

**Psalm 55:1** ¶ Give ear to my prayer, O God; and hide not thyself from my supplication.

**Prayer focus:** God's on the line! Tell Him what you want!

**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 64:1** ¶ Hear my voice, O God, in my prayer: preserve my life from fear of the enemy.

**Prayer focus:** There's no one, no enemy, no demon or devil in hell greater than our Mighty God!!! Trust in His power to preserve no matter how awful things seem!

**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.



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