

# HOW DO I PRAY?

**What is prayer?** Too many times we learn from watching others that prayer is asking God for what we want, for a sick person to get well, or for bad things not to happen to us. Prayer is so much more! A wise man once said that it is a two-way conversation between God and His beloved child. Is that how you think about prayer?

If not, try this simple outline as you pray: *Praise, Admit, Request, Thanks, Listen*. This outline will help you to do more than just ask, but will help you praise Him for who He is, thank Him for what He has done, admit your sins against Him, listen for what He may say, and yes, to request that He provide for your daily needs.

But how will I remember this outline? A helpful reminder is attached to the end of your hand! Just look at your fingers and count off: **PART-L**. (See below) Here are some verses to help you get started:

## P = PRAISE

*"I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High."* Psalm 9:1-2

## A = ADMIT

*"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."* Psalm 139:23-24

## R = REQUEST

*"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."* Matthew 7:7-8

## T = THANKS

*"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."* 1 Thessalonians 5:16-18

## L = LISTEN

*"Be still, and know that I am God."* Psalm 46:10a

*"The Lord confides in those who fear him; He makes his covenant known to them."* Psalm 25:14

## PRAYER OUTLINE: "PART-L"

Praise Admit Request Thanks Listen

