

SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

People of Prayer Series

PRAYING WITH AUTHORITY

PRAYING BOLDLY IN THE POWER OF CHRIST'S AUTHORITY

Class One Reflection Exercises: “The Source of Our Authority in Prayer”

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This exercise is designed to help you personally apply the foundational truths from Class One: “The Source of Our Authority in Prayer” in the “Praying With Authority” course.

1. Identity Check: Who Are You in Christ?

Objective: Deepen your understanding of your identity as a child of God.

Read aloud these verses slowly: John 1:12, 1 John 3:1, Ephesians 2:6, 2 Corinthians 5:17-20.

On a piece of paper or journal, write:

“God says I am...” and list at least 10 identity statements from Scripture (e.g., “I am a child of God,” “I am seated with Christ,” “I am an ambassador of Heaven”).

Then, write a declaration prayer, boldly affirming these truths over your life.

2. The Badge of Authority Visualization

Objective: Internalize your spiritual authority.

Close your eyes and picture a police officer holding a badge—then replace the badge with a glowing light representing God’s authority in you.

Ask the Holy Spirit to show you what situation in your life He wants you to exercise authority in.

Journal what you see or sense.

Then pray with authority over that situation, using declarative prayer, not pleading.

3. The “Delegated Authority” Challenge

Objective: Practice using your authority in real-life situations.

Pick one of the following this week:

- Speak a blessing over your home each morning (declare peace, protection, God’s presence).
- Take a walk around your neighborhood, and pray with authority over families, schools, or crime concerns.
- If someone shares a need or struggle, offer to pray out loud, boldly declaring God’s promises over their situation.

Afterward, reflect:

- How did it feel to pray this way?
- What shifted spiritually, mentally, or emotionally?

4. The Spiritual Bank Account Activation

Objective: Begin making “withdrawals” from your spiritual inheritance.

Write out 3 specific areas where you need breakthrough (healing, provision, wisdom, etc.).

For each one, find a Scripture promise and turn it into a prayer declaration. Example:

- Need: Peace in anxiety.
- Scripture: Philippians 4:6–7.
- Declaration: “In Jesus’ name, I refuse anxiety. I receive the peace of God that surpasses understanding.”

Do this daily for one week and track any changes.

5. Humility Posture Exercise

Objective: Cultivate the spiritual posture that empowers authority—humility.

Begin your day in kneeling or bowing posture (physical humility) and pray: “Jesus, You must increase. I must decrease.”

Ask God: “Where am I operating in my own strength instead of Your authority?”

Write what He reveals and surrender it to Him in prayer.

6. Throne Room Access

Objective: Enter God’s presence with boldness and confidence.

Spend 10 minutes in silence, picturing Hebrews 4:16—a throne of grace.

Come before God as His beloved child, not a beggar.

Practice praying as if Heaven hears and responds—because it does.