

Daily Prayer

This is the daily prayer written by John Eldredge, author of [Waking the Dead](#), [Wild at Heart](#), and others (www.ransomedheart.com).

My dear Lord Jesus, I come to you now to be restored in you—to renew my place in you, my allegiance to you, and to receive from you all the grace and mercy I so desperately need this day. I honor you as my sovereign Lord, and I surrender every aspect of my life totally and completely to you. I give you my body as a living sacrifice; I give you my heart, soul, mind, and strength; and I give you my spirit as well. I cover myself with your blood—my spirit, my soul, and my body. And I ask your Holy Spirit to restore my union with you, seal me in you, and guide me in this time of prayer. In all that I now pray, I include (my wife, and/or my children, by name). Acting as their head, I bring them under my authority and covering, and I come under your authority and covering. Holy Spirit, apply to them all that I now pray on their behalf.

Dear God, holy and victorious Trinity, you alone are worthy of all my worship, my heart's devotion, all my praise and all my trust and all the glory of my life. I worship you, bow to you, and give myself over to you in my heart's search for life. You alone are Life, and you have become my life. I renounce all other gods, all idols, and I give you the place in my heart and in my life that you truly deserve. I confess here and now that it is all about you, God, and not about me. You are the Hero of this story, and I belong to you. Forgive me, God, for my every sin. Search me and know me and reveal to me any aspect of my life that is not pleasing to you, expose any agreements I have made, and grant me the grace of a deep and true repentance.

Heavenly Father, thank you for loving me and choosing me before you made the world. You are my true Father—my Creator, my Redeemer, my Sustainer, and the true end of all things, including my life. I love you; I trust you; I worship you. Thank you for proving your love for me by sending your only Son, Jesus, to be my substitute and representative. I receive him and all his life and all his work, which you ordained for me. Thank you for including me in Christ, for forgiving me my sins, for granting me his righteousness, for making me complete in him. Thank you for making me alive with Christ, raising me with him, seating me with him at your right hand, granting me his authority, and anointing me with your Holy Spirit. I receive it all with thanks and give it total claim to my life.

Jesus, thank you for coming for me, for ransoming me with your own life. I honor you as my Lord; I love you, worship you, trust you. I sincerely receive you as my redemption, and I receive all the work and triumph of your crucifixion, whereby I am cleansed from all my sin through your shed blood, my old nature is removed, my heart is circumcised unto God, and every claim being made against me is disarmed. I take my place in your cross and death, whereby I have died with you to sin and to my flesh, to the world, and to the Evil One. I am crucified with Christ, and I have crucified my flesh with all its passions and desires. I take up my cross and crucify my flesh with all its pride, unbelief, and idolatry. I put off the old man. I now bring the cross of Christ between me and all people, all spirits, all things. Holy Spirit, apply to me (my wife and/or children) the fullness of the work of the crucifixion of Jesus Christ for me. I receive it with thanks and give it total claim to my life.

Jesus, I also sincerely receive you as my new life, my holiness and sanctification, and I receive all the work and triumph of your resurrection, whereby I have been raised with you to a new life, to walk in newness of life, dead to sin and alive to God. I am crucified with Christ, and it is no longer I who live but Christ who lives in me. I now take my place in your resurrection, whereby I have been made alive with you, I reign in life through you. I now put on the new man in all holiness and humility, in all righteousness and purity and truth. Christ is now my life, the one who strengthens me. Holy Spirit, apply to me (my wife and/or my children) the fullness of the resurrection of Jesus Christ for me. I receive it with thanks and give it total claim to my life.

Jesus, I also sincerely receive you as my authority and rule, my everlasting victory over Satan and his kingdom, and I receive all the work and triumph of your ascension, whereby Satan has been judged and cast down, his rulers and authorities disarmed, all authority in heaven and on earth given to you, Jesus, and I have been given fullness in you, the Head over all. I take my place in your ascension,

whereby I have been raised with you to the right hand of the Father and established with you in all authority. I bring your authority and your kingdom rule over my life, my family, my household, and my domain. And now I bring the fullness of your work—your cross, resurrection, and ascension—against Satan, against his kingdom, and against all his emissaries and all their work warring against me and my domain. Greater is he who is in me than he who is in the world. Christ has given me authority to overcome all the power of the Evil One, and I claim that authority now over and against every enemy, and I banish them in the name of Jesus Christ. Holy Spirit, apply to me (my wife and my children) the fullness of the work of the ascension of Jesus Christ for me. I receive it with thanks and give it total claim to my life.

Holy Spirit, I sincerely receive you as my Counselor, my Comforter, my Strength, and my Guide. Thank you for sealing me in Christ. I honor you as my Lord, and I ask you to lead me into all truth, to anoint me for all of my life and walk and calling, and to lead me deeper into Jesus today. I fully open my life to you in every dimension and aspect—my body, my soul, and my spirit—choosing to be filled with you, to walk in step with you in all things. Apply to me, blessed Holy Spirit, all of the work and all of the gifts in Pentecost. Fill me afresh, blessed Holy Spirit. I receive you with thanks and give you total claim to my life (and my wife and/or children).

Heavenly Father, thank you for granting to me every spiritual blessing in the heavenlies in Christ Jesus. I receive those blessings into my life today, and I ask the Holy Spirit to bring all those blessings into my life this day. Thank you for the blood of Jesus. Wash me once more with his blood from every sin and stain and evil device. I put on your armor—the belt of truth, the breastplate of righteousness, the shoes of the readiness of the gospel of peace, the helmet of salvation. I take up the shield of faith and the sword of the Spirit, the Word of God, and I wield these weapons against the Evil One in the power of God. I choose to pray at all times in the Spirit, to be strong in you, Lord, and in your might.

Father, thank you for your angels. I summon them in the authority of Jesus Christ and release them to war for me and my household. May they guard me at all times this day. Thank you for those who pray for me; I confess I need their prayers, and I ask you to send forth your Spirit and rouse them, unite them, raising up the full canopy of prayer and intercession for me. I call forth the kingdom of the Lord Jesus Christ this day throughout my home, my family, my life, and my domain. I pray all of this in the name of Jesus Christ, with all glory and honor and thanks to him.