





"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

- 1 Thessalonians 5:16-18

Prayer is ongoing communication with our Heavenly Father, connecting in relationship with him and seeking his Kingdom on earth.





Up: Praise & Thanksgiving

"...be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."

- Ephesians 5:18-20





Down: Confession & Repentance

"If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

- 1 John 1:7-9





In: Petition for Your Needs

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

- Philippians 4:6-7





PRAY Out: Intercession for Others

"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth."

PETITION INTERCESSION

- 1 Timothy 2:1-4









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- 4- Use structured prayers to direct you.

IN CHRIST, THERE IS **NOTHING** I CAN DO
THAT WOULD MAKE YOU Love ME MORE
NOTHING I HAVE DONE THAT MAKES YOU Love ME LESS.

YOUR PRESENCE & APPROVAL ARE ALL I NEED FOR everlasting JOY.

AS YOU HAVE BEEN TO ME, SO I will be TO OTHERS.

AS I PRAY, I'LL weasure YOUR

COMPASSION BY THE CROSS &
YOUR POWER BY THE RESURRECTION.

GOSPEL



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- 4- Use structured prayers to direct you.
- 5- Get your body involved.

