

Psalm 102:17 He will regard the prayer of the destitute, and not despise their prayer.

Prayer focus: God accepts us at our lowest. You are never so broke down, sinful, destitute, raggedy, hurt, poor, sorrowful, or messed-up in the head that God will turn you away! Bring what you have! He's waiting!

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 141:2 Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice.

Prayer focus: Remember prayer is worship and prayer is worship! Raise your hands as you adore the Father! Say this pray aloud if you can.

Date:

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