

## GUIDELINES ON PRAYER

Prayer is the direct communication of our thoughts, feelings and desires to our heavenly Father. It is through prayer that we show our dependence and trust in God and God reveals Himself to us.

### Promises for prayer

Philippians 4:6-7

Jeremiah 33:3

Matthew 7:7-11

### How to pray

- A. Pray daily (Psalm 5:3)
- B. Pray constantly (1 Thess. 5:16-18)
- C. Pray individually (Matthew 6:6)
- D. Pray with others (Acts 1:14, 2:42)
- E. Pray using the ACTS method

If you see prayer as a mountain to climb and don't know where to start, the ACTS method will help you take that first step by incorporating some of the main parts of prayer. From here you can begin building your own prayer life. Spend time in each area and then move to the next part.

#### **A- Adoration – Psalm 96:1-4**

Begin your prayer with just telling God how awesome He is. Use this time to fix your mind on God and who He is. Adoration is a time to focus on God's character. If you are unsure on what to say, think of His attributes: His unending love, His mercy, His grace, His beauty, etc.

#### **C- Confession – Psalm 66:18, 1 John 1:8-10, Proverbs 28:13**

Use this time to confess any sin that you have in your life. Go through your day or past couple of days. Ask for Him to show you your sins. Ask forgiveness for sins that you may be unaware of.

#### **T- Thanksgiving – 1 Thess. 5:16-18, 1 Chronicles 16:34**

Use this time to thank Him for whatever is going on in your life. Thank Him for answered prayers, for daily provisions, or for whatever is going on in your life. If you can't think of anything, His sacrifice will always be reason for thankfulness.

#### **S- Supplication – Philippians 4:6-7, 1 Timothy 2:1-4**

Finish your time by presenting any requests you may have to Him. These requests can be for yourself or for others. Pray for daily needs, for others' needs, for the salvation of friends/family, for world situations, etc.

**Suggested Memory Verse: Philippians 4:6-7**