

# The 'QuickStop' Prayer

## Principle of the Prayer

The "QuickStop" Prayer is an easy spiritual practice designed to dispel troubling thoughts the moment they arise. This prayer practice is based on the Spiritual Truth that any thought that does not reveal something good for yourself or another is a "lie from the beginning."

## Form of the Prayer

- **There are five basic elements to this prayer process:**

1. First, stop the thought process.
2. Then, say what you don't believe.
3. Then, say what you do believe.
4. Then, say why you believe what you believe.
5. Finally, conclude with a statement of covenant, or acceptance.

- **Following is the universal form of the prayer which is to be individualized by you to meet each specific need that you may have:**

STOP! Any thought that does *not* reveal (Insert Something Good) for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: (Insert a Scriptural Passage). Amen!

- **Here is a general example of the prayer:**

STOP! Any thought that does *not* reveal something good for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "All good comes to those who love God." Amen!

## Practice of the Prayer

- Immediately use this prayer anytime you have a thought that causes you to suffer.
- Whenever possible, say the prayer aloud with as much authority as you can muster.
- If you are in a public place, you may wish to perform the prayer silently.
- When possible, clap your hands in front of your face when you say the beginning word "STOP." Then hold your hands in a prayer position as you say the rest of the prayer. Conclude by placing your hands over your heart and bowing your head as you finish with your "Amen," or another alternative ending.
- Other effective alternative endings are: "It is finished." "So be it now." "That's the Truth." "It's in God's hands now." "I am grateful God is gracious."
- Your scriptural passage can be any statement of Truth that inspires you and awakens your faith. Try to personalize the wording of your passage so that it makes sense in the context of the overall prayer.
- You are encouraged to write your own specific prayer for any continuing thought pattern that is troubling you. Then, continue to use that prayer until the pattern is gone, no matter how long it takes. The harder it is to do, the greater the healing effect it will have.

## Examples of the Prayer

STOP! Any thought that does *not* reveal perfect health for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "The Lord forgives all my iniquities and heals all my diseases." It is finished.

STOP! Any thought that does *not* reveal prosperity for me is a lie from the beginning. I do not believe in lies. I believe in the Word of God. For it is written: "The Lord is my shepherd and I shall not want." That's the Truth.

### Here's the hardest one of them all:

STOP! Any thought that does *not* reveal my love for (name of someone you're upset with) is a lie from the beginning. I do not believe in lies. I believe in Jesus Christ. For it is written: "You shall love one another as I have loved you." Amen.