 **PATHWAYS to WHOLENESS**

**Prayer** Prayer is conversation with our Father, God Almighty. We pray to the Father in the name of Jesus, approaching God under the authority of Jesus and, by His permission. We come before God’s throne of grace, not in our own merit, but in the merit of Jesus.

**Cleansing our self**  Before I read the Word, pray, leave anyplace (sometime in the parking lot and always as soon as I get in my car), after opening an email or text, watching television, returning home, after a phone call, while shopping or at a restaurant, etc.; I pray cleansing over myself. The Bible tells us in **Ephesian 6:12** **“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against** **spiritual hosts of wickedness in the heavenly places.”**  These principalities, powers, rulers of darkness and spiritual hosts of wickedness are everywhere; and they want to get into your space!

I tell the story of a person who was the head of a vegetarian organization. She had a business meeting one day and her client wanted to meet at the local smoked BBQ restaurant. After her meeting with the client, she went to her scheduled monthly vegetarian organization meeting. When she walked in, everyone she passed by could smell the smoked BBQ on her. Even though she did not eat the BBQ, the “residue” of the smoke was all over her. Like the smell from the BBQ that followed her around the rest of the day; the “residue” of spiritual hosts of wickedness, which are everywhere, follow us. My habit is to cleanse myself and my space all day anytime my atmosphere changes.

**A Prayer of Cleansing**

**“Heavenly Father, I come before You in the name of Jesus. I apply the blood of Jesus over and around me. In the authority I have in the name of Jesus – I command any and all evil spirits and every demonic force that would try to attach to me or the space that I am in; to go now to the dry place of Jesus’ choosing. Your assignment is broken in the name of Jesus!!!”**

**The Word of God** If possible, when studying, meditating and contemplating (thinking deeply and carefully on) God’s Word; read it aloud and in private, with no interruptions. Guard this devotional time, for it is a precious time between your Creator and you! Always enter into God’s Presence with your heart filled with praise & worship unto Him!

* Ask Father God to open your eyes, ears and heart to His Word to give you understanding: **Ephesians 1:17-23**“that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, 18the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19and what *is* the exceeding greatness of His power toward us who believe, according to the working of His mighty power 20which He worked in Christ when He raised Him from the dead and seated *Him* at His right hand in the heavenly *places,* 21far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.22And He put all *things* under His feet, and gave Him *to be* head over all *things* to the church, 23which is His body, the fullness of Him who fills all in all.”
* Know that God’s Word will accomplish what God pleases: **Isaiah 55:10-11** “For as the rain comes down, and the snow from heaven, and do not return there, but water the earth, and make it bring forth and bud, that it may give seed to the sower and bread to the eater, so shall My Word be that goes forth from My Mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper *in the thing* for which I sent it.”
* If possible, set a quiet special place to be alone with God: **Matthew 6:6****“**But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place;* and your Father who sees in secret will reward you openly.”
* God’s Word is eternal: **Mark 13:31** “Heaven and earth will pass away, but My Words will by no means pass away.”
* God, the Holy Spirit, is our helper and teacher: **John 14:26****“**But the Helper, the Holy Spirit, whom the Father will send in My Name. He will teach you all things, and bring to your remembrance all things that I said to you.”
* God’s Promises are yes and amen: **II Corinthians 1:20** “For all the promises of God in Him *are* Yes, and in Him Amen, to the glory of God through us.”
* The Word of God has been given to us to study and meditate on. **II Timothy 3:16** “All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness.”
* God’s Word will endure forever and ever: **I Peter 1:25** “But the word of the Lord endures forever. Now this is the word which by the gospel was preached to you.”

**A Prayer before going to the Word of God**

**“Heavenly Father, I come before You in the name of Jesus and thank You for this day! This is the day that You have made and I am rejoicing and glad in it! And Father, as I prepare now to read or listen to Your Word, I ask You to enlighten my understanding. Give me ears to hear, eyes to see and a heart to receive. Amen.”**

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All scripture references are taken from the **New King James Version**, Thomas Nelson, Inc.