




# PRAY THE OPPOSITE



**Step 1.** Identify how you feel. “I feel confused, overwhelmed, guilty, ashamed, ecstatic, sad, lonely, hopeful, depressed, furious, frustrated, anxious, bored ...”

**Step 2.** Name the lies about yourself. Give it a word or two. Think of the ugly words, the fruitless icky stuff.


**Step 3.** Now play the “opposite” game. Think of the complete opposites of your icky words. Use an antonym finder if you have to.

**Step 4.** Now that you have a list of encouraging words (the opposites of your icky ones), fruit of the Spirit even, look up Scripture passages that contain those words. You can search for your key words on [Biblegateway.com](http://Biblegateway.com) or use a topical Bible like [Openbible.info/topics/](http://Openbible.info/topics/). Write down at least two relevant verses in your journal. I’ll bet you will find even more than that though!

**Step 5.** Write your verses on Post-it notes. Put them on your mirror, your cabinets, anywhere you will see them regularly. Memorize these words that remind you of who you are.

**Step 6.** Put maybe one-tenth of your prayer time toward asking the Lord to get rid of your first list of icky words. The enemy would love nothing more than to have you camp out on his messy work ... but you are the redeemed in Christ and have better things to do! Name it and move on! The point is, don’t get hung up on your junk.

**Step 7.** Get down to business asking the Lord for all those lovely, positive, fruit-ridden words from your “opposite” list. Proclaim those benefits of heaven over your life, and believe the truth about who God says you are!



**Step 8.** Still feeling icky? Rinse and repeat until you’ve achieved a fresher you.

