



Daily prayer is essential to our relationship with the Lord.

This prayer model will help you establish a daily prayer routine. Try exercising each step for 1 minute each morning and this will give you 12 minutes of prayer before you start your day. For one hour of prayer, exercise each step for 5 minutes each morning and this will give you **one hour of prayer**.

- 1. Praise Lift up God, Honor, Adore, Worship (Acknowledge God)
- 2. Forgiveness Forgive others (Release those who have hurt you)
- 3. Confession Confess any and all sins / Confess who you are in Christ
- 4. Petition Specific Needs and Situations (Ask, Seek, Knock, Expect)
- 5. Intercession Stand in the gap for someone (Church, City, Leaders, etc.)
- 6. Read Bible Read your Bible (not study, read)
- 7. Meditation Ponder on Spiritual Things (Think about what you read)
- 8. Thanksgiving Thank God for specific things He has done (For answering)
- 9. Pray the Word Quote / Pray the Word ("Father Your Word says.....")
- 10. Sing Sing a song (psalms, hymns, and spiritual songs)
- 11. Listen Get quiet and listen to God (God wants to speak to you)
- 12. Praise Lift up God (Acknowledge the Holy Spirit as your Helper)

Write down what God has spoken to you (Direction, Guidance and Comfort)
