



## TEN STEPS OF KINGDOM COURT CONTEMPLATIVE PRAYER

*\*Application Example Provided with Each Step*

### 1. ENTRANCE:

Praise ~ Ask for the doors of the Court to be opened ~ Visualize walking into Court with our angels with God seated as Judge on His Mercy Seat. (*Isa. 33:22*) ~ Cloud of Witnesses take their place (*Heb. 12:1*) ~ We may call from these witnesses anyone we would like to be present beside us or give testimony on our behalf.

I sing, "*I exalt Thee*" and visualize myself and my guardian angels walking into the Courts of Heaven. I ask for Mother Mary, Saint Joseph, my grandson Simeon and my grandfather William to come and stand beside me.

### 2. OPENING STATEMENT: Openly state situation.

I speak aloud: *Lord, my cousin spoke judgment and gossip over one of my children to my other cousins. I was informed and I sent a group text to these cousins explaining my hurt. Three cousins called to apologize, and the remaining cousin refuses to talk to me.*

### 3. TESTIMONY: Talk from depths of heart to God ~ Honor the pain and the love ~ Ask that the love be recorded ~ Witness may testify if desired.

I speak aloud: *I am really struggling. I feel so much pain over my cousin's lack of contact. My hurt is deep, but so is my love. I ask that my love for my child and for my cousin be recorded in the courts.*

### 4. ACCOUNTABILITY: We ask God to show us our part in this situation.

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*"The person who sets about making others better is wasting his time, unless he begins with himself."*  
*St. Ignatius of Loyola*

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Have we been overly sensitive? Contributed to the conflict? Do we need to apologize? Seek out the Sacrament of Reconciliation? Are we avoiding conflict by not addressing the issue directly and gossiping to others instead? (Matthew 18:15) \*underlined issue is very common

I speak aloud: *Lord, I take full responsibility for my group text. It lacked prudence as it was sent in a moment of anger. It also lacked courage because I was avoiding an uncomfortable and vulnerable conversation.*

### 5. REPENTANCE & REMOVAL: Repent and renounce ~ Ask that our words and actions be annulled and dismissed ~ Ask that enemy's stronghold to be removed ~ Plead the Blood of Jesus back to the 3<sup>rd</sup> & 4<sup>th</sup> generations, the span of culpability for generational sins (Numbers 14:18 & Revelation 12:11) ~ Claim His faithfulness to the 1000<sup>th</sup> generation. (Deuteronomy 7:9)

I speak aloud: *In Jesus' name, I repent and renounce my arrogance, anger, brashness, resentment, bitterness, fear of conflict, and pride. I ask my words and actions to be annulled and dismissed from God's court so that the enemy may no longer be given power through them and that the enemy's stronghold be completely removed. I plead the Blood of Jesus over my family back to the 3<sup>rd</sup> and 4<sup>th</sup> generations. I claim Your faithfulness to the 1000<sup>th</sup> generation.* \*Underlined words are important

6. HOLY FIRE: Ask for the Sacred Heart of Jesus to love ~ Repent on behalf of their sin. Like Ezra who repented on behalf of the sins of the Israelites (which led to their conversion), we too can repent on behalf of others. (Ezra 9:6)

I speak aloud: *I ask for the Sacred Heart of Jesus to inflame my own heart, so that I may love my cousin the way You do. In the love of Jesus, I repent on behalf of my cousin's sins.*

7. FORGIVENESS: Speak forgiveness over the person ~ Be specific.

I speak aloud: *In the name of Jesus, I forgive my cousin for speaking gossip over my child. In the name of Jesus, I forgive my cousin for their pride, unforgiveness, and arrogance.*

8. MAGNIFY THE GOOD: Although the painful situation was not good, we ask God to show us the good that He brought from it ~ Praise Him. (Romans 8:28)

I speak aloud: *Lord, thank You for allowing this pain to unite me and my husband more deeply in our marriage.*

9. MOTION FOR JUDGMENT: Speak prophecy and blessing over this person or situation ~ Ask for angels from the Host of Heaven to be released and a hedge of protection to surround us ~ Request desired outcome ~ Ask big.

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*"God will not be outdone in generosity." St. Ignatius.*

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I speak aloud: *Jesus, I ask for a spirit of love and humility to be poured down upon all of us. I ask that You heal our hearts and bring reconciliation and a spirit of childlike joy to be infused within us all. I ask for the angels from the Host of Heaven to be released and a hedge of protection to surround us all. Amen.*

10. CLOSING STATEMENT: Thank God and our Cloud of Witnesses ~ Rest case ~ Exit in praise.

I speak aloud: *Thank you, God, for this time in Your Court and thank you witnesses. I praise You, Lord, for Your justice. I rest my case. I exalt Thee, I exalt Thee, I exalt Thee, Oh, Lord.*

\*Aspects of *Kingdom Court Prayer* have been combined from multiple sources: *Operating in the Courts of Heaven* by Robert Henderson, Ignatian Contemplative Prayer, and through real-life application with many Builder-Sisters (seeing remarkable fruit). If you are praying for your child, we also encourage you to do this with your spouse. This printable document can be found on our website under *Resources ~ Power of Prayer*. There is absolutely no copyright on this document; please share it with others. Loved people ~ love people . . . Healed people ~ heal people . . . Freed people ~ free people. Let us go forth to love, heal, and free God's people.

