

## 101 Prayer Requests for the Spiritual Health of Others

Below is a list compiled by one of Glenn C. Stewart's pastoral interns. He has used it over the years personally and shared it with small groups. In the New Testament, most of Paul's requests were for spiritual health. Physical and material needs are important but we often neglect the spiritual welfare of others when we pray. This is a structured approach to addressing spiritual welfare prayer for others.

### **Spiritual Health Prayer List Instructions:**

#### In a Group Setting:

Have enough copies for the entire group. Everyone should read the list and select three to five requests they would like others to pray for them. Each member of the group should initial three to five requests on every packet (the group can pass them around so everyone can initial each packet). Every member of the group should take a packet home so that all members will pray for each other during the week.

#### Personal Use:

Anyone looking for spiritual health prayer ideas can utilize the requests below for people in their lives. Of course, these requests can also be used for prayers about your own personal growth and spiritual life as well.

### **101 Spiritual Health Prayer Requests List:**

Lord, please help \_\_\_\_\_ to...

1. ...love God with all their heart, soul, mind, and strength
2. ...present their body as a living sacrifice acceptable to God
3. ...walk humbly with God
4. ...be an imitator of God
5. ...submit to God
6. ...humble herself or himself in the presence of the Lord
7. ...know Christ and the power of His resurrection
8. ...please Christ in all aspects
9. ...be rooted and firmly built up in Christ
10. ...abide in Christ
11. ...fix their eyes on Jesus
12. ...not grieve the Holy Spirit
13. ...live by faith

14. ...walk by the Spirit
15. ...walk in a manner worthy of their calling
16. ...walk no longer in the futility of the mind
17. ...lay aside the old self and put on a new self
18. ...evidence the fruit of the Spirit
19. ...walk in love
20. ...conduct herself (or himself) in a manner worthy of the gospel
21. ...pursue righteousness, godliness, faith, love, gentleness, and perseverance
22. ...be rooted and grounded in love
23. ...be transformed by the renewing of their mind
24. ...not think more highly of themselves than they ought to think
25. ...think on things that are pure, lovely, true, honorable, just, right, and praiseworthy
26. ...set their mind on things above
27. ...take every thought captive to the obedience of Christ
28. ...not be conformed to this world.
29. ...abhor what is evil
30. ...not carry out the desire of the flesh
31. ...not allow any immorality, impurity, or greed to be named among them
32. ...put away all bitterness, wrath, anger, malice, and slander
33. ...not participate in the unfruitful deeds of darkness
34. ...consider themselves dead to immorality, impurity, and greed
35. ...resist the devil
36. ...not practice sin
37. ...not love the world or the things in the world
38. ...not give the devil a foothold or opportunity in their life
39. ...do nothing in selfishness or conceit
40. ...put no confidence in the flesh
41. ...love their neighbor as they do themselves
42. ...be devoted to others in brotherly love
43. ...contribute to the needs of the saints
44. ...practice hospitality
45. ...bear others burdens
46. ...show patience and forbearance to others
47. ...be kind to others, tenderhearted, and forgiving
48. ...teach and admonish others
49. ...share with those who have needs
50. ...regard himself (or herself) as less important than others
51. ...stimulate others to love and good works
52. ...bless those who persecute them
53. ...rejoice with those who rejoice
54. ...weep with those who weep
55. ...not envy others
56. ...be diligent to preserve the unity of the Spirit
57. ...speak the truth in love

58. ...let no unwholesome word proceed out of their mouth
59. ...allow no filthiness or coarse jesting to come out of their mouth
60. ...lay aside falsehood and speak truth
61. ...do all things without grumbling and complaining
62. ...bridle the tongue
63. ...not complain
64. ...let the Word of Christ richly dwell in them
65. ...be a doer of the Word
66. ...look intently into the Word
67. ...meditate on the Word day and night
68. ...hide God's Word in their heart
69. ...keep Christ's commandments
70. ...live in harmony with their spouse
71. ...love their wife
72. ...submit to their husband
73. ...raise children in the nurture and admonition of the Lord
74. ...allow God to open the door to speak the mystery of Christ
75. ...be bold in their witness
76. ...conduct themselves in wisdom toward unbelievers
77. ...persevere in tribulation
78. ...always give thanks for all things
79. ...be anxious for nothing
80. ...consider it joy when they encounter trials
81. ...be content in whatever circumstances they are in
82. ...be devoted to prayer
83. ...have a spirit of wisdom
84. ...be strengthened in their inner person
85. ...expose the deeds of darkness
86. ...abound more and more in knowledge and discernment with love
87. ...evidence fruitful labor
88. ...rejoice in the Lord always
89. ...count all things to be loss compared to Christ
90. ...be filled with the knowledge of God's will in all spiritual wisdom and understanding
91. ...bear fruit in every good work and increase in the knowledge of God
92. ...be strengthened with all power
93. ...be overflowing with gratitude
94. ...put on a heart of compassion, kindness, humility, patience, and gentleness
95. ...have the peace of Christ rule in their heart
96. ...do their work heartily as to the Lord
97. ...put on the full armor of God
98. ...be quick to hear, slow to speak, and slow to anger
99. ...lay up for herself (or himself) treasure in Heaven
100. ...have the words of their mouth and the meditation of their heart be acceptable to God
101. ...run with endurance the race set before them



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for the use of pastors and churches as a spiritual growth tool.

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