

P.R.A.Y. - Prayer Acrostic

– a super simple and helpful guide to focus your prayer time.

Praise: “Dear God, I praise you because you are ____.”

Start by praising God for His attributes and character or His names. Examples: ...personal, eternal, all-knowing, our Provider, all-powerful, always with me, sovereign, holy, the way, the truth, and the life, righteous, just, unconditionally loving, full of grace, our Comforter, merciful, wise, faithful, never changing!

Repent: “God, I am sorry for ____ . I receive your forgiveness.

What is in the way of worshiping/trusting Him above all? Turn away from any sin and turn to Him for refreshment and renewal. There’s freedom waiting for you to enjoy a more abundant life.

1 John 1:9 – “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Isaiah 30:15- "This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”

2 Corinthians 7:10 - "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."

Ask: “God, please ____.”

Philippians 4:6 - “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Matthew 7:7-8 -“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

Luke 18:7,8 - "And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

Thank You!: “Thank you, God, for ____.”

Spend time thanking God for His many blessings no matter how small or forgotten or overwhelmed you may be with grief or loss or disappointment. Even in the worst of days, there are blessings from Him! Meditating on His blessings helps bring healing for the day! For prompts, see Psalm 100, 138, 118, 145; Psalm 95:2-3; 2 Corinthians 4:15-16; 2 Corinthians 9:11-12; Ephesians 1:15-16; 1 Timothy 4:4-5; 1 Chronicles 16:34; Psalm 28:7; Isaiah 12:4; Colossians 3:17; 1 Thessalonians 5:18

For more helpful prayer resources and Spiritual Direction, visit: www.followingtrusting.com