

Prayers & Promises
for my personal
Spiritual Growth!

I PRAISE YOU Lord, that You have power to bring new life to dead bones! Please rescue me from any spiritual complacency. Give me a passion to know You and to live for You with joy!

I PRAISE YOU Lord, for bringing personal revival to my life and relationship with Jesus! Help me to earnestly seek this as if my life depends upon it, for it does!

I PRAISE YOU Lord, that You will give me a heart to know You. Help me to seek You with all my heart and not settle for a superficial relationship with Jesus or for superficial blessings!

I PRAISE YOU Lord, for the gift of the Holy Spirit! This is what I most need and I thank You for promising to give this great gift to me!

I PRAISE YOU Lord, that You can give me a new heart; a heart that loves You, and loves the things of heaven and turns away from the allurements of the world. I cannot change my heart, but You promise to do this work!

I PRAISE YOU Lord, that every Promise in Your Word is for ME! I claim Your promise today that says, “Ask and ye shall receive” (Matt. 7:7). I am asking for those inexhaustible resources that come from Your throne!!

I PRAISE YOU Lord, for awakening me early to spend time with You each morning. The devil wants to keep me asleep, but You will help me cast off his blanket of “lethargy” and move forward with power!

I PRAISE YOU Lord, that You want to change me from the inside out! Make me like You! Help me to put away all pretense and any double standard of living. Help me have a pure heart before You!

I PRAISE YOU Lord, for teaching me what it means to delight in You! May You truly become my ONE DESIRE – not miracles, or answers to prayer, or even blessings, but more of You! May this be my desire!

Personal Spiritual Growth – 1b

“Thus saith the Lord GOD unto these bones; Behold, I will cause breath to enter into you, and ye shall live.”
Ezek. 37:5

“And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.”
John 17:3

“And I will give them an heart to know me, that I *am* the LORD: and they shall be my people, and I will be their God: for they shall return unto me with their whole heart.” Jer. 24:7

“Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.”
Eph. 5:14

“And ye shall seek me, and find *me*, when ye shall search for me with all your heart.” Jer. 29:13

“Wilt thou not revive us again: that thy people may rejoice in thee?”
Ps. 85:6

“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.”
Ezek. 36:26

“If ye then, being evil, know how to give good gifts unto your children: how much more shall *your* heavenly Father give the Holy Spirit to them that ask him?”
Luke 11:13

“He wakeneth morning by morning, he wakeneth mine ear to hear as the learned.”
Isa. 50:4

“All who consecrate soul, body, and spirit to God will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own spirit, the life of His own life... Through co-operation with Christ they are complete in Him, and in their human weakness they are enabled to do the deeds of Omnipotence.” *Desire of Ages*, p. 827

“With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early.” Isa. 26:9

“One *thing* have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.” Ps. 27:4

”For he is not a [Christian], which is one outwardly... But he is a [Christian] which is one inwardly.” Rom. 2:28,29

“The LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.” 1 Sam. 16:7

I PRAISE YOU Lord, for Your grace that saves me! Help me to claim this gift by faith! Help me to live through Your power, that the world will see what a mighty Savior I serve!

I PRAISE YOU Lord, that You have brought me close by the blood of Christ! Help me never forget what You have rescued me from, and what You have called me to!

I PRAISE YOU Lord, that You are calling me to come! I don't feel worthy, but You promise that whoever comes to You will never be cast out!
Praise the Lord!

I PRAISE YOU Lord, that You have power to make all things new! The enemy is constantly striving for the mastery, but I chose to serve You! I'm asking that You will take away my old nature, and make me a new person, for Your glory!

I PRAISE YOU Lord, that You come to bring not just life, but *abundant life*. Help me recognize the difference between what comes from You and what comes from the enemy!

I PRAISE YOU Lord, that You will give me a passion to know You, to spend time in prayer, in Bible study, and in sharing my faith. Give me a will to follow You and to ignore the pull of the world!

I PRAISE YOU Lord, that You are the Master of soul-winning and You have given us the true method! Teach me how to minister to others, and truly lead them to You! Fill me with Your unselfish love and compassion!

I PRAISE YOU Lord, that You can help me learn what true self-denial means. And as I take up my cross, You will bring answers to my prayers for the salvation of souls!

I PRAISE YOU Lord, that You've promised we will have ability to reach people with the gospel after we've spent time with You in earnest prayer!
Teach me how to pray, Father!

I PRAISE YOU Lord, that when we honor You with what is rightly Yours, You will prove yourself faithful! Teach me how to be a faithful steward of your resources.

Personal Growth – 2B

“That [in times past] ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world: But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.”
Eph. 2:12,13

“For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God: Not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” Eph. 2:8-10

“Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new.” 2 Cor. 5:17

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” Matt. 11:28
“All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.” John 6:37

“For it is God which worketh in you both to will and to do of His good pleasure.”
Phil. 2:13

“The thief commeth not but to steal, kill and destroy. I am come that they might have LIFE and LIFE MORE ABUNDANTLY!”
John 10:10

“When those who know the truth practice the self-denial enjoined in God’s Word, the message will go with power. The Lord will hear our prayers for the conversion of souls. God’s people will let their light shine forth, and unbelievers, seeing their good works, will glorify our heavenly Father.”
Review and Herald, December 1, 1910

“Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, “Follow Me.”
Ministry of Healing, p. 143

“Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that *there shall not be room enough to receive it.*” Mal. 3:10

“The ambassadors of Christ will have power with the people after they have, with earnest supplication, come before God.”
Review and Herald, October 20, 1896

Personal Growth – 3A

I PRAISE YOU Lord, that You want to make ME Your habitation! You want to live in me through Your Spirit. Help my life and heart be a place that You can truly call Your own, and a place that You feel at home!

I PRAISE YOU Lord, that You are an inexhaustible storehouse and an ocean of love for all who seek after You! Everything we will ever need You are! You are the great “I am!” (Ex. 3:14) For this I praise and worship You!

I PRAISE YOU Lord, that You will fulfill Your Word! You are just asking us to hold on! So I cling to You today in faith. I will not let go except You bless me! (Jacob’s prayer - Gen. 32:26)

I PRAISE YOU Lord, that You have given us one of the most powerful tools, even more powerful than what happens in the counsel of kings. It is the gift of prayer! Teach me what it means to pray so that kingdoms will be shaken!

I PRAISE YOU Lord, that You don’t just call us to live lives of obedience, but You promise to give us strength to do so (Phil 4:13). Help me to be a doer and not just a hearer of Your Word.

I PRAISE YOU Lord, that there is no limit to what You can do in a heart and life that is fully surrendered to You! Teach me how to put self aside, to die daily, and to live a life completely for Your glory!

I PRAISE YOU Lord, that You want to work a deeper revival in my heart and life. Teach me how to prepare my heart for this deeper work. I humble myself before Your throne, that You may come and dwell with me (Isa. 57:15).

I PRAISE YOU Lord, that You’ve promised a revival will come in answer to prayer! Show me what confession, humility, repentance, and earnest prayer should look like in my life!

I PRAISE YOU Lord, that You can take my weak un-Christlike heart and make it completely new, with new thoughts and even new desires! I renounce self and give You my heart today. I ask that the rich current of Your love would revive my soul.

I PRAISE YOU Lord, that You promise to supply all my needs (Phil. 4:19). I praise You that it is YOU that works in me both to WILL and to DO of Your good pleasure (Phil. 2:13).

Personal Growth – 3B

“We have an inexhaustible storehouse, an ocean of love in the God of our salvation. He has placed in the hands of Christ all the treasures of the Heavenly resources and says, ‘All these are for man, in order to convince fallen, sinful man of my love.’ ”
That I May Know Him, p. 338

“In whom ye also are builded together for an habitation of God through the Spirit.”
Eph. 2:22

“One man of you shall chase a thousand: for the LORD your God, he it is that fighteth for you, as he hath promised you.” Joshua 23:10
“An appeal to Heaven by the humblest saint is more to be dreaded by Satan than the decrees of cabinets or the mandates of kings.”
In Heavenly Places, p. 82

“I asked the angel why there was no more faith and power in Israel [the church]... He said, ‘Ye let go of the arm of the Lord too soon. Press your petitions to the throne, and hold on by strong faith. The promises are sure. Believe ye receive the things ye ask for, and ye shall have them.’ ”
Early Writings, p. 73

“Not unto us, O LORD, not unto us, but unto thy name give glory, for thy mercy, and for thy truth's sake.” Ps. 115:1

“But But be ye doers of the word, and not hearers only, deceiving your own selves.”
James 1:22

“There is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God.”
Christian Service, p. 254

“Obedience is the test of discipleship. It is the keeping of the commandments that proves the sincerity of our professions of love. When the doctrine we accept kills sin in the heart, purifies the soul from defilement, and bears fruit unto holiness, we may know that it is the truth of God.” *Mount of Blessings*, p. 146

“If my people which are called by my name will humble themselves...” 2 Chron. 7:14

“For Ezra had prepared his heart to seek the law of the LORD, and to do it...” Ezra 7:10

“It is our work, by confession, humiliation, repentance, and earnest prayer to fulfill the conditions upon which God has promised to grant us His blessing. A revival need be expected only in answer to prayer.”
Selected Messages, bk. 1, p. 121

“A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow His blessing upon us, but because we are unprepared to receive it.”
Selected Messages, bk. 1, p. 121

“The things which are impossible with men are possible with God.” Luke 18:27

“And the LORD thy God will circumcise thine heart...” Deut. 30:6

“All our good works are dependent on a power outside of ourselves. Therefore there needs to be a continual reaching out of the heart after God, a continual, earnest, heartbreaking confession of sin and humbling of the soul before Him. Only by constant renunciation of self and dependence on Christ can we walk safely.”
Christ's Object Lessons, p.159

“Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, un-Christlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul.” *Christ's Object Lessons*, p.159

I PRAISE YOU Lord, for the coming outpouring of the Holy Spirit. Help me not to be among those who quench the spirit through unbelief.

I PRAISE YOU Lord, that You are gracious, and merciful, and long-suffering with me. You are looking for heart change! I'm claiming Ezekiel 36:26 that You will give me a new heart, a heart that wants to live fully for You!

I PRAISE YOU Lord, that You love to hear praises. Forgive me for grumbling and complaining so often instead of praising Your name. Teach me how to truly make my home a house of praise!

I PRAISE YOU Lord, that You want to fill my life with Your glory in such a way that it will be obvious to all that I'm not doing the work, it is ALL You! Use this vessel for Your glory, I pray.

I PRAISE YOU Lord, that You will give me a HEART and LOVE for You that I don't possess on my own. I praise You that You will also give this HEART and LOVE to my children.

I PRAISE YOU Lord, that You promise to direct our paths and footsteps. Help me let go of my personal agenda and my understanding and seek after Yours!

I PRAISE YOU Lord, that You've promised all things will be added unto my life when I seek You and Your righteousness first! Once again Lord, teach me how to seek YOU first!

I PRAISE YOU Lord, that You can solve every problem I face. Please forgive me for my pride, selfishness and quick defensiveness when dealing with others. Give me a meek and quiet heart like Christ, who never retaliated but simply loved.

I PRAISE YOU Lord, that even when we face pain and confusion, You promise that You will bring something good from these hard times (Rom. 8:28). Help me to trust You, even when I can't see or feel that You are near!

I PRAISE YOU Lord, that You will avenge Your children! Help me to hold on, no matter the trials, knowing that You are in control! When You return, I pray that I will be counted among Your faithful!

Personal Growth – 4B

“Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.”
Joel 2:12, 13

“And he did not many mighty works there because of their unbelief.” Matt. 13:58

“Those who by unbelief quench the spirit in these last days will be illy prepared to share in the great blessings which God promises by the prophet Joel...Take care, dear [Christian], lest unbelief in you quench the Spirit, and shut you away from this great blessing designed for “them that believe.”
Spiritual Gifts, vol. 3, p. 19

“It came even to pass, as the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the LORD...that then the house was filled with a cloud...So that the priests could not stand to minister by reason of the cloud: for the glory of the LORD had filled the house of God.” 2 Chron. 5:13, 14

“We are too sparing of giving thanks. If the loving- kindness of God called forth more thanksgiving and praise, we would have far more power in prayer. We would abound more and more in the love of God and have more bestowed to praise Him for. You who complain that God does not hear your prayers, change your present order and mingle praise with your petitions.”
Testimonies to the Church, vol. 5, p. 317

“Trust in the Lord with all thine heart and lean not unto thine own understanding. In all thy ways, acknowledge Him and He shall direct thy paths.” Prov. 3:5,6

“And the Lord thy God will circumcise thine heart, and the heart of thy seed, to love the Lord thy God with all thine heart, and with all thy soul, that thou mayest live.”
Deut. 30:6

“The meek will he guide in judgment: and the meek will he teach his way.” Ps. 25:9

“If pride and selfishness were laid aside, five minutes would remove most difficulties. Angels have been grieved and God displeased by the hours which have been spent justifying self.”
Early Writings, p. 119

“Seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you.”
Matt. 6:33

“And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them. I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on earth?” Luke 18:7,8

“But He knoweth the way that I take. When He hath tried me, I shall come forth as gold.” Job 23:10

“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” Rom. 8:18

Personal Growth – 5A

I PRAISE YOU Lord, that Your supply of physical and mental power is inexhaustible. Teach me what it means practically today to consecrate my soul, body, and spirit to You!

I PRAISE YOU Lord, that You want me to make large demands upon You that You would be glorified. Forgive me for so often praying and thinking too small.

I PRAISE YOU Lord, that You used Elijah and others from Bible times during times of great crisis. Today You want to use me in the crisis facing our homes, our world and our church! Give me faith like Eljiah's!

I PRAISE YOU Lord, that those who persevere in prayer will see You work in ways they can't begin to imagine! Give me a faith that will refuse to let go until heaven hears.

I PRAISE YOU Lord, that You hear the cries of the needy, even at midnight! Teach me what it means to wrestle in prayer, to be earnest and fervent, not letting go until I see breakthrough!

I PRAISE YOU Lord, that You have not lost Your love for me or Your desire to show Yourself strong on behalf of Your people! I praise You for the victory!

I PRAISE YOU Lord, for teaching me how to pray and what to pray for! I praise You that when I pray, all heaven is listening, and You promise to answer my prayers!

I PRAISE YOU Lord, that You can change my heart and take away all compromise and hypocrisy that tries to sneak into my life! Give me victory Lord, even in my private life where no one but You sees.

I PRAISE YOU Lord, that not one prayer is ever lost. You see my prayers morning, noon, and night. You see the prayers I can't bear to pray because of the pain in my heart. You see my tears!

I PRAISE YOU Lord, that I can put my whole weight on the promises of Your Word. Your Word does not return unto You void (Isa. 55:11). May the enemy never take me from your hand!

Personal Growth – 5B

“Call unto me and I will answer thee and shew thee great and mighty things which thou knowest not.” Jer. 33:3

“He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises.”
Desire of Ages, p. 668

“All who consecrate soul, body, and spirit to God will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own spirit, the life of His own life.”
Desire of Ages, p. 827

“According to your faith be it unto you.”
Matt. 9:29

“Faith such as [Elijah had] is needed in the world today—faith that will lay hold on the promises of God’s Word and refuse to let go until Heaven hears.”
Prayer, p. 138

“It was because Elijah was a man of large faith that God could use him in this grave crisis in the history of Israel. As he prayed, his faith reached out and grasped the promises of Heaven, and he persevered in prayer until his petitions were answered. He did not wait for the full evidence that God had heard him, but was willing to venture all on the slightest token of divine favor.” *Prayer*, 138

“God is love...” 1 John 4:8

“Why is it that we do not receive more from Him who is the source of light and power? We expect too little. Has God lost His love for man? Is not this love still flowing earthward? Has He lost His desire to show Himself strong in behalf of His people? Christ will give us victory in the conflict. Who can doubt this when we know that He laid aside His royal robe and kingly crown...” *Prayer*, p. 90

“Our prayers are to be fervent and earnest as were the petitions of the needy friend who asked for the loaves at midnight. The more you ask, the firmer will be your spiritual union. You may come into that place where you will have increased blessings because you have increased faith. God has a heaven full of blessings that He wants to bestow on those who are earnestly seeking for help that the Lord alone can give.” *Christ Triumphant*, p. 54

“...Man looketh on the outward appearance, but the LORD looketh on the heart.” 1 Sam. 16:7

“God cannot reveal Himself till those who profess to be Christians are doers of His Word in their private lives, till there is oneness with Christ.” EGW Letter 139, 1898

“The greatest blessing that God can give to man [or woman] is the spirit of earnest prayer. All heaven is open before the man [or woman] of prayer.”
Prayer, p. 83

“Bear your whole weight on the promises of God. Believe. It is your privilege to believe.”
EGW Letter 31, Jan 1, 1897

“The enemy can never take out of the hand of Christ the one who is simply trusting in His promises.” RH, Feb. 3, 1903

“As for me, I will call upon God; and the LORD shall save me. Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. He hath delivered my soul in peace from the battle *that was* against me: for there were many with me.” Ps. 55:16-18