

**Job 22:27** *Thou shalt make thy prayer unto him, and he shall hear thee, and thou shalt pay thy vows. r.*

**Prayer focus:** Seek God's direction in your daily decisions and His favor in your dealings with people.

**Date:**

**Adoration:** Pray love and admiration toward God. Be as specific as possible.

**Confession:** Admit honestly and truthfully the details of any sin of heart, mind, and/or actions. Ask God to forgive you.

**Thanksgiving:** Tell God how much you appreciate everything from the smallest to the largest. Thank Him for the physical and spiritual blessings

**Supplication:** Ask God to fix your problems and the problems of others. Ask God for the things you need and want.

**Nehemiah 1:11** *O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. For I was the king's cupbearer.*

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**adoration confession thanksgiving supplication: the four vertical habits of prayer and praise.**