

An Outline for Prayer

Adapted from Douglas F. Kelley's *If God Already Knows, Why Pray?*

Praise (5 minutes)

Honor God for who He is and for what He has done.

Use Psalms and hymns, praising him silently, audibly and in song.

Waiting (5 minutes)

Be still (Psalm 62). Ask the Holy Spirit to help us concentrate our attention on the Lord. Fix our hearts and minds on him and speak our love to him.

Confession (5 minutes)

Psalm 51:6 God desires truth in our inmost being.

Pray through Psalm 51, 32 or 139.

Be honest and specific about our sin. Confess them, name them, but claim God's promises of forgiveness and rescue. (1 John 1:9.) Ask the Holy Spirit for power to overcome temptation. (1 Cor. 10:13.) Calvin's prayer at the end of his sermons: "Lord, help us to hate our sins enough to turn from them."

Scripture Praying (5 minutes)

As Spurgeon prayed, "Lord, do as thou hast said!"

God loves his word. We are able to speak the beauty and truth of his own word back to him as we pray through Scripture.

Watching (5 minutes)

Pray for the freedom, the liberation that is ours in Christ. (Matthew 12:29.)

Ask the Spirit to tune our hearts, sharpen our minds, and equip us with God's full armor.

(Ephesians 6)

"Think of current local, national, and international events from this perspective. Remember how Daniel's prayers caused a battle to be won in heaven."

Intercession (15 minutes)

Be specific. Keep a written prayer list. Write down names, needs and dates. If and when God answers these specific prayers, note his response, thank him, and make room for new needs on the list.

Have access to a world map to keep his global mission on our hearts. Pray for family members, our churches, our co-workers, our neighbors and friends. Pray for revival. Pray for our enemies.

Thanksgiving (5 minutes)

Thank our Triune God for his infinite goodness, for who he is and all he does. Thank him for his Word. Thank him for his love and our salvation.

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." G.K. Chesterton, *Orthodoxy*