

SOUL TRAINING

Praying for the Success of Competitors

Based on James Bryan Smith's "The Good and Beautiful Life"

Some have said to [Smith], "To be honest, I really do not have any competitors." If that is the case, think of someone who causes difficulty in your life. [Smith's] wife calls these people "irregular persons"—people who get under our skin or do things that causes us problems. Choose a competitor or difficult person. Pray for guidance from the Holy Spirit about who you should pray for. It usually doesn't take long to figure out which persons or institutions are our competitors, but once we begin praying for them we notice an inner tension; namely, we don't really *want* them to succeed. At first we merely say it and don't necessarily feel it. That is OK. Be at peace about this. This is a slow process. As we do it over time we will begin to notice our feelings change.

- Spend a few minutes each day praying for your competitor, asking God to bless him or her and the work he or she does.
- Hold that person or institution up before God, and pray for as many good things to happen as you can think of.
- Do this once a day for four or five days this week. See if your heart begins to change toward this person.