

Prayer & Journaling

Thanksgiving – Write down & then offer a prayer of thanks to God for 5 things He has done:

Adoration or Praise – Write 5 things about God's nature & offer up praise & worship to Him:

Confession or Repentance – God is about restoration not condemnation: **(Jn 3:17)**

- This is private between you & God – but vital in order to keep the lines of communication open with Him
- Remember – it's not only direct acts of disobedience, it's also those things we know to do but fail to do
- Here's our hope - 1 John 1:9 – if we confess our sins – He forgives, cleanses, purifies & restores us
- Don't let Satan replay your past sins in your mind over & over again to discourage & defeat you.
- Psalm 103:12 – God removes our sins from us as far as the east is from the west – He forgives & forgets
- Accept God's forgiveness & restoration – move on with renewed faith & hope of His Spirit working in you

Listen – Prayer is also listening to God speak to you. The Spirit teaches, counsels & corrects.

- Is the Spirit bringing anything to mind – people you met, situations & how you handled them, opportunities to share your faith either in the past or future possibilities?
- How about decisions you made or are considering, use of your time, & what are the priorities in your life?

Listen – God breathes life into us through the Bible. As you read, what is He saying to you?

Intercession – Passionate prayer for others & their needs

Answers

Supplication – Praying for your own needs & wants

Answers