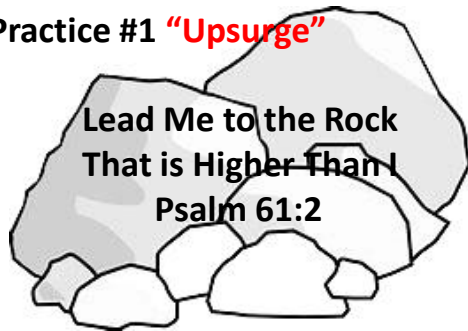


# Breakthrough Prayer Practices

## Practice #1 "Upsurge"



Lead Me to the Rock  
That is Higher Than I  
Psalm 61:2

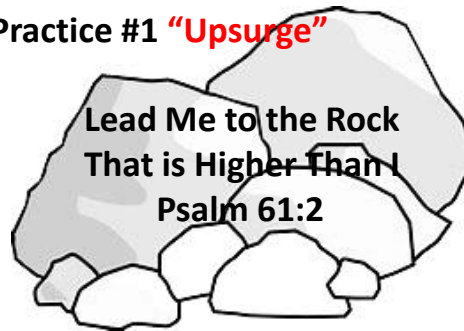
A prayer for when you are facing a task, scenario, or difficulty that has filled you with uncertainty and you feel that you lack what you need to scale it.

### Prayer-holds

- **Choose- De 30:19** "...now choose life, so that you and your children may live"
- **Finish -Ph 1:6** "being confident of this, that he who began a good work in you will carry it on to completion (the FINISH) until the day of Jesus Christ"
- **Rock -Ps 61:2** "From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I."

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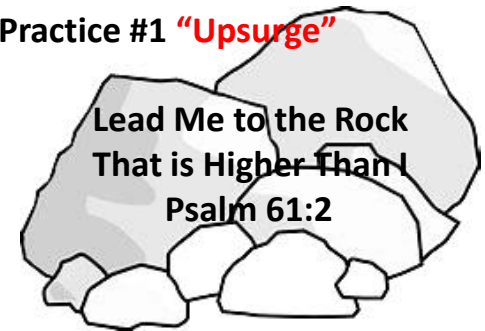
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# Prayer Challenge

For the next week pray while brushing your teeth.



A good time to pray is while brushing your teeth!  
Toothbrush prayers are a way to include God at the beginning and end of everyday!

## “Upsurge” Practice 1

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While brushing your teeth share a joy, concern, thanksgiving, need or anything you want with God. Or just praise God for who he is!

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