

## A Daily Morning Prayer

Heavenly Father, I come to You in the name of Your son, Jesus, who was born in the flesh, led a sinless, holy life, suffered and died on the cross for me and rose again to life to conquer over my sin and death. It is to You and You alone that I pray.

By Your grace, I refuse to listen to or obey anything false that would take the place of You in my life. I ask that You protect me from all my enemies, whether within or without, that would use my sin or my injuries against me. I ask You, Lord, to take authority over my enemies to bind, expose and defeat their works.

I invite You into all my choices today. Show me when switching or triggering occurs. Reveal to me anything such as fear, shame, dread, abandonment, being triggered, emotional pain, depression, grief, longings, or willfulness, pride, entitlement, resentment, anger, taking control and leaning on my own understanding, addict thinking and decision-making, or complacency - anything that can be used by the deceiver to keep me bound up in sin. Teach me that compartmentalized or fragmented parts of me no longer needs to step in and handle those things in my life that I couldn't handle in the past. Instead I can trust Your presence and actions in me and in my every circumstance.

I surrender the right to decide for myself what I can and can't handle today and instead I trust in You that You will not allow the temptations I face to overwhelm me—that according to the joy-strength you are building in me daily, You will always provide a way of escape when temptation to sin does attack me. Teach me to recognize that I have choices in all areas and that I can take every thought captive in obedience to You.

I ask You to care for all of my needs and to bring resources for healing into my life. Please build my joy-strength and my capacity to rest in You. Bring to me relationships that are loving and joy giving. Teach me how to recognize triggering events and setups, and to quiet myself in You. I repent of any ways in which I have assumed control (taken over Your job) and tried self-sufficiently to supply for, or meet, my own needs (do it myself). Forgive me when I lean on my own understanding (think I'm smarter than You). Lord, show me anything within me that stands in the way of Your perfect peace. Please reveal to me today when there is internal conflict and direct me in discerning sin patterns and in discerning any of Your truths which speak in a healthy way against those sin patterns. I invite You to convict me whenever I act or think in contradiction to Your will. I thank You and I praise You for this day. May I bring You glory in all You do in and through me, and may I sense your presence and see your hand throughout this day. Amen.