

Psalm 17:1 ¶ Hear the right, O LORD, attend unto my cry, give ear unto my prayer, that goeth not out of feigned lips.

Prayer focus: Honesty and righteousness are necessary for effective prayer. Thank God for Jesus making you right but also be upfront with God about any sins in your heart!

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.

Psalm 39:12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were.

Prayer focus: Give God all of your emotions and pain. Share your story with God... He's near and wants to hear...

Date:

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