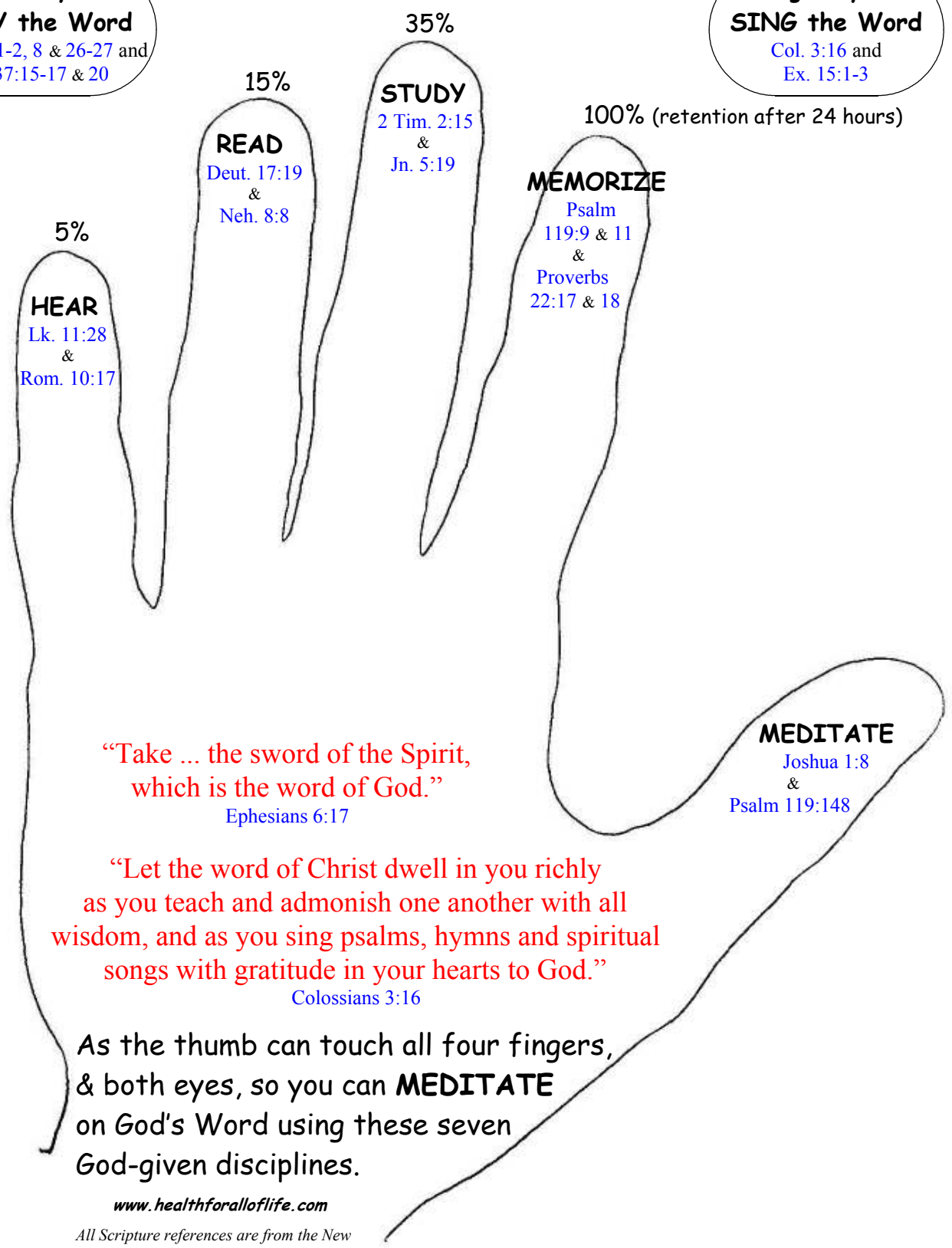


**THE "WORD HAND" (AND EYES) ILLUSTRATION:
HOW TO HAVE A "BATTLEFIELD GRIP" ON THE "SWORD OF THE SPIRIT"
and
HAVE A "BATTLEFIELD VISION" FOR VICTORY!**

Left Eye:
PRAY the Word
Ps. 109:1-2, 8 & 26-27 and
Is. 37:15-17 & 20

Right Eye:
SING the Word
Col. 3:16 and
Ex. 15:1-3



**“Take ... the sword of the Spirit,
which is the word of God.”**
Ephesians 6:17

**“Let the word of Christ dwell in you richly
as you teach and admonish one another with all
wisdom, and as you sing psalms, hymns and spiritual
songs with gratitude in your hearts to God.”**
Colossians 3:16

As the thumb can touch all four fingers,
& both eyes, so you can **MEDITATE**
on God's Word using these seven
God-given disciplines.

[www.healthforallife.com](http://www.healthforalllife.com)

*All Scripture references are from the New
International Version ©1984 (NIV 1984)
unless otherwise noted. (rev. 20.1.0)*

THE "WORD HAND" (AND EYES) VERSES

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Ephesians 6:17

“Take ... **the sword** of the Spirit, which is **the word of God.**”

HEAR

Luke 11:28 He replied, "Blessed rather are those who **hear** the word of God and obey it."

Romans 10:17 Consequently, faith comes from **hearing** the message, and the message is heard through the word of Christ.

READ

Deuteronomy 17:19 It is to be with him, and he is to **read** it all the days of his life so that he may learn to revere the LORD his God and follow carefully all the words of this law and these decrees

Nehemiah 8:8 They **read** from the Book of the Law of God, making it clear and giving the meaning so that the people could understand what was being read.

STUDY

2 Timothy 2:15 Do your best to present yourself to God as one approved, (*or KJV "Study to shew thyself approved"*) a workman who does not need to be ashamed and who correctly handles the word of truth.

John 5:39 (*Jesus speaking to the Jews*) You diligently **study** the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about me.

MEMORIZE

Psalms 119:9&11 ⁹How can a young man keep his way pure? By living according to your word ... ¹¹I have **hidden your word in my heart** that I might not sin against you.

Proverbs 22:17&18 ¹⁷Pay attention and listen to the sayings of the wise; apply your heart to what I teach, ¹⁸for it is pleasing when you **keep them in your heart** and have all of them ready on your lips.

MEDITATE

Joshua 1:8 Do not let this Book of the Law depart from your mouth; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Psalms 119:148 My eyes stay open through the watches of the night, that I may **meditate** on your promises.

PRAY THE WORD

Psalms 109: 1-2, 8 & 26-27 ¹**O God, whom I praise**, do not remain silent, ²for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues ... ⁸ May his days be few; may another take his place of leadership ... ²⁶Help me, O LORD my God; save me in accordance with your love. ²⁷Let them know that it is your hand, that you, O LORD, have done it.

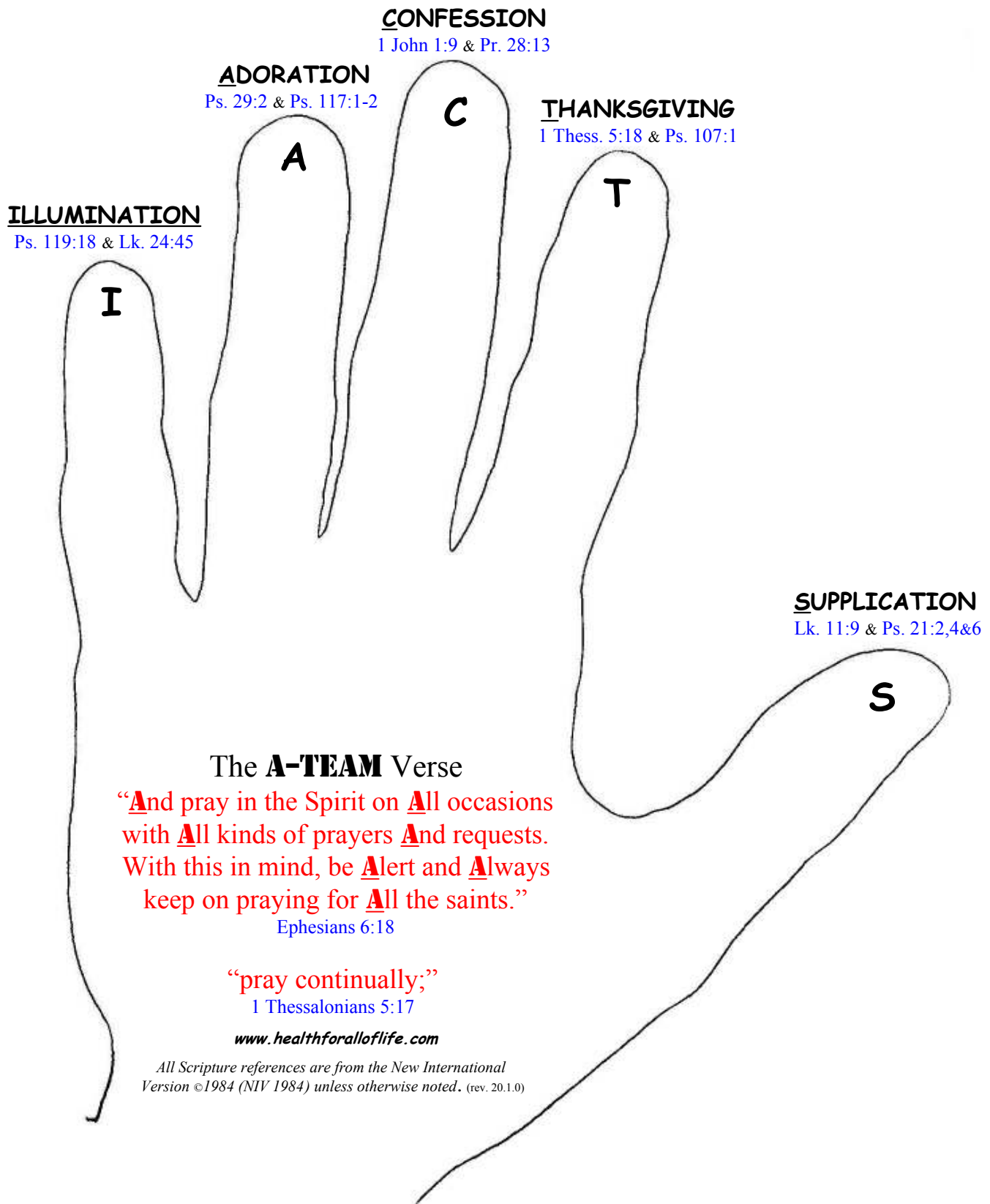
Isaiah 37:15-17&20 ¹⁵And Hezekiah **prayed to the LORD**: ¹⁶“LORD Almighty, God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth. ¹⁷Give ear, O LORD, and hear; open your eyes, O LORD, and see; listen to all the words Sennacherib has sent to insult the living God ... ²⁰Now, O LORD our God, deliver us from his hand, so that all kingdoms on earth may know that you alone, O LORD, are God.”

SING THE WORD

Colossians 3:16 “Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you **sing** psalms, hymns and spiritual songs with gratitude in your hearts to God.”

Exodus 15:1-3 ¹Then Moses and the Israelites **sang** this song to the LORD: “will **sing** to the LORD, for he is highly exalted. The horse and its rider he has hurled into the sea. ²The LORD is my strength and **my song**; he has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him. ³The LORD is a warrior; the LORD is his name.

THE "PRAYER HAND" ILLUSTRATION: HOW TO PRAY "IN THE SPIRIT"



CONFESSION

1 John 1:9 & Pr. 28:13

ADORATION

Ps. 29:2 & Ps. 117:1-2

THANKSGIVING

1 Thess. 5:18 & Ps. 107:1

ILLUMINATION

Ps. 119:18 & Lk. 24:45

SUPPLICATION

Lk. 11:9 & Ps. 21:2,4&6

The **A-TEAM** Verse

“**A**nd pray in the Spirit on **A**ll occasions
with **A**ll kinds of prayers **A**nd requests.
With this in mind, be **A**lert and **A**lways
keep on praying for **A**ll the saints.”

Ephesians 6:18

“pray continually;”

1 Thessalonians 5:17

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THE "PRAYER HAND" & "A-TEAM" VERSES

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1 Thessalonians 5:17

“... pray continually ...”

The **A-TEAM** Verse

Ephesians 6:18

“**A**nd pray in the Spirit on **A**ll occasions with **A**ll kinds of prayers **A**nd requests. With this in mind, be **A**lert and **A**lways keep on praying for **A**ll the saints.”

ILLUMINATION

Psalm 119:18

Open my eyes that I may see wonderful things in your law.

Luke 24:45

Then **he opened their minds** so they could understand the Scriptures.

ADORATION

Psalm 29:2

Ascribe to the LORD the glory due his name; **worship** the LORD in the splendor of his holiness.

Psalm 117:1-2

¹**Praise** the LORD, all you nations; **extol** him, all you peoples. ²For great is his love toward us, and the faithfulness of the LORD endures forever. **Praise** the LORD.

CONFESSION

1 John 1:9

If we **confess** our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Proverbs 28:13

He who conceals his sins does not prosper, but whoever **confesses** and renounces them finds mercy.

THANKSGIVING

1 Thessalonians 5:18

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Psalm 107:1

Give thanks to the LORD, for he is good; his love endures forever.

SUPPLICATION

Luke 11:9

"So I say to you: **Ask** and it will be given to you; seek and you will find; knock and the door will be opened to you.

Psalm 21:2, 4&6

²**You have granted him** the desire of his heart and have not withheld the request of his lips ... ⁴**He asked you** for life, and you gave it to him - length of days, for ever and ever ...

⁶Surely you have granted him eternal blessings and made him glad with the joy of your presence.