

This list of 31 Biblically-grounded ideas and 7 intro videos will help you [during the summer] in your journey towards “Grounded Prayer,” which is the mindful appeal to become mentally and emotionally stable, admirably sensible, realistic and unpretentious Christian.

- ✓ Intro Videos by Rev. Bolivar will be on our website’s [bottom of] home page every Tuesday!
www.skanpresby.org
- ✓ Videos that are not found on the website’s home page, can be found on Rev. Bolivar Video Blog www.skanpresby.org/sermons/blog/revbolivarblog

June 15 - Day 01

Pray for a spirit of humility.

"The willingness to submit" (James 4:10).

“There are two ways to attain high esteem. One is the world’s method: Take every opportunity to promote yourself before others, seize occasions for recognition and manipulate your way into the center of attention. The other way is God’s way: Humble yourself. Rather than striving for recognition and influential positions, seek to put others first. Cultivate humility, for it does not come naturally. One of the many paradoxes of the Christian life is that when God sees your genuine humility, He exalts you.”
- Henry Blackaby

June 16 – Day 02

Pray for a spirit of compassion.

"Love in action" (Mark 8:1-2)

The term compassion has its linguistic roots in the Latin terms *com* (with) and *pati* (suffering). Practically speaking, we have compassion when we set aside indifference and connect with those who are in pain. In a curious way, this seems to be a first step toward healing.

June 17 – Day 03

Pray for a spirit of purity.

"A desire to be clean" (Matthew 5:8).

God’s people are clearly called to be a distinct, separate people. Christians are to maintain a clear identity as a separate people, both in what they believe, and in how they behave. God loves those who desire to be clean. - That is, whose minds, motives, and principles are pure; who seek not only to have the external actions correct, but who desire to be holy in heart, and who are so. People looks on the outward appearance, but God looks on the heart.

June 20 – Day 04

Pray for a spirit of purpose.

"A wisdom to set goals" (Proverbs 4:25)

It is about letting the Holy Spirit empower you. The Holy Spirit will light upon you and give you power as it was on the day of Pentecost (see Acts 2). It's like getting a booster to your rocket. It is letting the Holy Spirit take the lead. As in a waltz or dance, you let the other take the lead and gently nudge you in the direction you are to go. We learn to yield to the "now promptings" on the Holy Spirit.

June 21 – Day 05

*Tuesday of Video, visit www.skanpresby.org

June 22 - Day 06

Pray for a spirit of commitment.

"A dedication to the ‘cause'" (Joshua 24:15)

Commitment means pledging oneself to something or to someone else, with dedication and loyalty. Making a commitment is making a promise, a vow, a pledge and an obligation, binding oneself. Jesus and the writers of the Bible ask many times that we make a commitment and we bind ourselves to Him.

June 23 - Day 07

Pray for a spirit of diligence.

"A willingness to work hard" (2 Peter 1:5)

Some people are just lazy, which is why they never see anything accomplished with their lives. They blame their lack of success on this, that, and everything but themselves. But God is no respecter of persons. What He does for one, He will do for all. The key factors that make the difference are not about God, but about a person's level of determination and his or her willingness to do whatever is necessary to achieve a goal.

June 24 - Day 08

Pray for a spirit of sensitivity.

"Openness of heart" (Luke 10: 30-37)

The deeper God's name is inscribed upon us, the more sensitive we are to the fire of His presence and the gentle whispers of His Spirit — the more sensitive we are to His beckoning and His direction. Never take for granted the movement of the Holy Spirit upon you, the light of the Lord radiating from within you or the oneness with God that He has afforded you.

June 27 – Day 09

Pray for a spirit of consistency.

"The quality of faithfulness" (James 1:8)

Imagine if you planted a tree in your front yard, but after awhile, I decided it would look better in my backyard. Then after a few months, you move it again, and again. Not only will that tree fail to flourish, but it also will struggle to just survive. Yet some people are like that with God. They decide to go to church, read their Bible, and pray regularly. They do this for a month, and then they uproot themselves and disappear for a few months. Eventually they come back and are at it again, but they never will grow spiritually that way. Consistency is part of witnessing God in your life.

June 28 - Day 10

*Tuesday of Video, visit www.skanpresby.org

June 29 - Day 11

Pray for a spirit of availability and not simply ability.

"A willingness to go" (Isaiah 6:8)

What kind of person does God seek to use? What qualifications is He looking for in someone? Is it a towering intellect? Is it natural leadership ability? Could God ever use someone who is a bit shy by nature? Does this person have to be very talented or handsome or beautiful? The answer to all of these questions is clearly no. It seems as though God goes out of His way sometimes to choose the most unexpected people to use.

June 30 - Day 12

Pray for a spirit of loyalty.

"A zeal for fidelity" (Ruth 1:16)

What does it mean to be loyalty...to be loyal to God? I mean, if we were to sum up loyalty to God, what would it be? Here's what it would be. Love the Lord your God with all your heart, soul, mind and strength. There is no better definition of loyalty to God than that. To love the Lord your God with all your heart, soul, mind and strength so that from every dimension of your being there is a consummate concern that God be honored. This is the first and great commandment and if you keep it, all the rest are superfluous. That is loyalty.

July 1 – Day 13

Pray for a spirit of Servanthood.

"The ministry of helps" (Galatians 6:9-10)

During difficult days of war, regardless of one's particular persuasion, everyone owes a mighty debt of gratitude to the men and women of the armed forces of the United States of America who serve, and who risk their lives for freedom. Many people not too long ago were touched by the story of a football player named Pat Tillman who walked away from 3.9 million dollars offered to him to play in the NFL. He walked away from a lucrative career because he felt he had an obligation to serve. That choice cost him his life. Our service to God is one that will cost much, even our lives, but we should be willing to fulfill our obligation to serve Him.

July 5 - Day 14

*Tuesday of Video, visit www.skanpresby.org

July 6 – Day 15

Pray for a spirit of tenderness.

"A willingness to weep" (2 Kings 22:19)

Tenderness of spirit is preeminently divine. It is not the delicacy and soft sensibility of a mere gentle make-up of body and mind, which some persons naturally possess in a high degree. It is a supernatural work throughout the whole spiritual being. It is an exquisite interior fountain of God's own sweetness and tenderness of nature, opened up in the inner spirit to such a degree that it completely inundates the soul, overflowing all the mental faculties, and saturating with its sweet waters the manners, expressions and words. It cannot be borrowed, or put on for special occasions; it is emphatically supernatural, and must flow out incessantly from the inner fountains of the life.

July 7 – Day 16

Pray for a spirit of maturity.

"The capacity to grow" (Hebrews 5: 12-14)

Christian maturity requires a radical reordering of one's priorities, changing over from pleasing self to pleasing God and learning to obey God. The key to maturity is consistency, perseverance in doing those things we know will bring us closer to God. These practices are referred to as the spiritual disciplines and include things such as Bible reading/study, prayer, fellowship, service, and stewardship. No matter how hard we might work on those things, however, none of this is possible without the enabling of the Holy Spirit within us.

July 8 – Day 17

Pray for a spirit of holiness.

"Without holiness no one will see the Lord" (Hebrews 12:14).

Holiness is not only a possibility for the Christian; holiness is a requirement. The difference between God and us is that God is inherently holy while we, on the other hand, only become holy in relationship to Christ and we only increase in practical holiness as we mature spiritually. The New Testament emphasizes the pursuit of holiness in this world and the final attainment of holiness in the world to come.

July 11 – Day 18

Pray for a spirit of reliability.

"A depth of dependability" (1 Corinthians 4:2)

If you had to pick 3 reliable people in your life who would they be? It is hard to put our trust into many people's hands. Reliable people are the kind of people you can count on no matter what. They will be there for your ups and your downs. These are the people who are most worthy of your trust. It is

crucial to have at least one person in our lives that we can fully trust. You need that one person you can vent to at all times. One person you can always TRUST is the LORD, He will always be by your side!

July 12 – Day 19

*Tuesday of Video, visit www.skanpresby.org

July 13 – Day 20

Pray for a spirit of self-denial.

"A sacrifice to surrender" (Luke 9:23)

To “deny” yourself means to say “No” to yourself and “Yes” to God. Paul is not talking about asceticism — forgoing earthly possessions, not eating certain foods, ignoring the world, etc. To say it differently, the process of denial is “to humbly submit my will to God.” It is to go through life repeating the words that Jesus said the night before he died. When he was praying in the garden, he said to God his Father, “Not my will but yours be done.” It is what millions of Christians have prayed for centuries when they repeat what we call the “Lord’s Prayer.

July 14 – Day 21

Pray for a spirit of confidence.

"A baptism of boldness" (Philippians 4:13)

Many times we let the cares of the world weigh us down and we have too much noise in our spirit, so much so that it becomes difficult to even hear God speaking to us. We must have that personal relationship with the spirit of God. We must come to a point where we know God’s voice. Pick a time when you can let it all loose and have a time to pray and let it all out before God. We must start to practice asking the Holy Spirit what he thinks, like; (should I go there tonight, should I pay that amount, should I date her/him or something as simple as answering the phone for a certain person...) some

my say that’s being too deep, there’s nothing too little to allow the spirits input, that is practicing a life that analogizes the Holy Spirit.

July 15 – Day 22

Pray for a spirit of integrity.

"The quality of truthfulness" (Romans 12:17)

Integrity is the foundation of leadership. You only lead people if they trust you. If you lose people’s trust, you’ve lost it all. That’s why the right to lead is earned, and it’s earned by being trustworthy. I think the most damaging sin a leader can commit is to betray the trust of his people. You can work on your Spirit of Integrity by never considering yourself above temptation, keeping a close watch on your spiritual Temperature and by guarding your Sabbath.

July 18 – Day 23

Pray for a spirit of repentance.

"A willingness to change" (Luke 3:8)

Repentance is a change of mind, is a change of attitude and mental perspective, which results in a change in behavior. It means turning from the way of life that is contrary to God’s law, and turning to the way of life that is defined by God’s word, which consists chiefly of the Ten Commandments, but includes other commandments, statutes, and judgments, as well. Repentance means to surrender one’s life—one’s whole being, both mind and body—to God’s will as expressed in His revealed Word.

July 19 – Day 24

*Tuesday of Video, visit www.skanpresby.org

July 20 – Day 25

Pray for a spirit of submission.

"Choosing to yield" (Ephesians 5:21)

Before we can exercise authority, we must first practice submission. God desires us to increase and succeed, but it's not automatic. Every person must journey through an interim period of submission TO authority before being promoted to the one IN authority.

July 21 – Day 26

Pray for a spirit of teachability.

"A quality of meekness" (Titus 3:2)

A teachable person will listen when God speaks and change direction accordingly. I believe God can sometimes speak through supernatural ways, but in my experience, His voice has often come through other people. I have received critical course correction through those who love me enough to say, "There's something you need to change." And as He speaks through His Word, His Spirit, and other people, we are always faced with a choice: will we be foolish or wise?

July 22 – Day 27

Pray for a spirit of prayer.

"A longing to wait" (Isaiah 40:31)

The spirit of prayer is one of the most precious graces in the spiritual life — indeed, the chief of all graces, the beginning and fulfillment of all good. So long as it lives within you, you will be grounded and rooted in God and in all that is good, and all within you can be restored and turned to good.

Without it, your whole spiritual life is unreliable. A spirit of prayer must pervade and sanctify everything you do. Even in the most absorbing occupations, try to preserve this spirit. You will do so if you fulfill these two conditions: that you habitually live the life of prayer; and that you do not permit your activity

to do away with the life of prayer. This may happen if you withdraw your activity from the influence of our Lord.

July 25 – Day 28

Pray for a spirit of unity.

"Keep the unity of the Spirit in the bond of peace" (Eph. 4:3)

Unity is not optional. Our walk, our way of life, must be worthy of this call to peace in Christ. Unity is based on love. Love is the "bond of perfection," the "the bond of peace," the glue that binds the members of the body together in Christ. We love one another as Jesus has loved us. Love bears fruit: tender mercies, kindness, humility, meekness, lowliness, gentleness, longsuffering, bearing with one another, and forgiving one another, as Christ forgives us. These are ingredients in the recipe for unity. Unity must be maintained. We must "keep the unity of the Spirit." Christian unity is not man's invention. It is not created by the formation of central authorities or by the publication of human creeds. These are actually departures from unity in Christ.

July 26 – Day 29

*Tuesday of Video, visit www.skanpresby.org

July 27 – Day 30

Pray for a spirit of diligence.

"A willingness to work hard" (2 Peter 1:5)

Evidently, the spirit of diligence is at work in this ministry. Even though God is the doer of these things, the spirit of diligence brings them to manifestation. It is a spiritual virtue and a key ingredient required for success in life. It is the persistent, determined, constant and earnest effort to complete a task. Diligence is the platform for excellence. Until the spirit of diligence comes into play, excellence never becomes a reality.

July 28 – Day 31

Pray for a spirit of restoration.

"A ministry of healing" (Isaiah 61:1-2)

Restoration in every dimension of human experiences is at the heart of the Christian gospel. It is woven through all the scriptures and must be at the forefront of our ministry of the truth. According to the dictionary, "to restore" means to "bring back to a former or original condition." When something is restored in scripture however, it is always increased, multiplied or improved so that its latter state is significantly better than its original state.

July 29 – Day 32

Pray for a spirit of trust.

"A fearless reliance" (Psalm 125:1)

Trust the Spirit God to help you relax and let go. Trust the Spirit of God to increase your health, happiness, and contentment. Trust the Spirit of God to bring you refreshing rest, sleep, and renewal each night. Trust the Spirit of God to reveal to you right companions and satisfying relationships. Trust the Spirit God to pave the way to effective action and enjoyable living. Trust!

August 1 – Day 33

Pray for a spirit of revelation.

"Learning to listen" (Ephesians 1:15,18)

Revelation is communication from God to His children on the earth and one of the great blessings associated with the gift and constant companionship of the Holy Ghost. This blessing is not restricted to the presiding authorities of the Church, ministers or elders; rather, it belongs to and should be operative in the life of every man, woman, and child.

August 2 – Day 34

*Tuesday of Video, visit www.skanpresby.org

August 3 – Day 35

Pray for a spirit of assurance.

"A depth of faith" (Hebrews 10:22)

Assurance is the confident realization of that security. It is the realization of what we have in Christ such as eternal life, forgiveness of sin, and being the object of God's personal care as his children. Assurance has to do with our comprehension of the facts and provisions of salvation through faith in Christ. This is a crucial doctrine because, properly understood, it will touch the believer's life in several areas. Not only does it give assurance of salvation, but with that also comes a greater assurance of God's provision in all areas of life.

August 4 – Day 36

Pray for a spirit of simplicity.

"A lifestyle uncluttered" (Romans 12:8).

Apparently, people have always needed to know what God wants from them. It's true that He has revealed what He wants ... and expects. But people have attempted life on their own terms, and what God wants of them gets "lost" in the darkness of human wisdom and striving. In reality God wants everything that matters, beginning with you.

August 5 – Day 37

Pray for a spirit of authority.

"A capacity to command" (Matthew 16:19)

God's authority can't be separated from His rulership. Jesus said that all authority in Heaven and earth had been given to Him. He is the King of the Kingdom of God. He delegates that authority to whom it

pleases Him [us]. As believers we all have a measure of authority because we are "in the Name of Jesus". We speak the command of the King to demons and they have to flee. We speak to diseases and they are healed. All done by the authority of the Name of Jesus. You are powered by Jesus' authority, but that authority doesn't belong to you.

August 8 – Day 38

Pray for a spirit of generosity.

"The desire to give" (Matthew 10:8).

The concept of generosity has many meanings, most often connoting giving of money or gifts to charities or other people. Other definitions of the word include: Showing a readiness to give more of something, as money or time, than is strictly necessary or expected. Showing kindness toward others but at the end Generosity is what allow us to receive.