



SURRENDERING YOUR TENSIONS

***Scriptural Reading:
(Exodus 33:12-23)***

SATURDAY
12TH
DECEMBER
2020

Why are we so caught up with tension and stress? Most times we become tense because we allow the pace of modern life to get hold of us. We think we can't achieve things unless they are done in hurry. Again, we struggle to have our own ways in all things even when they may not be the best for us.

When stress threatens to break you, how do you deal with it? You only need to surrender the causes of the tension to God and invite Him to help you handle it. Sometimes you may try too hard to meet people's expectations and it costs you endless stress and tension. You may need to understand that human want is insatiable and that the only way you can be satisfied is to let Jesus be enough for you. Find out the causes of your stress and cast them at the feet of Jesus. You will see you will be satisfied and peaceful



MEDITATION:

What are the causes of your stress and tensions, and how are you dealing with them?



STRATEGIC PRAYER POINT:

1. Father help me identify the tension areas in my life and grant me the willingness to surrender them to you
2. Help me to live by your expectations and not people's expectations
3. Pray for the Leaders of the Church and of the Catholic Charismatic Renewal of Nigeria
4. Present your private intentions to God
5. Say your daily prophetic Prayers (Page 6)
6. Pray the act of consecration to the Holy Spirit (Page 107)

DAILY PROPHETIC PRAYERS

Lord you are my Shepherd there is nothing I shall want. You make me to lie down in green pastures. You also lead me besides the still waters. Lord you restore my soul and lead me on the path of righteousness for your name sake. Even though I walk through the valley of the shadows of death, I shall fear no evil. For you oh Lord are with me in all situations. Your shepherd rod comforts me with signs and wonders, deliverance and protection in the victorious name of Jesus Christ of Nazareth. Amen.

For this reason, I shall neither stumble nor fall. I shall not be a victim of accident, sickness, diseases and untimely death. I shall rise above every limitation and rejoice as you prepare a table before me in the presence of my enemies.

You oh lord have anointed my head with oil and has declared to the hearing of my enemies; "Touch not my anointed and do my prophet no harm". By the reason of your anointing upon my life oh Lord, my cup overflows with grace, mercy, uncommon favors, divine uplifting and your blessing that makes rich and adds no sorrows in the mighty name of Jesus.

Surely, your goodness and mercy shall follow me, all the days of my life and I shall dwell in the house of the Lord, forever and ever in the most powerful name of Jesus Christ of Nazareth. Amen.

ACT OF CONSECRATION TO THE HOLY SPIRIT

On my knees, before the great multitude of heavenly witnesses, I offer myself, soul and body to you, Eternal Spirit of God. You are the strength and light of my soul and I desire never to grieve you by unfaithfulness. Mercifully guard my every thought and grant that I may always watch for your light, and listen to your voice, and follow your gracious inspirations. I cling to you and give myself to you and ask you, by your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened Side and stricken Heart, I implore you Spirit, Helper of my infirmity, to keep me in your grace that I may never sin against you. Give me grace O Holy Spirit of the Father and the Son to say to you always and everywhere, "Speak Lord for your servant listens." Amen.

PRAYER FOR THE SEVEN GIFTS OF THE HOLY SPIRIT

O Lord Jesus Christ, before ascending into heaven you did promise to send the Holy Spirit to finish your work in the souls of your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of your grace and your love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of your divine truth, the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that I may bear my cross with you and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Knowledge that I may know God and know myself and grow perfect in imitation of the Saints, the Spirit of Piety that I may find the service of God sweet and amiable, and the Spirit of Fear that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord with the sign of your true disciples, and animate me in all things with your Spirit. Amen.