

Prayer to Release and Receive

Paul H. VanValin

Part One: Prayer to Release

Sitting comfortably with palms held downward repeat the Deeds of the Flesh from Galatians 5 one at a time preceded by saying "I release (insert Deed of Flesh)."

Express one phrase for each exhalation. Breathe slowly but naturally.

(Inhale) "I release sexual immorality." (Inhale) "I release impurity." (Inhale) "I release debauchery." (Inhale and continue through the list).

Then add whatever you think you might need to release. (Inhale) "I release fear." Or (Inhale) "I release coveting my friend's income."

Then ask God to reveal if there is anything else to release. "Lord what would you have me release." Listen quietly. If something comes to mind state, "I release..." Don't worry if it is your thoughts and memories or God speaking to you. Just release it.

Part Two: Prayer to Receive.

Continuing to sit comfortably you turn your palms upward in the universal sign of receiving. Repeat the Fruit of the Spirit in Galatians 5 in the same manner as the Prayer to Release. (Inhale) "I receive love." (Inhale) "I receive joy." (Inhale) "I receive peace." (Inhale) continue through the 9 Fruit of the Spirit.

Then add what you think God would have you receive. "I receive hope." (Inhale) "I receive courage." Until you feel finished.

Then ask God to reveal if there is anything else to receive.

This takes about 5 minutes total.

Remember to inhale and exhale completely and slowly as you do this.

One phrase per breath.