

10 Practical Ways to Pray



1. Make a prayer list.

- List prayers by categories and date you begin praying for them.
- Document the date/how the prayers were answered

2. Pray A-C-T-S prayers.

- A-Adore—God, I love you because You are...
- C-Confess—God, forgive me for...I'm sorry for...
- T-Thanks—God, thank You for...
- S-Supply—God, I need this...would You please provide...?

3. Pray with your spouse about things going on in your family.

4. Pray in the morning and at night.

- Pray at the beginning of the day with your family and at night with children before bed-time.

5. Pray with people on-the-spot.

- When they tell you about an upcoming need in their life (surgeries, problems with their families, etc.)

6. Pray continually.

- Throughout the day, as things come up, take them to God.
- Pray silently in meetings, at work, etc.

7. Pray with a partner on a regular basis.

- Make sure this is a person of the same gender.
- Pray for one another's needs and encourage each other.

8. Pray adoration prayers.

- Where you don't ask God for anything. You simply tell God how much you love, adore, appreciate Him,...in other words, what you love about Him.

9. Pray confession prayers. It's important to maintain a humble and sincerely repentant heart before God.

10. Pray spontaneous "Thank you, God!" prayers.

- For expected and unexpected blessings throughout the day.