

PRAY Method

Praise - worship God for who He is and what He has done.

Prayer through a Praise Psalm - Psalm 103

- Go around the circle, reading two verses at a time, after each reader has read the verse, he or she prayerfully reflects on the truths that were just read.
- If you can't think of anything to pray, after reading say, "next person"
- Continue around the circle until the Psalm is finished.

Repent - confess your sin to God and acknowledge your need for Jesus.

- Silently read Galatians 5:16-26. Confess any shortcomings that these verses bring out in your life.
- Confess any other sins that you can think of.
- Ask God to renew his strength in you and assure you of forgiveness in Christ.

After awhile, have the leader start the next section.

Ask - intercede for particular needs in your life and the lives of others.

- Pray for your friends and family.
- Pray for your needs individually.
- Pray for those who do not know Jesus.
- Pray for our country and state leaders.
- Pray for missionaries that you know.
- Pray for our church - ministries & leaders.
- Pray for the persecuted church.
- Pray for the world's unreached peoples.

Yield - surrender your day and life to following Jesus wherever he leads.

- Spend some time praying for areas of life - ask for God to do his will in,
 - Our thoughts,
 - words,
 - actions,
 - work & school,
 - families,
 - decisions & future.
- Spend time praying over your week ahead, items on your schedule - ask God to work as you surrender these things to him.