF ALIGNMENT WITH GOD'S CHARACTER

I extoll Your character in me—your communicable attributes: You are *Good (Generous with Favor) . . . Gracious (Extending Good Will) . . . Just (Right in all Your ways) . . . Merciful (Extending Compassion) . . . Kind (Tender Hearted) . . . Patient (Longsuffering) . . . Holy (Pure & Uncontaminated by Evil) . . . Righteous (The Equitable Judge) . . . Peaceful (Free from War, Hostility & Argument) . . . Immutable (You do not change Your Mind or Ways.) . . . Imminent (Immediately present in our lives) . . . Impeccable (Without flaws or fault—Perfect in all Your Ways.) . . . Infinite (No limit to Your Knowledge and Expanse within the universe.) . . . Eternal (Without beginning or end) . . . Jealous because there is no other god like you . . . Transcendent (Overall, through all, and in all who call on your name.) . . .* and full of *Wrath* toward evil and those who hate and oppose You!

PROCLAMATION OF WHO WE ARE IN CHRIST

Thank You for "who" I am in You: I am Redeemed by the precious blood of the Lamb . . . I am a New Creation . . . I am the Righteousness of God in Christ . . . I am Holy & without Blame before God . . . I am Justified and Free from the

Penalty and Power of Sin . . . I am a son of God . . . I am a Child of God . . . I am a Royal Priest . . . I have a Royal Inheritance . . . I am a Covenant Bearer . . . I am a Promise . . . I am an Overcomer . . . I am a Peace Maker . . . I am Rich in my Father's Houses & Lands . . . I am the prospered of Psalms 1 . . . I am the healing of diseases of Psalms 103 . . . I am a blessed disciple of Matthew 5 . . . I am Humbled by Your Grace . . . I have peace with God . . . I have Joy Unspeakable and Full of Glory . . . I am Content & Blessed with all spiritual blessings in heavenly places in Christ Jesus . . .

"For all the promises of God are in Christ Jesus, yea, and in him Amen, unto the glory of God by us" (2 Corinthians 1:20).