

Praying Kingdom Prayers (75 Spiritual Qualities and Blessings to Pray)

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by Dr. Alvin VanderGriend

This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven...And lead us not into temptation, but deliver us from the evil one." (Matthew 6:9–10,13)

Another angel, who had a golden censer, came and stood at the altar. He was given much incense to offer, with the prayers of all the saints, on the golden altar before the throne. The smoke of the incense, together with the prayers of the saints, went up before God from the angel's hand. Then the angel took the censer, filled it with fire from the altar, and hurled it on the earth; and there came peals of thunder, rumblings, flashes of lightning and an earthquake. (Revelation 8:3–5)

One of the most exciting discoveries that I ever made about prayer was that, when we are praying for ourselves [petition], if our hearts are right with God and we ask in accord with His will, God will give us what we ask (1 John 5:14–15). In an effort to personally claim that promise and receive God's riches, I made a list of seventy-five spiritual qualities and

blessings mentioned in scripture—things I could be sure were “in accord with God’s will.” I understood these to be God’s purposes in my life. I asked God for these things several times each week. What I found was that God, true to His word, heard and answered these prayers. Little by little these qualities and graces became more and more real in my life. God was answering because I was praying for what He wanted. I was praying kingdom prayers.

When we intercede in faith for things that God purposes to do, we can pray with absolute assurance that He hears and answers these prayers. They may not always be answered according to our expectations or on our timetables, but they will surely be answered. Our prayers contribute to what God is doing—building His kingdom.

Spiritual Qualities & Blessings God Will Give to Those Who Ask

Use this list to form your kingdom prayers. Perhaps you will want to journal through this list as you ask God for what you desire Him to develop in you, and as you ask Him for His blessing in your life.

- **Love**

“The fruit of the Spirit is...*love*.” (Gal. 5:22)

- **Joy**

“The fruit of the Spirit is...*joy*.” (Gal. 5:22)

- **Peace**

“The fruit of the Spirit is...*peace*.” (Gal. 5:22)

- **Patience**

“The fruit of the Spirit is...*patience*.” (Gal. 5:22)

- **Kindness**

“The fruit of the Spirit is...*kindness*.” (Gal. 5:22)

- **Goodness**

“The fruit of the Spirit is...*goodness*.” (Gal. 5:22)

- **Faithfulness**

“The fruit of the Spirit is...*faithfulness*.” (Gal. 5:22)

- **Gentleness**

“The fruit of the Spirit is...*gentleness*.” (Gal. 5:23)

- **Self-control**

“The fruit of the Spirit is...*self-control*.” (Gal. 5:23)

- **Truth**

“Stand firm then, with the belt of *truth*.” (Eph. 6:14)

- **Faith**

“Take up the shield of *faith*.” (Eph. 6:16)

- **Hope**

“We have this *hope* as an anchor.” (Heb. 6:19)

- **Spiritual Wisdom**

“Wisdom is supreme; therefore, get *wisdom*.” (Pr. 4:7)

- **Goodness**

“Make every effort to add goodness.” (2 Pet. 1:5)

- **Knowledge**

“Make every effort to add...*knowledge*.” (2 Pet. 1:5)

- **Perseverance**

“Make every effort to add...*perseverance*.” (2 Pet. 1:6)

- **Godliness**

“Make every effort to add...*godliness*.” (2 Pet. 1:7)

- **Depth of Insight**

“abound...in depth of *insight*.” (Phil. 1:9)

- **Discernment**

“able to *discern* what is best.” (Phil. 1:9)

- **Blameless**

“able to be...*blameless*.” (Phil. 1:10)

- **Righteousness**

“filled with the fruit of *righteousness*.” (Phil. 1:11)

- **Understanding**

“fill you with...spiritual...*understanding*.” (Col. 1:9)

- **Worthy Life**

“We pray that you may live *a life worthy* of the Lord.” (Col. 1:10)

- **Please God in All Things**

“We pray that you may...*please God* in every way.” (Col. 1:10)

- **Fruitfulness**

“We pray that you may...*bear fruit* in every good work.” (Col. 1:10)

- **Spiritual Power**

“We pray that you may...*be strengthened* with all power.” (Col. 1:11)

- **Endurance**

“so that you may have great *endurance*.” (Col. 1:11)

- **Gratefulness**

“We pray that you may...joyfully *give thanks*.” (Col. 1:12)

- **Compassion**

“Clothe yourselves with *compassion*.” (Col. 3:12)

- **Brotherly Kindness**

“Clothe yourselves ...with *kindness*.” (Col. 3:12)

- **Humility**

“Clothe yourselves with...*humility*.” (Col. 3:12)

- **Forbearance**

“*Bear with* each other.” (Col. 3:13)

- **Forgiveness**

“*Forgive* as the Lord forgave you.” (Col. 3:13)

- **Word of Christ**

“Let the *word of Christ* dwell in you richly.” (Col. 3:16)

- **Watchfulness**

“Devote yourselves to prayer being *watchful*.” (Col. 4:2)

- **Graciousness**

“Let your conversation be *seasoned with salt*.” (Col. 4:6)

- **Obedience**

“If anyone loves me he will *obey* my teaching.” (Jn. 14:23)

- **Holiness**

“You ought to live *holy* and godly lives.” (2 Pet. 3:11)

▪ **Filling of the Spirit**

“Be *filled* with the *Spirit*.” (Eph. 5:18)

▪ **Conformity to Christ**

“Predestined to be *conformed* to the image of his Son.” (Rom. 8:29)

▪ **Spiritual Riches**

“Chosen...to be *rich in faith* and to inherit the kingdom.” (Jas. 2:5)

▪ **God’s Calling**

“Live a life worthy of the *calling* you have received.” (Eph. 4:1)

▪ **Grace**

“But grow in the *grace*...of our Lord Jesus Christ.” (2 Pet. 3:18)

▪ **Spiritual Growth**

“Crave spiritual milk so that...you may *grow*.” (1 Pet. 2:2)

▪ **Spirit of Praise**

“Offer to God a sacrifice of *praise*.” (Heb. 3:15)

▪ **Blessings of the Lord**

“The Lord *bless* you and keep you.” (Num. 6:24)

▪ **Protection of the Lord**

“The Lord will *keep you from all harm*.” (Ps. 121:7)

▪ **Smile of God**

“The Lord make his *face to shine* upon you.” (Num. 6:25)

▪ **Sound Spirit**

“May your...spirit be kept blameless...” (1 Thess. 5:23)

▪ **Sound Soul**

“May your...*soul* be kept blameless...” (1 Thess. 5:23)

▪ **Sound Body**

“May your...*body* be kept blameless...” (1 Thess. 5:23)

▪ **Praising Heart**

“*Praise* the Lord, O my soul...” (Psalm 146:1)

▪ **Repentance**

“Godly sorrow brings *repentance*...” (2 Co. 7:10)

▪ **Submission**

“*Submit* yourselves, then, to God...” (Jas. 4:7)

▪ **Prayer Devoted**

“Devote yourselves to *prayer*.” (Col. 4:2)

▪ **Meditation**

“*Meditate* on it (the book of law) day and night...” (Jos. 1:8)

▪ **Poor of Spirit**

“Blessed are the *poor in spirit*.” (Matt. 5:3)

▪ **Mournful**

“Blessed are those who *mourn*.” (Matt. 5:4)

▪ **Meekness**

“Blessed are the *meek*.” (Matt. 5:5)

▪ **Hunger after Righteousness**

“Blessed are those who *hunger...after righteousness.*” (Matt. 5:6)

▪ **Merciful**

“Blessed are the *merciful.*” (Matt. 5:7)

▪ **Purity of Heart**

“Blessed are the *pure in heart.*” (Matt. 5:8)

▪ **Peacemaker**

“Blessed are the *peacemakers.*” (Matt. 5:9)

▪ **Salt of the Earth**

“You are the *salt of the earth.*” (Matt. 5:13)

▪ **Light of the World**

“You are the *light of the world.*” (Matt. 5:14-16)

▪ **Delivered from Evil**

“*Deliver us from evil.*” (Matt. 6:13)

▪ **Abiding in Christ**

“Abide in me and I will *abide in you.*” (John 15:4)

▪ **Equipped for Good Work**

“Thoroughly *equipped* for every good work.” (2 Tim. 3:17)

▪ **Integrity**

“The *integrity* of the upright guides them...” (Prov. 11:3)

▪ **Mind of Christ**

“We have the *mind of Christ.*” (1 Co 2:16)

▪ **Quietness and Confidence**

“The fruit...will be *quietness and confidence* forever.” (Isa:17)

▪ **Thinking God’s Thoughts**

“How precious to me are your *thoughts*, O God!” (Ps. 139:17)

▪ **Useful to the Master**

Made holy, *useful to the master.*” (2 Tim. 2:21)

▪ **Spirit of Worship**

“*Worship* the Lord in the splendor of his holiness.” (1 Ch.16:29)

▪ **Thirst for God**

“My soul *thirsts* for God, for the living God.” (Ps. 42:2)

▪ **Zeal for the Lord**

“Never be lacking in *zeal*, keep your spiritual fervor.” (Rom. 12:11)

▪ **Generosity**

“Honor the Lord with your wealth.” (Pr. 3:9)

▪ **Honesty**

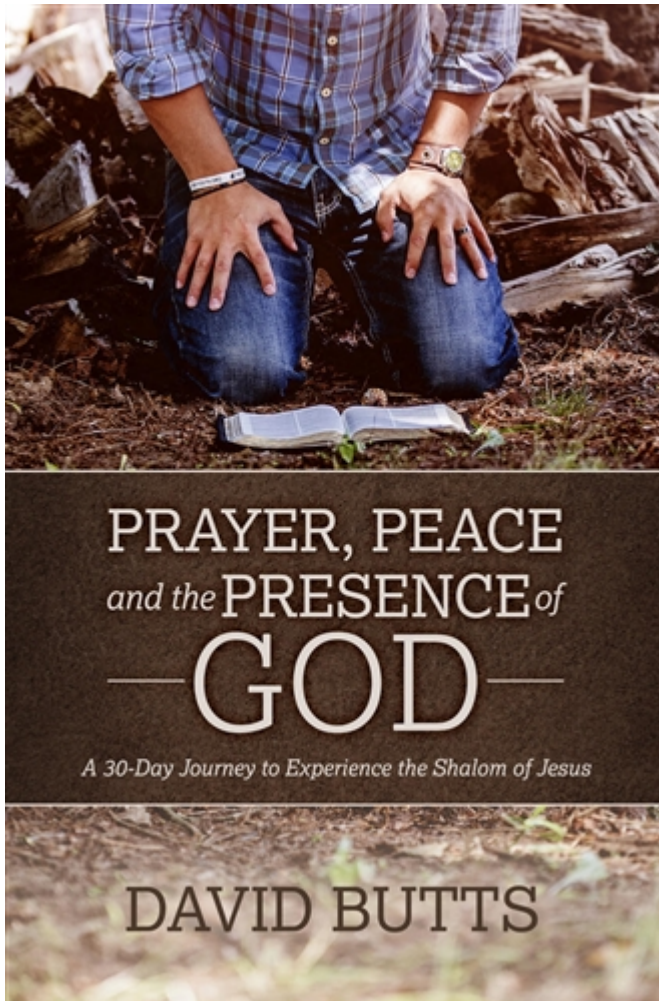
“Do not give false testimony...” (Matt. 19:18)

▪ **Holy Spirit**

“Your Father in heaven will give the *Holy Spirit*...” (Lk 11:13)

▪ **Eternal Life**

“The gift of God is *eternal life* in Christ Jesus.” (Rom. 6:23)



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