



## TEN STEPS OF KINGDOM COURT CONTEMPLATIVE PRAYER

*\*Application Example Provided with Each Step*

1. **ENTRANCE:** We begin with praise and ask for the doors of the court to be opened. We visualize ourselves walking into His court with faith and surrounded by our angels. It is welcoming, beautiful, and full of hope and light. We see God seated as Judge on His mercy seat. (Isaiah 33:22) We see the Cloud of Witnesses take their place. (Hebrews 12:1) **OPTIONAL:** We are welcome to call from these witnesses anyone we would like to be present with us: a specific saint or perhaps a deceased family member who deeply loved the Lord? We can visualize this person giving testimony on our behalf or just standing beside us in support.

I sing, *"I exalt Thee"* and I visualize myself and my guardian angels walking into the Courts of Heaven. I see the Cloud of Witnesses take their place. I ask for my grandson Simeon and my grandfather William along with the saints, Mother Mary, and St. Joseph to come and stand beside me.

2. **OPENING STATEMENT:** We state our case by openly explaining the situation. If we have a bible verse that connects or supports our case, we speak God's Word which will not return to Him void. (Isaiah 55:11)

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

3. **TESTIMONY:** We talk from the depths of our heart to God. We honor our pain by discussing how that conflict has hurt us. We also honor our love. We ask that our love for this person be recorded in the courts. If we have chosen someone from the cloud of witnesses to testify, we may contemplate them giving testimony on our behalf as well.

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. I ask for my grandson Simeon to take the stand and testify in love on behalf of our family.*

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 to another's words or actions? Have we provoked or contributed to the conflict? Do we need to apologize? Do we need to 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, please show me what part I played in this conflict . . . 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:** We repent and renounce before God anything we did that contributed to the conflict. We ask that our words and actions be annulled and dismissed from God's court and the enemy's stronghold to be completely removed. We plead the Blood of Jesus back to the 3<sup>rd</sup> & 4<sup>th</sup> generations ~ span of culpability for generational sins. (Numbers 14:18 & Revelation 12:11) We 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>d</sup> and 4<sup>th</sup> generations. I claim Your faithfulness to the 1000<sup>th</sup> generation.* \*Underlined words are important

6. **ACCEPTANCE:** We ask for the fire of the Sacred Heart of Jesus to inflame our own heart, so that we may love this person the way He does. The enemy uses sin as a stronghold, and we can repent on behalf of this person. Although we may not have been the ones to commit this sin, like Ezra who repented on behalf 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 pride, arrogance, retaliation, gossip, bitterness, and unforgiveness.*

7. **FORGIVENESS:** We speak forgiveness over the person for the pain their words or actions have caused. The more specific we are in our forgiveness, the more freedom we receive. We abandon all the hurt and pain to God.

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 can ask God to show us the good that He brought from it. We praise Him for those things, no matter how small. (Romans 8:28)

I speak aloud: *Lord, please show me the good you brought forth from this conflict . . . Thank you for allowing this pain to unite me and my husband more deeply in our marriage.*

9. **MOTION FOR JUDGMENT:** Then we speak our desired outcome. Reconciliation? Conversion? Healing? We speak prophecy and blessing over this person or situation. We ask for angels from the host of heaven to be released and/or a hedge of protection to surround us. We ask for MORE than we desire.

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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. I ask for 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 all my family. Amen.*

10. **CLOSING STATEMENT:** We thank God and our cloud of witnesses, rest our case, and exit court in praise.

I speak aloud: *Thank you, God, for this time in your court. Thank you witnesses for being with me today. 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; we highly encourage you to 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.

