

**Psalm 5:3** My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

**Prayer focus:** Starting the day with prayer is a great habit to develop. It was a consistent habit of Jesus

**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 4:1** ¶ Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.

**Prayer focus:** Remember "distress" is the environment of God's enlarging! In problems... PRAY!!!

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