



PRAYER PATTERNS

Prayer patterns and prompts can be helpful in your prayer life. They are intended to help guide your prayers deeper, and should not be used as an empty ritual. You can use the journal templates at the end to get you started with the ACTS prayer or the Lord's prayer. You might want to use a prayer pattern or prompt if:

- You struggle to get started, or with becoming distracted.
- You don't know what to say.
- You want to develop a more focused prayer life.
- You want to help children focus their prayers.



The Jesus prayer, an ancient tradition

Simply speak aloud the centuries-old "Jesus prayer":

Lord Jesus Christ, Son of God, have mercy on me, a sinner.



The PRAISE prayer pattern



Praise (Psalm 100:4)

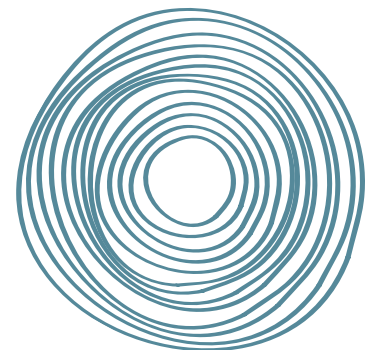
Repentance (1 John 1:9)

Ask (Luke 11:9)

Intercede for others (Hebrews 7:25)

Speak the Word (2 Timothy 2:15)

Enjoy His presence (Psalm 16:11)





The ACTS prayer pattern

Aclamation (spend time worshipping God)

Confession (repent of sins and ask forgiveness)

Thanksgiving (thank God for what He has done!)

Supplication (asking for help)

ACTS for kids

Wow God, you are...

I'm sorry for...

Thank you...

Please help...



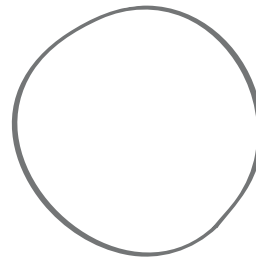
Jesus' prayer pattern

The original version:

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
 on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
 as we also have forgiven our debtors.
And lead us not into temptation,
 but deliver us from the evil one.

Fill-in-the-blank version:

Dear Father, you are _____
Your kingdom come,
your will be done in _____
Give us _____
Forgive us for _____
and help us to forgive _____
Protect us from _____ temptation
and evil in _____



Max Lucado's simple prayer pattern

Dear Father,
You are good.
I need help.
So do they.
Thank you.
Amen.





Listening prayer

Prayer is about speaking AND listening. Use these prayer prompts to focus your time listening for the Lord.

Simply speak the prayer of Samuel:

Speak Lord, your servant is listening.

Listening to God using the ACTS prayer

1. God, will you show me something about you that is worthy of praise?
2. Is there something I should confess/repent of? Please forgive me.
3. Please remind me of something for which I can thank you.
4. Is there someone for whom you would like me to pray?



Learn to balance personal prayer with intercessory prayer: Belly Button prayer

Pray for "Innies" and "Outies"

Innies: praying for those in the group/family

Outies: prayer evangelism, praying for those who don't know Christ



Intercessory prayer

The five-finger prayer - put your hands together and pray through the fingers, from close to far:

Thumb: pray for those who are closest to you (the thumb is closest)

Index/pointer: pray for those who teach and heal you (this finger is used for teaching)

Middle: Pray for those who lead (this finger is tallest)

Ring: Pray for those who are weak/sick (this finger is the weakest)

Pinky: Pray for your own needs

BLESS prayer pattern:

Body (physical needs, health)

Labor (work, income)

Emotional (inner life, joy)

Social (relationships, family)

Spiritual (faith in Jesus, salvation)

MY PRAYERS



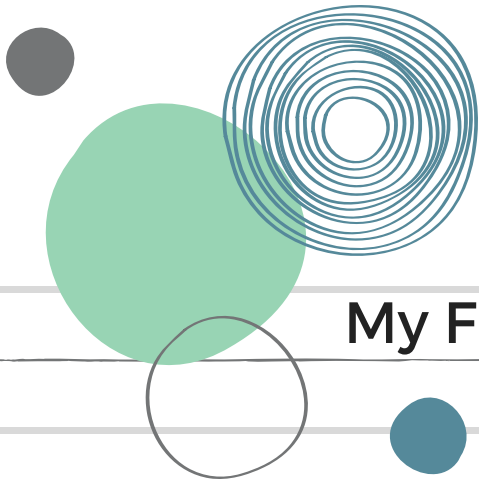
Wow God, You are...

I'm sorry for...

Please forgive me.

Please help...

Thank You for...



MY PRAYERS

My Father in heaven, you are...

May Your kingdom come and Your will be done in...

Please help me with...

Forgive me for...

...and help me to forgive...

Protect me from temptation and evil in this area...