



**COMPOSITION BOOK**

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**HOMWORK**

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**KSOPI ASSIGNMENTS  
2022**



## **KSOPI INTRO**

The goal of this course is to activate **stamina** and **stability** in your life of prayer. I believe that engaging in scholastic activities that sharpen your discernment and that strengthen your Faith will inevitably bring you to a place of strength in your life of prayer.

This course will cover 4 main topics needed for effective private & public prayer + intercession. These 4 areas are **stamina, sustainability, stability, and strength.**

**Stamina**- is defined as the ability to sustain prolonged physical or mental effort.

- Stamina is something that you acquire over time (long game).
- Stamina speaks of having a history of engagement with a particular activity or assignment.
- Stamina is developed under pressure, in process, by posture and position.

***\*We will cover building stamina and increasing stamina in this unit.***

**Sustainability**- to remain; to be settled; to be unbothered by surrounding circumstances, with focus.

- Sustainability is an ability produced by Faith.
- Sustainability is a mature response to pressure and pain.
- Sustainability is the ability to hold fast when all is breaking fast.

***\*This unit will cover the different levels of faith necessary for sustainability and the process of developing endurance.***

**Stability**- the state of being stable, firmness in position; continuance without change: permanence.

- Stability speaks of foundational strength
- Stability is proven by storms and or the change in one's environment
- Internal and External changes do not shake what is stable

***\*This third unit will dig into the power source that brings stability which is the Word of God. We will also cover the role Faith plays in pushing through in our prayers and intercession while facing the facts of life.***

**Strength**- The capacity of an object or substance to withstand great force or pressure.

- Strength is first developed in the mind (mental strength)
- Strength becomes a physical attribute once our minds have been convinced & converted
- The strength of our mind, heart, and physical person will determine the weight of Glory we are able to wield.

***\*The fourth and final unit will focus on putting His Word and our Faith in action to assess the power we possess and the weight we carry in heaven and on earth.***

This is a course that combines traditional and experiential learning styles. You will know if you have the increased capacity needed for stamina and stability in prayer and intercession by the end of this course.

**LET'S GROW!**







# HOMEWORK

## WK1- STAMINA

### PART 1 of Practicum Assignment:

1. What does Holy Spirit want to partner with you on?
2. Why do you believe this?
3. What is the expected outcome?  
-Is this assignment time sensitive?

***Why or why not?***

This response should be at least \*250-500 words but not limited to this amount

UPLOAD LINK: [www.kneeology.live/resources](http://www.kneeology.live/resources) PASSWORD: ksopi22!

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# HOMEWORK

## WK2- SUSTAINABILITY

### PART 2 of Practicum Assignment:

1. Provide prayer points backed by Scripture to support your expectations for the assignment you & Holy Spirit have partnered on.
  
2. Take time to develop a plan of action to maintain your sustainability in your posture & position in prayer & intercession for your assignment

This response should be at least \*250-500 words but not limited to this amount

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# HOMEWORK

## WK3- STABILITY

### **PART 3 of Practicum Assignment:**

1. This week track your internal and external response to any opposition to your **Prayer Assignment**. Note whether you waivered "*a lot*" or "*a little*" or "*not at all*" (**10** being "*a lot*" **1** being "*a little*"). **Provide a response sharing your experience this week.**

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This response should be at least \*250-500 words but not limited to this amount

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# HOMEWORK

## WK4- STRENGTH

### **PART 4 of Practicum Assignment:**

1. Measure your ability to hold, carry, and handle your prayer assignment from the beginning of this class versus now.
2. Answer the following questions:
  - Do you feel the Power of God in your Prayers?
  - Is there more weight to your prayers now versus from the start of this class?
  - Where is your strength & power to pray + intercede with a new weight coming from (*give an explanation with Scripture*)?
3. Construct a 1000-1500 word paper summarizing what you learned, your experience, and your plan of action to maintain your Stamina & Stability in Prayer + Intercession.

This response should be at least \*250-500 words but not limited to this amount

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# RESOURCES

## STAMINA

Is defined as the ability to **sustain** prolonged physical or mental effort....

## SUSTAINABILITY

To remain; to be **settled**; to be unbothered by surrounding circumstances, with **focus**...

## STABILITY

The state of being stable; **firmness** in position; continuance without change: **permanence**...

## STRENGTH

The **capacity** of an object or substance to **withstand** great force or pressure...





WORD	DEFINITION	RELATIONSHIPS	BENEFITS
STAMINA	Is defined as the ability to <b>sustain</b> prolonged physical or mental effort....	Builds sustainability Undergirds stability	
STABILITY	The state of being stable; <b>firmness</b> in position; continuance without change: <b>permanence...</b>	Requires strength Undergirds sustainability	
SUSTAINABILITY	To remain; to be <b>settled</b> ; to be unbothered by surrounding circumstances, with <b>focus...</b>	Requires stamina Requires stability Requires strength	
STRENGTH	The <b>capacity</b> of an object or substance to <b>withstand</b> great force or pressure...	Undergirds stamina Undergirds stability Undergirds sustainability	

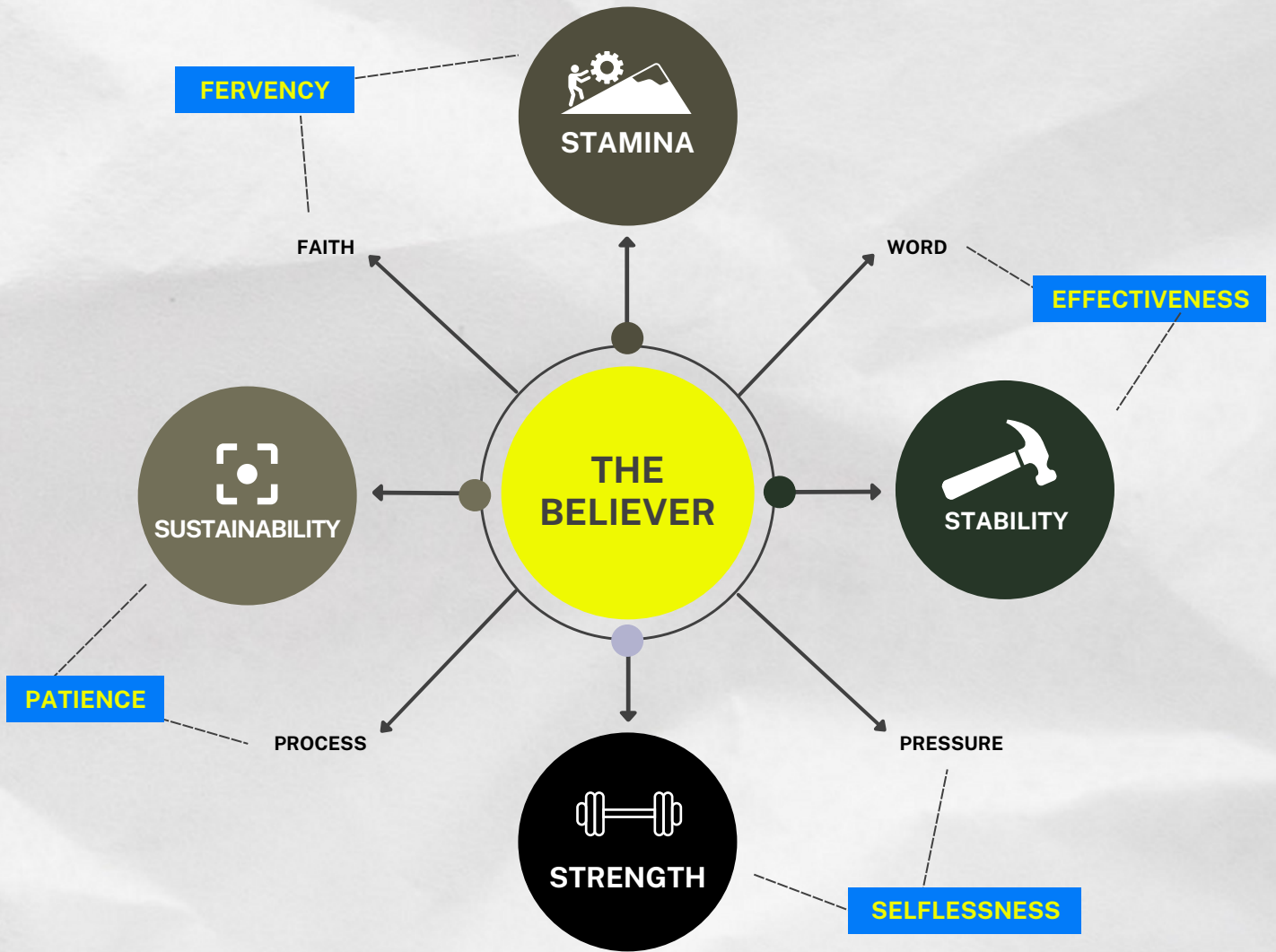
NOTES:





# UNSHAKABLE PRAYER + INTERCESSION

# ECOSYSTEM:





# CONTACT ME

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## CONSULTATION HOURS

5PM TO 8PM, TUESDAY + SUNDAY





