

A Pattern for Prayer

Sometimes it can be difficult to find a rhythm to our prayers. Oftentimes we can feel like there's no flow or order to our prayer time. This can lead us to become frustrated with trying to pray and make us feel like giving up on prayer altogether. So, I want to give you a pattern for prayer. This is not to be a "rule" for how you must pray. Instead, it is a "guide" to help you as you pray...

Praise & Adoration

Express your thoughts of praise and worship to God your Father — enter His gates with thanksgiving and His courts with praise. Give thanks to Him and bless His name. For the Lord is good, and His faithful love endures forever; His faithfulness, through all generations. —Psalms 100:4–5

Confession & Repentance

Is the Holy Spirit convicting you of sin? Ask the Holy Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness — Be gracious to me, God, according to Your faithful love; according to Your abundant compassion, blot out my rebellion. Completely wash away my guilt and cleanse me from my sin. For I am conscious of my rebellion, and my sin is always before me. —Psalms 51:1–3

Yielded Obedience

Are you regularly obeying the leading of the Holy Spirit? — If you love Me, you will keep My commands. —John 14:15

Renewal

Add prayers for your personal renewal — Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God. —Romans 12:2

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Attitude

How does your attitude need to change to be more like Jesus? — Adopt the same attitude as that of Christ Jesus. —Philippians 2:5

Being Salt and Light

Ask God to make you an example that others can follow — Imitate me, as I also imitate Christ. —1 Corinthians 11:1

Relationships

Pray and ask God to help you love others — I give you a new command: Love one another. Just as I have loved you, you are also to love one another. By this everyone will know that you are My disciples, if you love one another. —John 13:34–35

Petitioning God

Offer prayers regarding your activities for this day and any special concerns you may have. Ask God to do big things in your life — 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, and the one who seeks finds, and to the one who knocks, the door will be opened. —Matthew 7:7–8

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Intercession

Take a few moments to intercede on behalf of others. Pray for their spiritual, emotional, and physical needs — Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look not to his own interests, but rather to the interests of others. —Philippians 2:3–4

Thanksgiving

Pause to thank God for what He has done and what He will do — Rejoice always, give thanks in everything; for this is God's will for you in Christ Jesus. —1 Thessalonians 5:16, 18