

P.R.A.Y.

Praise - Praise and thank God for all He has done, is doing, and will do for you and those around you. Praise Him for His goodness, His grace and mercy, His character, anything about Him that is good.

If you want to find phrases to use, look through the book of Psalms. It is full of things to praise God for.

Repent - Confess anything you need to, either that you knew before you started praying, or that comes up as you are praying and praising God.

Repent - to agree with God that the action was wrong, that He is right, to apologize to Him, and to commit to not do it again.

Ask - Make any requests you have for you or for others.

Share with God anything that is on your heart, or that you feel you need to talk to Him about, both good and bad, big and small.

Yes - Commit to doing, changing, improving, stopping anything you feel prompted or led to.

Agree to follow God and His path, and to improve your serve and commitment to Him.

Close with a few words of thanking God for hearing your prayer and for listening to you. Tell Him how you appreciate the gift of being able to come to Him at any time.