

Session 8: Prayers to Strengthen Your Inner Man (F-E-L-L-O-W-S-H-I-P)

I. INTRODUCTION

A. We have addressed both *devotional prayer* (Meditating on the Word, Praying in the Spirit) and *intercessory Prayer* (Apostolic Prayers). Now we turn our attention to a tool we can use to pray for ourselves and our most important needs—this is called *supplication*.

¹ Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made... (1 Tim. 2:1)

1. *Devotion* – We experience personal transformation by enjoying communion with the Godhead in love.
2. *Intercession* – Asking God to change the life circumstances of others; individuals or people groups.
3. *Supplication* – Asking God to bring change to our personal life circumstances (internal/external).

B. The term *inner man* refers to a person’s soul—one’s mind, emotions, and will. It is where we are most aware of our interaction with the Holy Spirit. It’s also the place that defines our experience of life. The health of our inner man impacts so many things related to our lives.

¹⁶ To be strengthened with might through His Spirit in the inner man... (Eph. 3:16)

- C. It’s important to know what to ask for and why to ask for something. This teaching will address these issues as well as how to ask for the important things related to your life.
- D. Usually people place a higher priority on praying for people or places, to receive more things, such as money or more blessings in their circumstances, to pray for justice.
- E. *Our inner man—the most important part.* Praying for strength in the inner man is one of the most neglected parts of many people’s prayer life. Our inner man is the only part of our humanity that we will take into eternity. Thus praying to strengthen it should be one of our greatest priorities. Strengthening our inner man consists of renewing our minds and emotions by the grace of God.
- F. *We are in need of spiritual strengthening daily* (Mat. 6:11). Just as our physical strength can increase or decrease, so can our experience of spiritual strength. So we should pray for our inner man.
- G. Because we ask, *grace comes* to us *progressively* and oftentimes *indiscernible at the moment*. God often strengthens us in small measures gradually over time. A close analogy is like taking a multi-vitamin. We do not know the precise day when we realize they made a difference. However, we know that if we consistently take vitamins, they will strengthen us physically over time. It is the same with praying for our inner man.
- H. Praying for our inner man (our mind, emotions, and will) will help us in many important ways. Divine strengthening will come to our hearts to equip us to live in a godly way and enabling us to stand against compromise, depression, fear, rejection, spiritual lethargy, and other negative emotions and behaviors.

- I. We must be intentional about praying for the strengthening and development of our hearts in God. We will experience more of God's grace renewing our minds and emotions if we ask for it on a regular basis. God releases much more blessing if we ask for it regularly with faith (Jas. 4:2)

²...Yet you do not have because you do not ask. (James 4:2)

II. PRAYERS TO RECEIVE STRENGTH IN THE INNER MAN (F-E-L-L-O-W-S-H-I-P)

¹⁴I bow my knees to the Father...¹⁶that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man... (Eph. 3:14-16)

A. F- Fear of God

1. The Lord promised to put the fear of God into the hearts of His people (Jer. 32:40). He will do this more as we ask the Spirit to unite our heart to His heart and fill it with awe (Ps. 86:11). It is far easier to resist compromise when we feel even a small measure of the fear, or awe, of God in our hearts. Ask Him to cause you to delight in the fear of the Lord (Isa. 11:3) and to strike your heart with the majesty and awesome dread of God (Isa. 8:13).

⁴⁰ I will put My fear in their hearts so that they will not depart from Me. (Jer. 32:40)

¹¹ Unite my heart [to Your heart and Word] to fear Your name. (Ps. 86:11)

³ His delight is in the fear of the LORD... (Isa. 11:3)

¹³ The Lord...you shall hallow; let Him be your fear, and let Him be your dread. (Isa. 8:13)

2. **Prayer:** Father, release the spirit of the fear of God into my heart. Release the lightning and thunder from Your Throne (Rev. 4:5) to strike my heart with Your majesty, that I might live in awe before You. Release Your presence and holy dread that makes me tremble before You. Unite my heart to your heart and Word and cause me to delight in the fear of God.

B. E- Endurance (patience)

1. In the Bible, the words *endurance*, *perseverance*, and *patience* are often interchangeable. These words speak of being faithful in our God-given assignments and refusing to quit even when facing great pressures. Holy-Spirit-empowered endurance enables us to seek and serve the Lord faithfully with all our strength for decades without drawing back.

¹¹ Being strengthened with all power...may have great endurance and patience... (Col. 1:11 NIV)

⁵ May the Lord direct your hearts into...the patience [endurance] of Christ. (2 Thes. 3:5)

2. Both Jesus and David spoke of a zeal for God that does not relent and keeps us from quitting. If you don't quit in your pursuit of God and in your ministry assignments (family, church, work), you win.

¹⁷ *It was written, "Zeal for Thy house will consume me (Jesus)." (Jn. 2:17, NAS)*

⁹ *Zeal for Your house has eaten me [David] up...¹⁰ *I wept and chastened my soul with fasting that became my reproach.* ¹¹ *I made sackcloth my garment...* (Ps. 69:9–11)*

3. God honored Phinehas for the zeal he demonstrated towards God and His values. The Lord even said Phinehas moved with God's zeal—not his own.

¹¹ *Phinehas...was zealous with My zeal among them... (Num. 25:11)*

4. **Prayer:** *Father, strengthen my spirit with endurance that I may do Your will with zeal and diligence and that I not quit pursuing the deep things of God. Impart endurance for fasting. Direct my heart into the endurance in which Jesus walked. This is a prayer for strength to follow through in my commitments to God and to fulfill my ministry calling when it is difficult.*

C. **L- Love**

1. The Spirit's first agenda is to establish the first commandment in first place in us that we will love Jesus with all our strength (Mt. 22:37). Since this is a command, if we ask God to increase in love, He will help us! Jesus asked the Father to impart the very love that He has for Jesus into our hearts (Jn. 17:26). It "takes God to love God." The grace to receive God's love and to love Him back is the greatest gift the Spirit imparts to us (Rom. 5:5). There are four types of love we can ask for: the ability (capacity) to comprehend God's love, love for Jesus, love for ourselves and love for others.

2. We can ask the Father to help us to comprehend Jesus' love for us and to abide in it (stay connect to it).

¹⁸ *That you...may be able to comprehend...what is the width and length and depth and height...*

¹⁹ *to know [experience] the love [affection] of Christ... (Eph. 3:18–19)*

⁹ *As the Father loved Me, I also have loved you; abide in My love. (Jn. 15:9)*

3. We can ask the Father to impart His love for Jesus in our heart. He can help us love Jesus in the same way He does.

³⁷ *You shall love the Lord...with all your heart...soul...and mind. (Mt. 22:37)*

²⁶ *...That the love with which You loved Me may be in them... (Jn. 17:26)*

⁵ *The love of God has been poured out in our hearts by the Holy Spirit... (Rom. 5:5)*

4. The Father made each of us perfectly. He wants us to learn to see ourselves through His eyes. We can choose to love who He made us to be and thank Him for it. Many are filled with shame and self-hatred because they feel they are not good enough or rejected by their parents or others—ultimately God.

¹³ You formed my inward parts; You covered me in my mother's womb. ¹⁴ I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. ¹⁵ My frame was not hidden from You, when I was made in secret, and skillfully wrought... (Ps. 139:13–15)

5. The Lord commanded us in Mt. 22:39 to love others. We can ask Him to let our hearts abound in love by seeing what He sees and feels about others.

³⁹ ...You shall love your neighbor as yourself. (Mt. 22:39)

¹² May the Lord make you increase and abound in love to one another... (1 Thes. 3:12)

6. **Prayer:** *Father, help me to comprehend Jesus' love for me and to abide in it (stay connect to it). Impart your love for Jesus in my heart. Help me love Him in the same way You do. Father, I agree with you that I was made perfectly. Help me see myself through Your eyes. I choose to love who you made me to be. Thank you for making me. I agree with Jesus' command and prophecy in Mt. 22:39 that I will love others. Let me abound in love by seeing what You see and feeling what You feel about others.*

D. **L- Light of glory**

1. On the day of Paul's conversion he saw Jesus and His glory in a great light (Acts 22:6–11). Moses prayed to see God's glory, and afterward his face shone with the light of God's glory (Ex. 33:18; 34:29). We also can ask to encounter the realm of God's glory. Jesus spoke of an open heaven in which His disciples would see angels (Jn. 1:51). Ask Him to shine the light of His countenance (Ps. 4:6) on your heart in such a way that you experience the supernatural realm of His glory, including receiving dreams and visions and seeing angels, etc. (Acts 2:17).

⁶ A great light from heaven shone around me...⁸ He said to me, "I am Jesus of Nazareth..." ¹¹ I could not see for the glory of that light...I came to Damascus. (Acts 22:6–11)

¹⁸ And he [Moses] said, "Please, show me Your glory." (Ex. 33:18)

⁵¹ You shall see heaven open, and the angels of God ascending and descending... (Jn. 1:51)

⁶ Lord, lift up the light of Your countenance upon us. (Ps. 4:6)

¹⁶ His countenance was like the sun shining in its strength. (Rev. 1:16)

³ Send out Your light and truth! Let them lead me...bring me to Your holy hill... (Ps. 43:3)

³ Restore us, O God; cause Your face to shine, and we shall be saved! (Ps. 80:3)

¹⁷ I pray, open his eyes that he may see. Then the LORD opened the eyes of the young man...the mountain was full of horses and chariots of fire all around Elisha. (2 Kgs. 6:17)

2. **Prayer:** *Father, let me see the light of Your glory and give me supernatural encounters—dreams, visions, angelic visitations, manifestations of Your glory and light—even as You gave to Moses, Isaiah, Ezekiel, Paul, John, and the disciples on the Day of Pentecost (Ex. 33-34; Isa. 6; Ezek. 1; Acts 2; Acts 9; Rev. 1).*

E. *O- One thing life focus*

1. It is essential to spend time with the Lord—to be a person of “one thing” as King David was. David revealed his primary life focus when he prayed that the “one thing” he desired all the days of his life was to behold the beauty of the Lord, and to inquire in His temple (Ps. 27:4). Mary of Bethany “sat at Jesus’ feet and heard His word” (Lk 10:39). Jesus explained to her sister Martha, “One thing is needed, and Mary has chosen that good part” (Lk. 10:42). We must intentionally set our hearts to be a “person of one thing.” We ask the Spirit to help us not to lose this focus by intervening to speak to our heart when drifting from a “one thing lifestyle.” Busyness, guilt and despair cause fervent believers to drift from their fervency. Ask Him to speak to you using Scripture, others, dreams, or His still, small voice.

⁴ ***One thing I have desired...all the days of my life, to behold the beauty of the Lord. (Ps. 27:4)***

⁴² ***But one thing is needed, and Mary has chosen that good part... (Lk. 10:42)***

⁸ ***I have set the Lord always before me...He is at my right hand I shall not be moved. (Ps. 16:8)***

2. ***Prayer:*** *Father, strengthen me to maintain a life in Your word with desire for it. When I lose this focus, send Your word to deliver me as You did for the saints at Ephesus, Sardis and Laodicea (Rev. 2:4–5; 3:1–3; 3:15–20). Alert me when I need to recommit my schedule and priorities to live as a person of one thing who regularly sits at Your feet, as Mary of Bethany did.*

F. *W- Count me worthy*

1. Paul prayed that God would count the saints worthy to fulfill all of His will (2 Thess. 1:11). He emphasized that he *always* prayed this for the saints, knowing how important it was. Walking worthy is *not the same as seeking to be worthy by earning our forgiveness*. Rather, it is about experiencing grace in such a consistent way that we walk with a *worthy response* to God that prepares us to walk in the fullness of our calling, thus fulfilling all His goodness.

¹¹ ***We pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power... (2 Thes. 1:11)***

³⁶ ***Watch...and pray always that you may be counted worthy (prepared) to escape all these things (sins of v. 34)...to stand (in victory) before the Son of Man. (Lk. 21:36)***

2. The opposite of having a worthy response is to waste or receive God’s grace in vain.

¹ ***We...plead with you not to receive the grace of God in vain. (2 Cor. 6:1)***

3. We choose to stay free of compromise so we can walk blameless body, soul and spirit.

²³ ***May the God of peace sanctify you completely; may your spirit, soul, and body be preserved blameless (without compromise) at the coming of our Lord... (1 Thes. 5:23)***

¹³ ***That He may establish your hearts blameless in holiness before God... (1 Thes. 3:13)***

4. We agree with David's prayers to walk in purity.

¹⁰ Create in me a clean heart, O God, and renew a steadfast spirit in me. (Ps. 51:10)

¹⁷ Your people...offer willingly to You. ¹⁸ O LORD...keep this forever in the intent of the thoughts of the heart of Your people, and fix their heart toward You. ¹⁹ And give my son Solomon a loyal heart to keep Your commandments... (1 Chr 29:17-19)

5. We agree with David's holy resolve to set nothing impure before his eyes.

³ I will set nothing wicked before my eyes... (Ps. 101:3)

¹ I have made a covenant with my eyes; why should I look on a woman? (Job 31:1)

6. We ask God to lead us from the storm of temptation (Ps. 69:1-2; Mat. 6:13; John 17:15) and cleanse us from secret faults (Ps. 19:12; 69:1-2). We ask Him to search us and show us our hearts (Ps. 139:23), so we can be more wholly His.

¹³ Do not lead us into temptation, but deliver us from the evil one. (Mt. 6:13)

¹² Who can understand his errors? Cleanse me from secret (unperceived) faults. (Ps. 19:12)

²³ Search me, O God, and know (reveal) my heart; try me, and know my anxieties... (Ps. 139:23)

7. **Prayer:** *Father, strengthen me to walk in a way that You would consider me worthy to walk in my highest calling and escape all compromise that I might **stand** before You victorious in full obedience. I choose to partner with your grace freely offered. I set my heart to put no unclean thing before my eyes as I walk in purity before you, wholly yours. Lead me from temptation and stumbling from my secret faults. Search and show me my heart.*

G. S- *Speech*

1. Speech is a significant issue in our lives. When our speech comes under the leadership of the Spirit, our entire person will also come under His leadership.

² If anyone does not stumble in word, he is a perfect [mature] man, able also to bridle the whole body (Jas 3:2)

2. The Spirit is quenched in our life by unwholesome speech (filthy, foolish, coarse jesting).

²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. ³⁰ Do not grieve the Holy Spirit... ^{5:4} Neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting... (Eph. 4:29-5:4)

3. The subject of speech was on David's "prayer list"—he asked the Lord to help him control his speech so that his words would be pleasing to God (Ps. 19:14). David purposed that he would not sin with his speech, so he asked the Lord to set a guard over his mouth (Ps. 17:3; 39:1; 141:3). The Lord will alert us before we say things that will grieve the Spirit or hurt another person, providing us a way out.

¹⁴ Let the words of my mouth and the meditation of my heart be acceptable in Your sight... (Ps. 19:14)

³...I have purposed that my mouth shall not transgress. (Ps. 17:3)

¹ I will guard my ways, lest I sin with my tongue; I will restrain my mouth with a muzzle. (Ps. 39:1)

³ Set a guard, O Lord, over my mouth; keep watch over the door of my lips. (Ps. 141:3)

4. **Prayer:** *Father, set a guard over my lips and help me to speak words that are pleasing to You. Free me from defensive, angry, foolish, sensual, or impure speech. Keep me from quenching the Spirit with my words. I set my heart not to sin with my speech.*

H. **H- Humility**

1. Jesus called us to *learn from Him* about walking in humility or lowliness (Mt. 11:29).

²⁹ Take My yoke...and learn from Me, for I am gentle and lowly in heart. (Mt. 11:29)

2. Paul called us to let the "mind of Christ" or His mindset of humility be in us (Phil. 2:3–5).

³ Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. ⁴ Let each of you look out not only for his own interests, but also for the interests of others. ⁵ Let this mind be in you which was also in Christ... (Phil. 2:3–5)

3. **Prayer:** *Jesus, I want to learn from You how to walk in lowliness. I commit to take Your yoke of humility (lowliness of heart) on my life in my attitudes, speech, and actions. Give me wisdom on how to carry my heart in humility.*

I. **I- Insight unto intimacy**

1. The Spirit came to teach us all things—to give us insight or wisdom as He fills us with the knowledge of His will for each area of our life so we are able to walk in partnership with His heart (Col. 1:9–10). The Lord's desire is to give His people wisdom so that they are fruitful in every endeavor to obey Him and that they grow in or experience the knowledge of His heart in the process. The insight that He gives His people is intended to lead and teach them how to walk in agreement with His heart so that they enjoy friendship and partnership with Him. He gives wisdom on how to steward time, money, careers, ministry, health, relationships, etc. He will give us insight into what is on His heart for cities and nations and for our generation.

⁹ Ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; ¹⁰ that you may have a walk worthy of the Lord... (Col. 1:9–10)

¹⁷ *May give to you the spirit of wisdom and revelation in the knowledge of Him... (Eph. 1:17)*

²⁶ *But the Helper, the Holy Spirit...He will teach you all things... (Jn. 14:26)*

2. The Father can help us walk in the fullness of His will in every area of our lives.

¹² *Epaphras...always laboring fervently for you in prayers that you may stand perfect and complete in all the will of God. (Col. 4:12)*

3. The Lord wants to share with us the secrets of His heart (Ps. 25:14). We can ask Him, “What are You thinking and feeling?” about this area?

⁴ *Show me Your ways...teach me Your paths. ⁵ *Lead me in Your truth...*¹⁴ *The secret of the LORD is with those who fear Him... (Ps. 25:4–5, 14)**

4. We ask for the Spirit’s insight into God’s end-time purposes (Jer. 23:20; Dan. 11:33, 35; 12:10), eternity, the New Jerusalem, the judgment seat of Christ, and hell. (Jn. 16:13; Dan. 9:22)

¹³ *The Spirit...will guide you into all truth; He will tell you things to come. (Jn. 16:13)*

²² *O Daniel, I have now come forth to give you skill to understand. (Dan. 9:22)*

²⁰ *The anger of the LORD (end-time judgments) will not turn back until He has executed and performed the thoughts of His heart. In the latter days you will understand it perfectly. (Jer. 23:20)*

5. **Prayer:** *Father, give me insight into Your Word, will, and ways. Give me wisdom about how to walk in intimacy with You in every area of my life, including my finances, schedule, emotions, physical body (diet, health), relationships (home, office, ministry), future, fears, etc. What are You thinking and feeling about me and my life, city, nation, and generation?*

J. **P- Peace and Joy:**

1. The Spirit desires to guard our hearts and minds with supernatural peace. In Philippians 4:7, the “heart” speaks of our emotions. We do not have to live troubled by jealousy, rejection, anxiety, or fear, or with minds that are filled with turmoil, confusion, and indecision. Sin grows fastest when fear or anxiety works strongly in us. If we regularly ask for peace and joy in specific areas of our lives, we will receive more of them.

⁷ *The peace of God...will guard your hearts and minds through Christ Jesus. (Phil. 4:7)*

¹³ *Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope (confidence) by the power of the Holy Spirit. (Rom. 15:13)*

¹⁶ *Now may the Lord of peace Himself give you peace always in every way. (2 Thes. 3:16)*

THE GLORY OF ENCOUNTERING GOD - PRAYERS TO STRENGTHEN YOUR INNER MAN

TRANSMISSION CHURCH

— BRIAN BEESON

2. ***Prayer:*** *Father, strengthen my heart with supernatural peace and joy that overpowers fear and anxiety that I would not sin.*

K. Summary: F-E-L-L-O-W-S-H-I-P

- F — Fear of God: *Father, release the spirit of the fear of God into my heart* (Ps. 86:11).
E — Endurance: *Strengthen my spirit with endurance to do Your will* (Col. 1:11).
L — Love: *Father, pour out Your love in my heart in a greater measure* (Phil. 1:9).
L — Light of glory: *Father, let me see more of the light of Your glory* (Acts 22:6–11; Ex. 33:18; Ps. 4:6).
O — One thing: *I set my heart to be a “person of one thing” who regularly sits before You* (Ps. 27:4).
W — Count me worthy: *Strengthen me to have a worthy response to You in my life* (2 Thes. 1:11).
S — Speech: *Set a guard over my lips that I may walk free from unclean speech* (Eph. 4:29; Ps. 141:3).
H — Humility: *Jesus, I want to learn from You how to walk with a lowly heart* (Mt. 11:29).
I — Insight (wisdom): *Give me insight into Your Word, will, and ways* (Col. 1:9–10).
P — Peace and joy: *Strengthen my heart with peace and joy that overpower fear* (Phil. 4:7).