

Prayer is simply a conversation with God.

Feel free to use what method comes naturally to you. If you are in need of a structure to help you converse with God, there are many models of prayer to choose from. Often, working with a specific model through a season of time is very beneficial. Yet, switching models can add a freshness to our connection with God that is often needed. Below are 6 models for your consideration.

MODEL 1: LISTENING PRAYER

As you are reading your Bible, devotional, or find yourself in a particular circumstance, consider:

- In this moment, God, what do you want to say to me?
- In this moment, God, what do you want me to do or say?

MODEL 2: P.R.A.Y.

Praise

Acknowledge God for who He is and what he has done for you

Repent

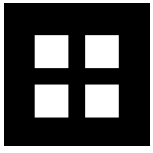
Confess (which means to agree) to God your sin, then ask him to help you repent—turn away—from those actions or inaction in the future.

Ask

Ask for the needs of others and for yourself.

Yield

Offer yourself to God—conveying your willingness to follow him, allowing him to go before you to guide you.



MODEL 3: THE LORD'S PRAYER

After each line, stop and pray the specific focus.

Our Father in heaven, hallowed be your name,

- **Praise:** Thank God for who He is.

your kingdom come, your will be done, on earth as it is in heaven.

- **Purpose:** Ask God to live into His ways.

Give us today our daily bread.

- **Provision:** Ask for your needs and for others.

And forgive us our debts, as we also have forgiven our debtors.

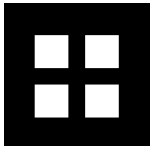
- **Pardon:** Confess to God your sins and ask to increase your ability to forgive others.

And lead us not into temptation, but deliver us from the evil one.

- **Protection:** Ask God to free you from Satan's lies and ways.

For yours is the kingdom and the power and the glory forever. Amen.

- **Petition:** For God's kingdom, power, and glory to be honored.

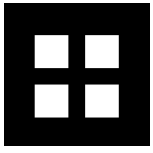


MODEL 4: PRAYER OF EXAMEN

At the end of each day or early the next morning, examine—with God—your life, by reflecting on these questions:

- For what moment today am I most/least grateful?
- What was it today that was most life giving/draining?
- When did I have the greatest/least sense of belonging today?
- When did I sense connection/disconnect with God?
- When did I give and receive the most/least love today?
- When was I happiest/saddest today?

End with a prayer of thanksgiving.



MODEL 5: DAILY PRAYER FOCUS

Ever feel like there are too many things to pray about? A simple way to break it down with God is by making each day of the week a specific focus.

Example:

Monday — Family

Tuesday — Friends

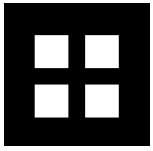
Wednesday — Work / School

Thursday — Community

Friday — World

Saturday — The Impossible

Sunday — Just listen



MODEL 6: RECORD GOD MOVEMENTS

Note how God is moving in your life, as you connect with Him more. Weekly or monthly, reflect on what He has done and record it electronically or in a written journal — annotate it with a date and short description.

Some examples:

03.14.20

The verse Ephesians 1:4-6, 16 clarified that I am chosen, loved, and empowered by God.

05.27.20

Prayer about Linda's healing was answered.

07.23.20

God is teaching patience with Robert at work.

This reflective process will encourage your faith and motivate your prayer life. We don't always notice when God has answered or is wanting us to realize something, because we haven't taken the time to think about it.