

**Proverbs 28:9 ¶ He that turneth away his ear from hearing the law, even his prayer shall be abomination. .**

**Prayer focus:** The word of God is a lamp unto our feet and a light unto our path. Even our prayer life is connected to a respect and listening to the word! David said, "Thy word have I hid in my heart that I might not sin against you O God!" Find Psalm 23. Pray it to God as if it were your own words.

**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.

**Daniel 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:**

**Prayer focus:** Prayer often takes concentrated focused effort. Prayer and vertical habits are augmented by fasting.

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