

(Continued from the front)

At this point, we again take turns praying prayers of repentance for the evils we have done today. Although at times it is difficult to admit our failures openly, this requires great humility and builds accountability among family members or friends who participate in this prayer time. Repentance is a vital but often avoided part of most public and many private prayers. When confessions have been made, tears have subsided and hearts are clear, we proceed with the "ASKING."

I continue. "Lord, we ask You to grant our petitions for these people we know who have specific needs. First, we bring our family before You!"

We would now pray for specific members of our family. We do not ask God just to "help" them or "bless" them. We ask in detail!

- * If a person is unsaved, we ask God to *save* them.
- * If one is sick, we ask God to *heal* his/her infirmity, to *give* him/her strength to endure the suffering and to *teach* each of us the character lesson.
- * If one is struggling through a difficult time, we might say "Please *supply* wisdom and guidance so they may know what to do (when, where, and how)."

We strive to be as specific as possible about times, dates, names and needs. This way we know when God hears and answers our prayers. Keeping a prayer log can also be very encouraging.

When the needs of our family and relatives have been brought before the Lord, we move on to "friends and neighbors, then missionaries, leaders, sick, etc. (See inside right page. A = Ask. #1). Obviously, this section alone can consume an hour or more, if you desire. You may wish to limit each category to a few entries or choose only one category per prayer or session.

When the "asking" is complete, we move on to the fourth and final step -- **YIELDING**. "Lord, we submit these petitions according to Your will. You know what is best for us and these we have lifted up in prayer. We want Your divine plan to be accomplished so that You will receive the honor and glory You alone deserve. In Jesus' name (We may list one or more of His matchless names.) we pray all these things. Amen."

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Let's P.R.A.Y!

In Matthew 6:9-13, Jesus told his disciples "After this *manner* therefore pray ye." While studying the "manner" of this model prayer, the simple acronym **P.R.A.Y.** emerged.

P = Praise

R = Repent

A = Ask

Y = Yield



By utilizing this praying tool, my family and I have rediscovered the joy of meaningful and measurable communication with God. As I shared this with other pastors and evangelists, it quickly spread. Books have been written and the National Day of Prayer also used this as their slogan one year. Now you can do it too.

➔ Here's how it works!

As I direct our family or a group prayer time, I begin by **PRAISING** God. "Dear Lord, You are worthy of our praise. That's why we've knelt here to exalt You for Your..."

As I stop praying, one person after another gives a *praise prayer* for one member of the Godhead or one of God's attributes. Sometimes we praise the same attribute or Person depending on our present circumstances or Bible study. We may all pray several times in random order (conversationally, not confusingly) limiting our thoughts to praise alone. Other topics, needs and people will be dealt with later.

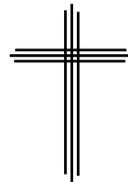
When we have "unloaded" our praises sufficiently, I lead the group in **REPENTING** of sin by saying something like "Lord, because You are so great, we cannot help but see ourselves as frail, wicked and miserable sinners. Today each of us have sinned in Your sight and in the sight of others. Instead of living "soberly, righteously and godly in this present world," we allowed our fleshly natures to dominate in the areas we're about to mention. We're sorry. We ask You to forgive us as we repent and confess by name these sins we have committed."

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Let's P.R.A.Y!

P = PRAISE. "Our Father which art in Heaven. Hallowed be Thy Name." Psalm 148

1. Praise God for **who He is.** 2 Cor. 13:14
List His Persons (Father, Son, Holy Spirit) Praise each of These for their special functions in the Godhead and our lives.
2. Praise God for **what He is.** Jude 24,25; 1 Cor. 1:27-31
List (on paper, poster or board) His attributes.
 - * Divine Attributes (omniscient, omnipotent, omnipresent, immutable, eternal)
 - * Moral Attributes (loving, merciful, wise, righteous, just, kind, gracious, etc.)
3. Praise God for **what He has done** for us.
Titus 2:14; 1 Thess. 5:17,18
List. He has created us, provided for our salvation, our finances, our health, our families, given us His Word, protected us, sustained us, etc. Don't forget to share blessings He has given today! Everyone has at least one blessing.



R = REPENT. "Forgive us our debts as we forgive our debtors. And lead us not into temptation, but deliver us from evil." Isa. 59:1,2; Psalm 66:18; 1 Jn. 1:8-10

1. Personal sins. (pride, envy, jealousy, bitterness, lust, lack of prayer and study of the Word, watching wickedness on TV) Pro. 6:16-19; Psalm 51;101:3
2. Family sins. ("sins of our fathers," divorce, incest, hatred, malice, etc.) Ezra 9; 1 Peter 3:7
3. Church family sins. (spreading discord, laziness, spiritual apathy, discouragement, gossip, disobedience to the Word, immorality) 1 Cor. 5; 2 Thess. 3:6-15
4. National sins. (abortion, lack of trust in God, homosexuality, ungodly leadership) Daniel 9:20; 2 Chron. 7:14
5. Hidden, covered sins. Pro. 28:13; 2 Cor. 7:1

A = ASK. "Give us this day our daily bread." James 4:2,3; Eph. 6:18; Phil. 4:6



1. For people.
 - * Family and relatives. Job 1:5
 - * Friends and neighbors (saved and unsaved). Acts 12:5; Rom. 1:9-12; Eph. 3:14-21
 - * Missionaries. Acts 13:2,3
 - * Leaders and authorities. Heb. 13:7; 1 Tim. 2:1,2
 - * Sick folks. James 5:13-18
 - * Ourselves. Rom. 15:30-33; Heb. 13:18
2. For any necessary "things." Phil. 4:6; Eph. 5:20; Matt. 6:33; 7:7
3. For Wisdom. James 1:5
4. For Boldness to share Christ. Eph. 6:18-20; Col. 4:2,3; 2 Thess. 3:1,2
5. For Revival.
 - * In our lives and family.
 - * In Christ's body, the Church, and in our local Church. 1 Peter 4:17,18
 - * In our nation. Psalm 85:6; Rom. 10:1
 - * In our world. 1 Jn. 5:14-20
6. For victory over Satan. Luke 22:31,32

Y = YIELD. "THY kingdom come, THY will be done in earth as it is in Heaven...For THINE is the kingdom and the power and the glory, for ever. Amen." 1 John 5:14,15; Matt. 26:39; 1 Cor. 1:31

I must yield my body, my will, my rights, my requests, my all to Him. Then I know that whatever He chooses to do with me, in me or for me will be best. In this way, He alone will receive all the glory!

Prayer Is **POWERFUL!**