

The Believer's Covenant of Repentance and Prayer

Living in First Love Obedience and Power

(by Dr. Gregory Frizzell)

In **The Believer's Covenant of Repentance and Prayer**, believers receive a practical biblical plumbline for ongoing growth and power. Regardless of theological slant, denomination or worship style, each of the seven commitments are God's non-negotiables for obedience and empowerment. While as believers we are wholly accepted in Christ's righteousness, we are to press toward the mark because we love Him. (John 14:15; 1 John 5:3)

It is important to understand the commitments in this covenant are more than just some nice sounding prayers. They reflect the seven essential elements of fully empowered Christians. The prayers represent the key areas in which we are to grow for the rest of our lives. Prayerfully consider the essential commitments and the Scriptures from which they flow. Some may consider all seven in their daily quiet time or simply reflect on a different one each day. By so doing, we freshly surrender all major areas to God every week. May we daily return to God in obedient, Spirit-filled living.

Seven Points of Obedience for Empowered Christians

1. **Lord Jesus, You are worthy of my deepest love and continual worship. I confess and repent of any ways my first love passion, service or worship have become lukewarm, routine or ritual.** By Your grace and Spirit, I covenant to love You with all my heart, soul, mind and strength. I will faithfully worship and serve You through my church. (Matthew 15:8, 22:37; John 4:23-24; Ephesians 5:18; Hebrews 10:25, 13:15; Revelation 2:1-4, 3:15-19)
2. **Blessed Lord, thank You for grace to live daily in Your closeness, fullness and power. I confess and repent of any neglect in personal prayer, Scripture reading or Holy Spirit empowerment.** By Your grace and Spirit, I will spend quality time in Your word and prayer for close listening to Your voice. (Psalm 119:11; Proverbs 11:30; John 8:31-32, 15:4-16, 17:3; Ephesians 5:18; James 5:16-18)
3. **God because You are holy, I desire to revere You in ever-deeper holiness. I confess and repent of any neglect of daily love and spiritual cleansing, moral purity, godly relationships and denying self.** By Your grace and Spirit, I commit to deep daily cleansing, ongoing repentance and full yielding to Christ's Lordship. I covenant to grow as a disciple and a discipler of others. (Leviticus 10:3; 2 Chronicles 7:14; Ecclesiastes 12:13; Matthew 16:24; John 14:15; 2 Corinthians 7:1; Hebrews 12:14; 1 Peter 1:6, 4:17)
4. **Lord Jesus, thank You for grace to love and seek reconciliation toward all. I confess and forsake any ignoring of damaged or inappropriate relationships in my present and past.** I covenant to fully forgive all who have offended me and seek forgiveness from all I have offended. By Your grace and Spirit, I will seek to walk in deep love and unity with my family, friends and all I encounter in daily life. (John 13:34-35; Matthew 5:23-24, 6:14-15, 17:20-22, 18:35; Hebrews 12:14; 1 John 4:7-11)
5. **Lord God, thank You for the power to build my family and relationships on the rock of Christ. I confess and forsake any failure to read Scripture and pray with and for my family.** By Your grace and Spirit, we will regularly pray together and abide in your word. (If single,) I will pray regularly with a godly growth and accountability partner.) (Matthew 5:24, 21:18; Ephesians 5:24-6:4; 1 Peter 3:7)
6. **Father God, I praise You for the power and privilege of being a witness for Jesus. I confess and repent of any failure to pray for global missions and lost souls. I repent of any negligence in sharing my faith.** By Your grace and Spirit, I covenant to pray daily for the lost and witness to the

gospel of Christ. I will boldly live out and proclaim the love and fear of the Lord. (Habakkuk 2:14; Matthew 28:18-19; Mark 8:38; Acts 1:8)

7. **Lord Jesus, I praise You for Your power to sweep the world in revival and spiritual awakening. I confess and repent of any failure to pray for a revived holy Church, spiritual awakening and God's glory to cover the earth.** By Your grace and Spirit, I will daily pray for revival and spiritual awakening, for persecuted believers and for salvation to sweep Israel and the Middle East. (Psalm 85:6-7; Joel 2:28; Habakkuk 2:14; Malachi 3:1-4; Hebrews 13:1-3; Psalm 122:6)