

Grab your Bible, a pen and paper before you begin your prayer time.

1. PRAISE (GIVE THANKS TO GOD)

Start your prayer time by praising Jesus. Thank Him for anything and everything you can think of. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. (Psalm 34:1)

2. WAIT (FOCUS ON JESUS)

Take several slow deep breaths, inhale and exhale slowly. You might close your eyes and imagine Jesus sitting right there beside you or across the table. Focus for a short time on talking to him about things you want the Lord to do in your life. (Psalm 27:14)

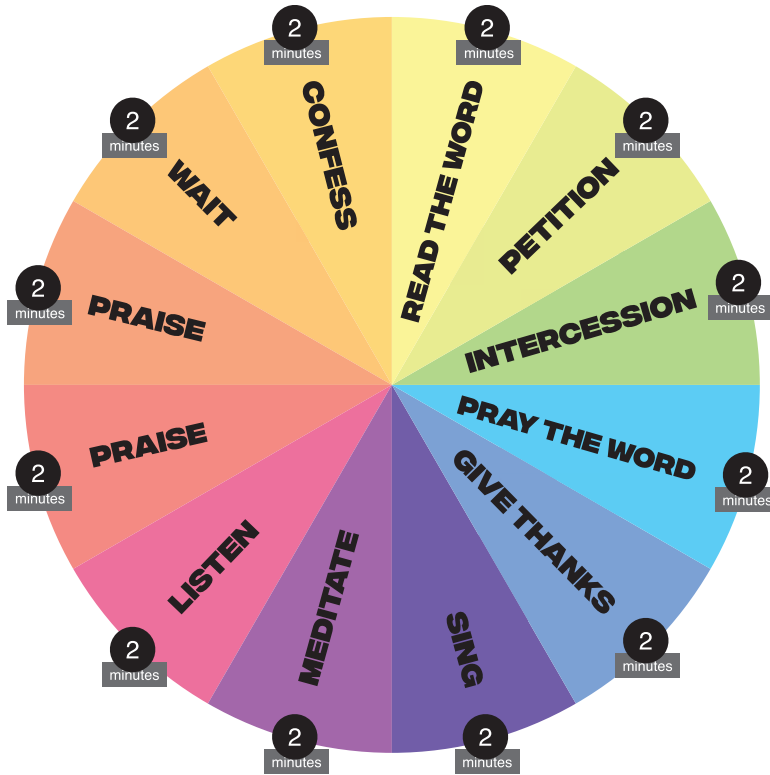
3. CONFESS (ADMIT YOUR SIN TO GOD)

Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Confess to the Lord the specific things you have done wrong and ask Him for forgiveness, trusting what he says in 1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

4. READ THE WORD

Spend time reading a few of God's promises in the Psalms, in the prophets, and passages on prayer located in the New Testament. Here are a few to get you started:

Psalm 27:1; Isaiah 41:10; Deuteronomy 31:6; James 4:7
Romans 10:9-10.



5. PETITION (PRESENT YOUR REQUESTS TO GOD RESPECTFULLY)

Pray for general things like your friends, the president, our mayor, teachers, preachers, police officers, people who are sick, present any request you have on behalf of yourself and others. (Hebrews 4:16)

6. INTERCESSION (PRAYERS FOR OR ON BEHALF OF OTHER PEOPLE)

Pray specifically for people you know of who are struggling in some way. (Romans 15:30-33)

7. PRAY THE WORD

Now take some specific Bible passages and pray those to God. Here are a few to start with: Psalm 119:9-24, Psalm 119:33-40, Psalm 119:41-48. These and other passages lend themselves beautifully to prayer expression.

8. GIVE THANKS

Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, things on behalf of your family. Grab a pen and paper and feel free to make a list. (Philippians 4:6)

9. SING (OR LISTEN TO A WORSHIP SONG)

Pick a favorite worship song on your phone or device and sing a praise song to God. If you don't want to sing just listen and focus on the lyrics. Let it be a time of praise. (Psalm 59:17)

10. MEDITATE (FOCUS ON JESUS FOR A PERIOD OF TIME)

Ask the Lord to speak back to you and keep a paper and pen handy, ready to write down the thoughts that run through your head as you focus on Jesus. (Psalm 63)

11. LISTEN (FOR GOD TO IMPRESS ON YOUR MIND HIS THOUGHTS)

Spend time thinking about the things you have read in the Bible, the things you have prayed, the things you have thanked the Lord for, the things that you have been singing, and see how the Lord brings them all together to speak to you. (1 Samuel 3:9-10)

12. END WITH PRAISE (TELLING GOD HOW MUCH YOU LOVE HIM)

Praise the Lord for the time you have spent with Him. Praise Him for the impressions that He has given you. Praise Him in advance for how He will answer the requests you have made. (Psalm 145:1-13)