

- ✦ His unchanging strength, love and protection

Supplication - petition God to

- ✦ Renew our sense of wonder and gratitude for the things He has made
- ✦ Help us perceive His greatness more fully & stop projecting our own feelings and judgments on Him
- ✦ Increase our awareness of His presence
- ✦ Hear our cries for help
- ✦ Grieve our hearts with the things that grieve His
- ✦ Give us faith He can show His strength in and for us when we're at our weakest
- ✦ Help us become a blessing for others
- ✦ Deepen our hope of heaven
- ✦ Obey Him without hesitation or compromise
- ✦ For the grace to make the necessary sacrifice
- ✦ Help us experience the connection between obedience and blessing
- ✦ Help us remember His saving acts in our life
- ✦ Break any false images of Him that we may have developed
- ✦ Give understanding of what Jesus has done for us
- ✦ Give us a greater vision of what it means to be a servant
- ✦ Let us appreciate the grace of forgiveness to cover areas of spiritual blindness in our lives and the life of the church
- ✦ Increase our faith in His goodness and His love
- ✦ Create a lasting peace in the Middle East
- ✦ Equip us for spiritual battles that will surely come
- ✦ Give the humility not to strike back when someone offends us
- ✦ Help us exchange our fear for His peace
- ✦ Help put His words into practice
- ✦ Restore our soul
- ✦ Help keep our eyes on Him so that we will not stray
- ✦ See a need for a shepherd
- ✦ Increase our reverence for God's Holy Name
- ✦ Extend His reign over us and through us
- ✦ Reveal Himself to us as the one who loves us, no matter what
- ✦ Free us so that we can worship Him in spirit and in truth
- ✦ Help us taste the joys of the Spirit-controlled life
- ✦ Make us aware of the spiritual battle
- ✦ Help us recognise and counter injustice
- ✦ Save those in our life who do not know Him



Guide to Prayer

A - Adoration

Praising god for who He is and what He has done

C - Confession

Asking God's Forgiveness for the things we have done wrong

T - Thanksgiving

For health, family, friends and blessings

S - Supplication

Praying for ourselves, our friends & family and others

As we come into the presence of God, His Holiness is revealed to us and this exposes our own imperfections. Yet there are many promises that encourage us and build us up to be the people God wants us to be. It is in prayer that we give praise to God, receive pardon, give thanks and bring to the Father our needs.

Adoration - praise God for

- ✦ Being the creator of all, and sustaining it
- ✦ His unchanging nature
- ✦ Faithfully hearing our prayers
- ✦ Letting no power in heaven or earth change His plan for us as long as we follow Him
- ✦ Being a refuge from all storms
- ✦ His loving provision in our lives
- ✦ He is highly exalted, glorious beyond our understanding
- ✦ He delights in blessing His people
- ✦ He is the source of our lives
- ✦ His great wisdom
- ✦ His mercy revealed in the death and resurrection of Jesus
- ✦ His power to save children and family members in our lives
- ✦ His purity

/Continued overleaf

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Adoration, continued (praise God for)

- ✦ His righteous anger and mercy
- ✦ His perfect holiness, being generous, honest, truthful, just & loving
- ✦ His sovereignty over the nations and rulers of the world
- ✦ Being our rock, fortress and shield
- ✦ His ability to care for us
- ✦ He alone can satisfy us
- ✦ His word, which is living & active, sharper than a two-edged sword
- ✦ His all-surpassing goodness

Confession - seek forgiveness for any tendency to

- ✦ Forget that every human life is sacred to God
- ✦ Take God's earthly blessings for granted
- ✦ Place God on our level, as though subject to the same laws & limitations of creation
- ✦ Accuse God of abandoning us
- ✦ Disbelieve, despite the evidence of God's past faithfulness to us
- ✦ Self-centredness and lack of concern for the needy of this world
- ✦ Doubt God's ability or desire to help us
- ✦ Worry, which keeps us from depending on the Almighty
- ✦ Live in fear and not by faith
- ✦ Live without reference to heaven
- ✦ Complain of our aches and pains, rather than praying about them
- ✦ Live as though God's grace is cheap
- ✦ Shrink back when God asks something difficult
- ✦ Forget what God has done for us
- ✦ Disdain the role of serving others
- ✦ Withhold certain areas of our life from God
- ✦ Ignore sin that has entered our life or be complacent about sin
- ✦ Be proud which makes it difficult to admit our sin
- ✦ Rely on our judgment & not ask God to help us see clearly thru' the power of His Spirit
- ✦ Fight our own battles in our own strength
- ✦ Compromise our faith in order to fit in the world around us
- ✦ Run away from God
- ✦ Lack reverence for God's majesty
- ✦ Judge people
- ✦ Lack faith in God's power to bring peace
- ✦ Trust in our circumstances, rather than in God
- ✦ Be stubborn, which makes it difficult for God to lead us
- ✦ Speak or live in a way that dishonours God's name

- ✦ Seek safety apart from God
- ✦ Be complacent regarding the return of the King
- ✦ Form attachments to things or people that get in the way of our relationship with God
- ✦ Lack prayerfulness for self, family, community or the world
- ✦ Accuse God of being unjust
- ✦ Earn our way into the Father's good graces

Thanksgiving - thank God for

- ✦ Making us in His own image
- ✦ Being a perfect creator - nothing can be added or subtracted to improve His nature
- ✦ His watchful care
- ✦ His timely help
- ✦ All the ways God has protected us
- ✦ The persistent blessings in our life - spiritual, material and emotional
- ✦ Making our souls immortal
- ✦ The promises of strength for the weary
- ✦ Pursuing a relationship with us
- ✦ His continued forgiveness and delivering power
- ✦ The chance to be used by the Lord
- ✦ Using His power on our behalf
- ✦ His laws that are designed not to harm but to protect us
- ✦ Not leaving us in our sins
- ✦ The way He has brought a house out of darkness and into the light of His presence
- ✦ His protecting Power
- ✦ The power He has given to us in Christ, to become holy
- ✦ The punishments that bring us back to God
- ✦ The peace that we have enjoyed as a nation
- ✦ The specific ways that God has helped us in the past
- ✦ The ways He has steadied us in fearful times
- ✦ The way He has been our faithful Shepherd
- ✦ His promise to hear our prayers
- ✦ The justice that is in God's kingdom
- ✦ His patience
- ✦ The times He has pursued us despite our own unfaithfulness or lack of interest
- ✦ Revealing Himself to us and not leaving us in the dark
- ✦ The ways He has driven out our enemies
- ✦ The same Spirit who raised Jesus from the dead, that lives in us
- ✦ The ways He is building up our faith and encouraging us
- ✦ His ability to read our hearts
- ✦ His promise to judge all people, in His truth