

Prayer

Guide

Let's Pray for One Hour
The Hangar – Wednesday mornings

***We do not glorify God by providing
His needs, but by praying that He would provide
ours – and trusting Him to answer.*** John Piper

***The weapons we fight with are not the weapons of the world.
On the contrary, they have divine power to demolish strongholds.
We demolish arguments and every pretension that sets itself up against
the knowledge of God, and we take captive every thought to make it obedient to Christ.***
(2 Cor 10:4-5 NIV)

Prayer Guide

0 PRAISE - GOD'S ATTRIBUTES – RIGHTEOUSNESS

Pv 18:10 The name of the Lord is a **strong tower**; the righteous run to it and are protected.

Ps 7:17 I will thank the Lord for His **righteousness**; I will sing about the name of the Lord, the Most High.

Ps 145:17 The Lord is righteous in all His ways and **gracious** in all His acts.

Ps 63:3 My lips will glorify You because Your **faithful love** is better than life.

<ul style="list-style-type: none">• One and only God• Eternal• Almighty• Perfect Judge	<ul style="list-style-type: none">• Forgiving• Merciful• Refuge• Holy	<ul style="list-style-type: none">• Personal• Provides• Shepherd• Healer	<ul style="list-style-type: none">• Comforter• Burden Bearer• Protector• Sovereign
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Morning Praise!

♦ Lord God, I praise You this morning. I declare Your glory among the nations, Your marvelous deeds among the peoples. You are great and most worthy of my praise; let the nations be glad!

♦ O LORD, how majestic is your name! Your ways are loving and faithful. You are robed in holiness and majesty. Your greatness is too astounding to fathom. You come near to all who call on You, and You fulfill the desires of those who love and honor You. Let every creature praise Your holy name.

♦ I praise You, the heavens praise You, all the angels and the heavenly host praise You, for You are worthy of our praise. Let everything that has breath, praise the LORD.

A Prayer to Begin the Day

Heavenly Father, as I begin the day today, I desire Your holy presence with me. I request Your peace, Your grace, Your mercy, and Your perfect order into my life. I acknowledge Your power over all that I will speak, think, decide and do today. I thank You for the gifts and blessings you have showered upon me. I commit to using them responsibly in Your honor. Give me strength to do my work, and anoint my projects, ideas, and energy so that all I do will bring glory to Your name.

When I am confused, guide me. When I am weary, energize me. When I am burned out, infuse me with the power of Your Spirit. And, when I need understanding, give me Your wisdom. May the things that I do and the way that I do them bring joy, and encouragement to all those around me.

Lord, saturate my heart and invade my thinking today so that I make good decisions, and honor You with my words and deeds. AMEN.

05 WAITING - SILENCE

Ps 46:10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Ps 27:14 Wait for the Lord; be courageous and let your heart be strong. Wait for the Lord.

Isaiah 30:15 . . . in quietness and trust is your strength, . . . NIV

Place yourself in His presence and become quiet. As you become quiet block out all the background noise, deepen your sense of God, quiet your heart and be with God.

10 CONFESSION - For Cleansing Faults

Psalm 51

Be gracious to me, God, according to Your faithful love; according to Your abundant compassion, **blot out my rebellion**. 2 **Wash away my guilt**, and **cleanse me from my sin**. 3 For I am conscious of my rebellion, and my sin is always before me. 4 Against You—You alone—I have sinned and done this evil in Your sight. So You are right when You pass sentence; You are blameless when You judge. 5 Indeed, I was guilty when I was born; I was sinful when my mother conceived me. 6 Surely You desire integrity in the inner self, and You teach me wisdom deep within. 7 **Purify me** with hyssop, and I will be clean; **wash me**, and I will be whiter than snow. 8 Let me hear joy and gladness; let the bones You have crushed rejoice. 9 **Turn Your face away from my sins** and blot out all my guilt. 10 God, **create a clean heart for me and renew a steadfast spirit within me**. 11 Do not banish me from Your presence or take Your Holy Spirit from me. 12 **Restore the joy of Your salvation to me, and give me a willing spirit**. 13 Then I will teach the rebellious Your ways, and sinners will return to You. 14 Save me from the guilt of bloodshed, God, the God of my salvation, and my tongue will sing of Your righteousness. 15 Lord, open my lips, and my mouth will declare Your praise. 16 You do not want a sacrifice, or I would give it; You are not pleased with a burnt offering. 17 The sacrifice pleasing to God is a broken spirit. God, You will not despise **a broken and humbled heart**. 18 In Your good pleasure, cause Zion to prosper; build the walls of Jerusalem. 19 Then You will delight in righteous sacrifices, whole burnt offerings; then bulls will be offered on Your altar.

Psalms 139:23-2

Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.

Forgiveness and Repentance: For the sake of Your name, O LORD, forgive my sins and trespasses. I pray against the desire to do whatever I wish whenever I want to do it. Rather, I pray for strength – to do what I know I should do. Guide and direct me in Your ways. Cleanse my heart, open my mind, and do not allow sin to rule in my life.

15 SCRIPTURE PRAYING

Jer 23:29 "Is not My word like fire"—the Lord's declaration—"and like a sledgehammer that pulverizes rock?"

Romans 12:1-2 Heavenly Father. According to Your Word, I present my body as a living sacrifice, holy and acceptable in Your sight. Transform my heart by renewing my mind so that I may discern what is good, pleasing and in Your will.

Isa 58:8 According to Your Word, the glory of the Lord is my rear guard.

Isa 61:3, 10 Now Heavenly Father, I put on the garment of praise, garments of salvation, and the robe of righteousness, and I thank you for the armor you have provided for me to dress in this day. I am completely covered now in the name of Jesus, according to Your Word, Father.

Mt 16:18 Upon Jesus I have built my life, my home, and my marriage and the gates of hell shall not prevail against it.

Ps 23:1 You are my Shepherd, I shall not be in want.

Phil 4:19, 13 For You have supplied all my needs according to your riches in glory and I can do all things through Christ who strengthens me.

2 Cor 10:5/1 Pet 5:7 I cast down all imaginations and bring into captivity every evil thought to the obedience of Jesus. And I cast all my cares upon You for You care for me.

Ps 103:3/1 Pet 2:24 I praise You for You are my God who heals all my diseases and by Your stripes I am healed.

3 John 1:2 I praise and thank You for my prosperity and good health as my soul prospers.

Neh 8:10 For the joy of the Lord is my strength.

Isa 6:8b KORD, here am I, send me.

Isa 55:11 Father, I have prayed according to Your Word and You promise that Your Word does not return to You void and prospers in which you send it.

Father, rise up and live big within me today, for I am yours in the name of Jesus. AMEN.

20 WATCHING - Alertness

Colossians 4:2 Devote yourselves to prayer; stay alert in it with thanksgiving

My Armor:

Ephesians 6:10-18 *Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. NIV*

Belt of Truth: I acknowledge the Word of God as absolute Truth and I renounce the lies of the enemy. Empower me to spend time in the Word of God each day, growing in spiritual knowledge and understanding.

Breastplate of Righteousness: I am in Christ! Jesus has paid my sin debt and set me free. I confess that I am a sinner saved by Grace and I claim His righteousness (2 Cor 5:21). Empower me to act righteously – give me a deep desire to do what is right.

Shoes of Gospel of Peace: I acknowledge that Jesus Christ died and rose again as full payment for all my sins. Therefore, I will communicate His Truth to others.

Shield of Faith: I claim my status as a child of God to overcome any lies, temptations, trials, etc, that penetrate or test my faith (James 1:2-5). I know that my faith in Christ Jesus is sealed by the Holy Spirit and that no challenge brought against me will prevail (Isa 54:17).

Helmet of Salvation: I have been delivered from eternal separation from God by the Lord Jesus Christ. I affirm the promises of God for my salvation, (Romans 6:6-11) and proclaim that nothing can separate me from the love of God (Romans 8:38-39).

Word of the Spirit: I affirm the Word of God and that it is sharper than any double edged-sword (Heb 4:12). I pray that it will wash me clean so that I can stand against the evils of this world.

Praying in the Spirit: Lord, fill me with Your spirit and power in order to pray regularly for the power to be the man You have called me to be.

25 INTERCESSION - Praying For Others

1 Timothy 2:1-2 First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone, 2 for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity

- FAMILY:
- FRIENDS:
- NATION:
- ISRAEL:

Spouse: Work in and through __ (wife) __ and lead her in glorifying You. Give her wisdom and understanding and thoughts that will build her up and encourage her and those around her. Pour out Your blessings on her in all areas of her life.

Family: I pray that our home would be a place of peace, love, and respect; that we would think of each other's needs before our own.

Nation: Forgive our nation Lord – have mercy on us. We have turned a blind eye on sin and condone sinful behavior through our apathy and rebellion. Empower Your people to repentance and raise up leaders to lead the nation in transformation. Awaken the spirits of men for the things of God and set your church on fire with the power of Your Word.

Israel/Jerusalem: Lord I pray for the salvation of Your chosen people, Israel, and the peace of Jerusalem.

30 PETITION - Personal Needs

1 Pet 3:12 because the eyes of the Lord are on the righteous and His ears are open to their request. But the face of the Lord is against those who do evil. Jn 15:7 If you remain in Me and My words remain in you, ask whatever you want and it will be done for you.

- Saturate my heart and invade my thinking in order that I make godly decisions today
- Act justly, love mercy, and walk humbly with my God
- Live in submission to Christ
- Stand firm in my faith
- Walk worthy in the *fear of the Lord*
- Live my life as a living sacrifice to my Savior
- Love God with ALL my heart, mind, and soul
- Be quick to listen and slow to speak
- Grow in knowledge, understanding, and wisdom
- Live in obedience

Fruit of the Spirit: Lord, fill me with Your character so that I have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control in my life.

Presence: Come, Holy Spirit, fill my heart with Your presence and kindle in me the fire of Your love that I may be renewed and empowered in Your service. Anoint my life with Your power so that I may be the person you have called me to be. LORD, I want to go through this day with a holy curiosity – looking for signs of Your presence and handiwork.

Love and Grace: Father, grant me, according to Your riches and grace, power through Your Spirit so that Christ may fill my heart and inner being with love and grace. I want to be rooted and grounded in Your love, able to comprehend the breadth and depth of the love of Christ, so that I may be acceptable in Your sight.

Obedience: Lord Jesus, help me to be obedient as you were obedient until death. Cause me to have a deep desire and ability to walk in Your ways. Allow me to overcome my rebellious spirit and submit to You in humble obedience. Allow Your love to abound in me more and more in knowledge and depth of understanding so that I may discern and know Your ways. (Php1:9-11)

Knowledge: Lord, fill me with the knowledge of Your will through the power of Your Spirit that I may please You in every way, growing in the knowledge of your Word. (Col 1:9-10)

Transformation: Lord, transform my life in all my endeavors so that You are glorified and revealed to others. Enable me to reflect Your holiness, submit cheerfully to Your will, and covet Your commandments. I want to sincerely worship You, and please You in every way, giving You the glory, honor, reverence, thanksgiving, praise, and pre-eminence You deserve in my life. Transform me into Your likeness.

Guard my lips: Lord, guard my lips that my speech is truthful, comforting, uplifting, caring, encouraging, discerning, and not prideful or corrupt. Help me to hold my tongue when I have nothing worthwhile to say. Lord, guard my lips from untruth and lies. Do not allow me to stretch the truth. Keep me from being boastful, spreading gossip, or being deceitful – give me discretion in what I say.

Thoughts: Lord God, set my heart and mind on things above, not on worldly things. I want to fix my thoughts on Jesus and things of eternal importance, not earthly wants and desires.

Personal Awakening - Lord, I pray for:

- an intensified awareness of God,
- an acute sensitivity to sin,
- a personal hunger for the Truth of God's Word,
- an absorbing concentration on prayer,
- personal purity and a pursuit of holiness,
- strengthened loyalty to Your church,
- unity in my family and in the church,
- a zeal for evangelism, and
- an increased desire for social justice.

35 THANKSGIVING - For Blessings - An attitude of Gratitude

Ephesians 5:20 giving thanks always for everything to God the Father in the name of our Lord Jesus Christ,

1 Thessalonians 5:18 Give thanks in everything, for this is God's will for you in Christ Jesus.

Ps 100:4 Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

- **My Salvation**
- **His Creation**
- **His Love**
- **My Affliction (-> endurance -> character -> hope) <Ro 5:3-5>**

Ps 75:1 I give you thanks, O God, we give thanks, for **You are near**.

Ps 106:1 I give thanks to You, LORD, for you are **good**, and Your **love endures forever**.

2 Thes 1:3 I give thanks LORD, for the **church**. <brothers that support me>

1 Cor 1:4 I thank God for His **grace**, given through Christ.

2 Cor 9:11-15 I pray that **my obedience, generosity, service, and confession of the Gospel** will result in thanksgiving to God.

1 Tim 1:12-13 I thank God for the **strength** and **faith** He has given me.

Prayer: Lord, I give You thanks for all things and in all circumstances. I am not anxious about anything, but give You thanks and praise for Your gifts, Your provision, and Your protection.

40 SINGING - Worship in Song

Psalms 100:2 Serve the Lord with gladness; come before Him with joyful songs.

Amazing Grace

"Amazing Grace, how sweet the sound,
That saved a wretch like me....
I once was lost but now am found,
Was blind, but now, I see.

T'was Grace that taught...
my heart to fear.
And Grace, my fears relieved.
How precious did that Grace appear...
the hour I first believed.

Through many dangers, toils and snares...
we have already come.
T'was Grace that brought us safe thus far...
and Grace will lead us home.

The Lord has promised good to me...
His word my hope secures.
He will my shield and portion be...
as long as life endures.

When we've been here ten thousand years...
bright shining as the sun.
We've no less days to sing God's praise...
then when we've first begun.

"Amazing Grace, how sweet the sound,
That saved a wretch like me....
I once was lost but now am found,
Was blind, but now, I see.

I Love You Lord

I love You, Lord
And I lift my voice
To worship You

O my soul, rejoice!
Take joy, My King, in what You hear,
Let it be, Let it be a sweet, sweet sound
In Your ear.

There's Just Something About That Name

Jesus, Jesus, Jesus;
There's just something about that name!
Master, Savior, Jesus,
Like the fragrance after the rain;
Jesus, Jesus, Jesus,
Let all heaven and earth proclaim;
Kings and kingdoms will all pass away,
But there's something about that name!

How Great Thou Art!

1. O Lord my God, when I in awesome wonder
Consider all the works Thy hands have made,
I see the stars, I hear the rolling/mighty thunder,
Thy pow'r thru-out the universe displayed!

Chorus:

Then sings my soul, my Savior God, to Thee:
How great Thou art, how great Thou art!
Then sings my soul, my Savior God, to Thee:
How great Thou art, how great Thou art!

2. When thru the woods and forest glades I wander
And hear the birds sing sweetly in the trees,
When I look down from lofty mountain grandeur
And hear the brook and feel the gentle breeze, (Chorus)

3. And when I think that God, His Son not sparing,
Sent Him to die, I scarce can take it in
That on the cross, my burden gladly bearing,
He bled and died to take away my sin! (Chorus)

4. When Christ shall come with shout of acclamation
And take me home, what joy shall fill my heart!
Then I shall bow in humble adoration
And there proclaim, my God, how great Thou art! (Chorus)

Doxology

Praise God from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host;
Praise Father, Son, and Holy Ghost. Amen.

45 MEDITATION - *Who is the KING?*

He is mighty and powerful beyond all description – He created all things;

1. He is eternal, He spans time from the beginning to the end – how do you describe timelessness?
2. He is infinite beyond my understanding;
3. His love and grace are incomprehensible – they represent such an act of compassion and mercy that my mind numbs at the thought;
4. He is perfect – He always knows what is right, good, fair, and just – how is that possible? He is always right and never wrong;
5. His holiness and righteousness are unlimited in scope;
6. His wisdom is indefinable – only He knows the answer to every question;
7. He is all knowing, unchanging, and true – He is the essence of truth – how can you describe or explain these qualities?
8. He is all-knowing, the Great Provider, He is always there – how can you comprehend that?
9. He is a covenant God who always keeps His promises – His honesty and integrity are perfect and pure – He never wavers from His promises. Do you know anybody like that?
10. He is the bread of life, the One who sustains all things;
11. He is the light of the world, the One who illuminates all darkness;
12. He is the gate that allows entrance into eternity;
13. He is the vine that supplies power to all who will accept Him;
14. He is the way, the truth, and the life – He is my salvation;
15. He is the Great Shepherd, the keeper of my soul – He protects and cares for His people like a good shepherd cares for his sheep – How can I explain these things?
16. His attributes are mind boggling:
 - He is loving, yet wrathful,
 - He is forgiving yet just,
 - He is merciful yet fair,
 - He is powerful, yet gentle,
 - He is Jealous, yet forgiving,
 - How do you describe a King like this?
17. His sacrifice for you and me is unfathomable – why would He shed His precious blood for me?
19. He walks with me when I am hurting and provides refuge when I am weary, yet He disciplines me like a son when I stray from the path;
20. He is supreme, sovereign, and LORD – He is an immense presence, yet He knows every hair on my head;
21. He is the Cornerstone, the One who gives focus and orientation to the course of history;
22. He is my High Priest – He is holy and set apart, yet He is willing to wash my feet;
23. He has made me a joint heir with Him to share in the glory of Almighty God.
24. He has made me a new creation – He has molded something good out of something unworthy, because He is the potter and I am the clay.

Who is the King, you ask? All I can say is, My God is Almighty, a humble Savior, and a forgiving Lord. I would like to tell you about Him, but I can't because He is beyond description, unfathomable, amazing... incomprehensible – words can't describe Him, because He is the Most High God! HALLELUAH! and AMEN.

50 LISTENING - For Instruction

1 Samuel 3:9 He told Samuel, "Go and lie down. If He calls you, say, 'Speak, Lord, for Your servant is listening.'" So Samuel went and lay down in his place.

Psalms 46:10 "Be still, and know that I am God; . . . NIV

Get comfortable, breathe deeply, intentionally visualize yourself in the presence of Jesus and listen.

55 PRAISE – For Answering

1 John 5:14-15 Now this is the confidence we have before Him: whenever we ask anything according to His will, He hears us. 15 And if we know that He hears whatever we ask, we know that we have what we have asked Him for.

Psalms 3:4 I cry aloud to the Lord, and He answers me from His holy mountain. Selah

Prayer: Father God, Lord Jesus, Holy Spirit, allow me to know Your will. Help me to understand your plan for my life. Hear my praise and my needs. I wait in expectation of You working in my life, guiding me in walking worthy, and hearing or seeing Your answers to my prayer. Come Lord Jesus, may Your will be done!

Wait upon the Lord.

60+ A True Christ-Follower

Come Lord Jesus, fill me with the power of Truth, that I may be absolutely sold out to the Kingdom of God:

1 – intentional obedience—I will intentionally commit my life to be obedient to Your Word.

2 - intimate worship—I will earnestly seek to worship in spirit and truth; I will celebrate the majesty of Your Name!

3 – spiritual growth—I will zealously meditate on and study the Word of God.

4 – fervent prayer—I will diligently pray for personal transformation, for the Church, and for the lost.

5 – humble service—I will humbly serve God by actively serving people in true loving kindness. I will faithfully use my gifts, talents, and skills in ministry, serving God and His Church.

6 – thankful giving—I will tithe to the church and share with those in need.

7 – intentional faith-based conversations – I will actively pursue conversations about God’s Truth with others.

8 – committed relationships—I will encourage and be accountable to other Christ-followers.

9 – faithful attendance—I will faithfully and regularly attend my local church. I will be an active participant.

10—divine power—I will passionately seek His presence in my life; I will be open to the leading, work, and empowerment of the Holy Spirit.

60+ Misguided Love (idols)

Father God, enable me to deal with the idolatrous loves in my life and to remove them from influencing my behavior. Grant me the grace to accomplish this in my life. I pray that the Holy Spirit would bring about deep conviction concerning improper idols in my life.

Love of money: I pray that I would not love money more than You and that I would not have a sinful longing for it. Do not allow my pursuit of money to be greater or more important to me than my pursuit of knowing, loving, and obeying You. (1 Timothy 6:10).

Love of self: I ask that I would not love myself more than You, Father. Deliver me from being self-centered and grant me the power and strength to deny myself. (2 Timothy 3:2).

Love of approval: Father, I pray that I will love and seek Your approval above the approval of men. Cause me to pursue a lifestyle of pleasing You rather than men. (John 12:42).

Love of power or control: Father, enable me to overcome the desire for power. I ask that You will create in me a servant’s heart and willing to serve others. (3 John 9:10).

Love of pleasure: I beg that I will not love pleasure more than You. Cause me to find my greatest delight and pleasure in You. (2 Tim 3:4).

Love of food: I want You to be my God and not my stomach. Cause me to have the proper perspective when it comes to food. (Prov 21:17)

Love of sleep: Enable me to get the proper rest, but deliver me from indulging in too much sleep and laziness. (Proverbs 20:13).

Love of darkness: I pray that I would not love my sin more than You. Cause me to hate sin and love You with all my being. (Jn 3:19).

Love of cursing: I pray that I would not love speaking profanity and filth above speaking words of love and encouragement. (Ps 109:17).

Love of abundance: I ask that the pursuit of my life would not be gaining material possessions. I ask that You would grant me the grace and power to love You and pursue You above all else. (Eccl 5:10).

Love of the things of the world: Father, do not allow me to love the attitudes and actions of this world above You. Deliver me from the lust of the flesh and eyes and the pride of life. Cause me to love You and Your Word more than this world. (1 John 2:15).

60+ Prayer of Commitment:

Father, I give You praise and adoration. I give You thanks and recognize You as holy, righteous, and perfect. Hear now my prayer of personal commitment.

I commit to proclaiming the name of Jesus above every name, of magnifying You in worship, and exalting You in my service.

Father, Your Word tells me to:

--walk in Your ways.

--obey Your commands. and

--love and serve You in my family, my church, and community.

Give me the strength and courage to obey Your commands.

Lord God, like your servant David, I want to seek after Your heart, to seek Your presence in my life. I want to be salt and light to those around me. Help me praise You in every way, in what I do and what I say. I commit my life to seeking Your will for my life.

Father I commit to doing my part to fulfill the Great Commission. I desire to have a heart and a burden for the lost so that none would perish due to my failure to proclaim the Gospel of Christ. I commit to bearing fruit, fruit that will last. Jesus I pray that my priorities would be Your priorities.

Father, I commit to praying for my church and its ministries. I commit to spending time in your Word, so that my decisions can be guided by Truth. I commit to being a good steward of my time, talents and resources.

Lord God transform me into a true disciple of Jesus Christ. I want to be a person who is growing in my relationship with my Savior, I want to be eager to learn and apply the truth of your Word to my life, and I want to experience a deeper commitment to a Christ-like lifestyle.

Father hear my prayer of commitment and give me the power through Your Spirit, to live the life You want me to live, and to do the things You want me to do, to be the person You have called me to be. Father, just as Christ came as a suffering servant, just as He washed his disciple's feet, just as He prayed, just as He comforted the sick, and just as He was obedient unto death, so allow me to take up my cross and follow in His footsteps.

I pray this in the Name that is above all Names, my Lord, my Redeemer, my holy God, the Lord Jesus Christ.

Amen

60+ APOSTLE'S CREED

I believe in God, the Father Almighty,
the Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord:

Who was conceived of the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended into hell.
The third day He arose again from the dead.

He ascended into heaven
and sits at the right hand of God the Father Almighty,
whence He shall come to judge the living and the dead.

I believe in the Holy Spirit,
the holy *catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. AMEN