

Psalm ¶ Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil, which shall not break my head: for yet my prayer also shall be in their calamities.

Prayer focus: Even when your enemies or circumstances seem unbearable, keep praying. Faith IS the victory!!!

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.

Proverbs 15:29 ¶ The LORD is far from the wicked: but he heareth the prayer of the righteous. .

Prayer focus: Get your life right! A wicked and sinful lifestyle hinders your prayer life.

Date:

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