

Psalm 80:4 O LORD God of hosts, how long wilt thou be angry against the prayer of thy people?

Prayer focus: God is not to be played with, trifled with, or disrespected. If you haven't been taking your relationship with The Almighty seriously or have been cheating on God by going after other gods or your own selfishness... repent.

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 88:2 Let my prayer come before thee: incline thine ear unto my cry;

Prayer focus: Though God is in Heaven and highly exalted, He still bends over to hear our prayers! Jesus came to the earth so that He might be GOD with us!

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.