



Guidelines For Prayer

What is shared below is not a complete guide to prayer. It is an outline of prayer, derived from Scripture, that is shared with you as a suggestion for your individual times of prayer. It is important to remember that prayer in and of itself has no power. God is the power behind prayer. He invites us to come to Him in prayer and to seek Him with our heart open to speak and to listen to Him.

Adoration (Nehemiah 1:5; Isaiah 6:3)

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.” (Psalm 100:4)



Adoration is a selfless kind of prayer because it is primarily for God. But there is something in it for each of us as we reaffirm our relationship with God as we express our love to Him, reflecting on His greatness, His power, His majesty, and His sovereignty. Adoration is our opportunity to praise God for who He is and what He has done. Within adoration comes our worship, praise, honor, respect, and appreciation of God. Consider the attributes of God:

Communicable Attributes

faithfulness	grace
goodness	holiness
justice	love
mercy	omnipotence
omniscience	patience
sovereignty	spirituality
truth	wisdom

Incommunicable Attributes

- eternity
- immutability
- infinity
- omnipresence
- self-existence
- simplicity
- unity

Confession (Nehemiah 1:6,7; Isaiah 6:5)

“If I had cherished sin in my heart, the Lord would not have listened.” (Psalm 66:18)



Confession is the full disclosure of our sins before God. It is making sure every known sin is acknowledged to God, forsaken, and repented from. Confession comes from the root word meaning “to agree together with.” We need to agree with God as to our sin so that we can experience His forgiveness and cleansing of that sin from our lives (1 John 1:9). To be effective in our prayer life we should make sure that our hearts are clean before God and that our relationships with others are without sin (Matthew 5:23,24). Confession includes repentance, or turning, from our sins and the affirmation of what we are committing ourselves to, turning towards. In this sense confession is also consecration - the dedication of ourselves, our possessions, church, nation, family, to be used irrevocably in worshipful service for God according to His will.

Thanksgiving (Nehemiah 1:10; Psalm 118)

“Praise the Lord! Oh give thanks to the Lord, for He is good; for His loving kindness is everlasting.” (Psalm 106:1)



Thanksgiving is expressing our appreciation to God. As we rush around answering emails, answering cell phones, and fighting traffic thanksgiving becomes even more crucial. We need to stop and consider all of God’s blessings to us and others. We should remember that each day we can open our eyes is a new blessing. We need to ruminate on His gracious and merciful daily provision for our lives - physical - emotional - psychological - spiritual - and give thanks. This is our opportunity to thank God for the specific things He has done for us personally, as a congregation, and as a nation.

Supplication (Nehemiah 1:11; Philippians 4:6,7)

“Show me the way I should go, for to you I lift up my soul.” (Psalm 143:8)



We know that in Jesus we have access to God (1 John 2:1) and that the Holy Spirit intercedes for us even when we are unable to express our thoughts in words (Romans 8:26). God knows the concerns which we hold in the depths of our hearts (Psalm 38:9). He desires for us to speak to Him about the needs of our lives and the concerns we share for others. Supplication is asking for things, earnestly and humbly - asking for others and for ourselves. This is the part of our prayer life where we make our petitions known to God and trust that He will, in His time and in His way, take care of them.

Further Suggestions For Your Time With God

Make A Time (an appointment with God) and Keep It

Find A Quiet Place

- Kneel
- Pray audibly
- Keep a Prayer Note Book - keep track of who and what you are praying for as well as God’s answers

Pray For Protection

- 1 Peter 5:8

Worship & Meditation

- Use Psalms, Choruses, or Hymns (Psalm 8)
- Praise God for His goodness - for who He is (attributes)

Listening To God

- Allow God to bring to mind people who need prayer
- Allow God to guide you as to what to pray for and how to pray
- Allow God to reveal unconfessed sins and attitudes
- Allow God to speak to you in response to your prayer

Forgive

- Those who have sinned against you whether they ask for it or not (Ephesians 4:32)

The Prayer Of Faith

- Pray knowing that God is already answering your prayer (Matthew 21:21,22)
- Leave the how and when of God's answer up to God