



PRAYER FOR BUILDING OUR HUMAN SPIRIT

Lord,

Your Word tells me, *Blessed in the one whose strength is in You; in whose heart are the highways to Zion (Psalm 84:5)*. Help me to allow You to become my strength. Out of Your abundance, provide for me the things I need to feed and care for my spirit.

Give me the courage to ask for and receive what I need versus keeping my needs to myself.

Teach me how to take in life from Your earth and enjoy the beauty of Your creation.

Give me an undeniable sense of trust that can only come from You, the Sovereign Lord.

Pour Your Spirit into me, empowering me to lay hold of Your provision. Wash through my heart, healing and empowering me to forgive and receive forgiveness so that my relationship with You and with the Body of Christ can be fully authentic and fully spiritual.

Call me into the joy of living fully open and surrendered to You.

Help me to offer life to others through affection, affirmation and truth.

Help me to be human, Lord, through laughter and fun, adventure and rest, work and play, community and personal time with You.

Fill me with Your joy and strengthen my spirit, that I may fully accept the gift of life

In Jesus' name, amen.