

SEASON OF ✝ SEEKING



HOW DO I PRAY?

Sometimes it may feel like you don't know what to pray or how to pray? Jesus gave us a great pattern in The Lord's Prayer you can find it in Matthew 6:9-13. As you pray the prayer, you can attach events, emotions, fears to different parts of the prayer. There are many ways to format your prayers. Two that LPC staff find helpful and easy ways to get started are the ACTS and TACOS format. Below you'll find charts that give you examples and Scripture to get you started. God's Word is given to us so that we might know Jesus and follow Him. It is also a great pattern for you to pray. So! - Get your Bible out as you go into this time of prayer use Scripture to prompt your prayers. Find a Psalm and pray through it. Most of all you should make your prayers your own. God wants you to open your heart to Him and be honest about where you are. He knows you, don't hide from Him.

The Lord's Prayer:

Our Father who art in heaven, hallowed be thy name.

(Adoration - Praise God for who He is)

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

(Tuning your will to God's Will)

Give us this day our daily bread;

(Supplication - Asking God for what you need today)

and forgive us our debts,

(Confession - How have you sinned?)

as we forgive our debtors;

(Forgiveness - As we have been forgiven so we should forgive)

and lead us not into temptation, but deliver us from evil.

(Protection from evil and sin struggles)

For thine is the kingdom and the power and the glory, forever.

(All things and all glory belongs to God)

Amen.

ACTS PRAYER

<i>Topic</i>	<i>Example</i>	<i>Example scripture for prayer</i>
Adoration (Praise)	“God, I love you because...” (Try thinking about who God is and not what you get from God)	Revelation 4:2-8, Psalm 47, Psalm 135
Confession	“Father, please forgive me for...”	Psalm 139:23-24 James 5:16, 1 John 1:9
Thanksgiving	“Father, thank you for...”	Psalm 9:1-2, Psalm 136, 1 Chronicles 16:8-34
Supplication	“Father, I pray for [name], that you would...” (pray for friends, family, LPC, etc) “Father, please help me...”	1 Timothy 2:1-4, Ephesians 6:18 Matthew 7:7-11, Philippians 4:6-7
Silence	Try sitting in silence before God.	Psalm 46:10, Psalm 62:5, Matthew 14:13

TACOS PRAYER

<i>Topic</i>	<i>Example</i>	<i>Example scripture for prayer</i>
Thanksgiving	“Father, thank you for...”	Psalm 9:1-2, Psalm 136, 1 Chronicles 16:8-34
Adoration (Praise)	“God, I love you because...” (Try thinking about who God is and not what you get from God)	Revelation 4:2-8, Psalm 47, Psalm 135
Confession	“Father, please forgive me for...”	Psalm 139:23-24 James 5:16, 1 John 1:9
Others	“Father, I pray for [name], that you would...” (pray for friends, family, LPC, etc)	1 Timothy 2:1-4, Ephesians 6:18
Self	“Father, please help me...”	Matthew 7:7-11, Philippians 4:6-7
Silence	Try sitting in silence before God.	Psalm 46:10, Psalm 62:5, Matthew 14:13