



## STEP 2

### Praying the Saving F.A.C.E. Prayer

#### FEAR

Looking over your day/week/season, ask God to show you what **Fear** is predominant in your heart. Try to dig deeply and see what you are really afraid of (it may not be what you expect because our true fears are often hidden beneath our level of consciousness).

As soon as you name that fear, simply take note of it and move to the next step.

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#### ATTACHMENT

Looking over your day/week/season, ask God to show you any **Attachments** to which you've been clinging to lately. You might be overly attached to a person (infatuated), to an idea (stubborn), or to a behavior (bad habit). Pay particular attention to your emotional attachment to people, ideas, or behaviors.

Once you've identified a particular attachment, take note of it and move on to the next step.

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#### CONTROL

Looking over your day/week/season, ask God to show you any situation in which you're trying too hard to exert **Control**. You may be trying to control people, organizations, or outcomes. It's difficult to admit that you're controlling, so ask God for the courage to do so.

When you find your particular obsession with control, simply acknowledge it and move to the next step.

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#### ENTITLEMENT

Looking over your day/week/season, ask God to show you if you have any silly notions of **Entitlement**.

For example: "I worked hard today, I deserve this doughnut / this drink / this cigarette." Or "I'm an important person; I'm entitled to skip my share of the chores, the menial tasks, the grunt work." Or "I'm the victim here. I have a right to blow up, to pout, to be passive, to feel sorry for myself."

If you find a false Entitlement, name it before God and move on.

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Now, place before God the four discoveries you've made: one **Fear**, one **Attachment**, one need to **Control**, and one **Entitlement**.

Ask God to show you which of the four is most strongly affecting your life right now. Zoom in on that one issue and leave the other three behind. Ask God for insight.

#### NOTES

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**STEP 3**

Ask for Forgiveness

Now, ask God for forgiveness for the times when you've let it get the best of you.

Ask God to show you what tomorrow may look like if you acted out of freedom from this issue. In specific terms: How would your day be different if you didn't allow this issue to rule? How would your emotions, thoughts, words, and actions be different? Give this issue to God.

Say,

**"Lord, today I wish to turn over my \_\_\_\_\_ to you. I ask you to take over and become the Lord of my life, rather than letting this issue lord over me."**

Ask God to help you live your life in the freedom of God's mercy.

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**CLOSING**

When you've finished praying the Saving F.A.C.E. Prayer you can pray Psalm 51 over yourself in closing.

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me... You do not delight in sacrifice or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise."

- Psalm 51:10-17