

HOW TO PRAY

STEP 1: TURN YOUR HEART TOWARD GOD

PURPOSE: To become aware of God's presence and to center your heart on Him.

HOW TO BEGIN:

1. Find a quiet place, if possible.
2. Take a slow, deep breath. Remind yourself: God is here.
3. Open with a simple prayer, like: "Father, I come to You in the name of Jesus. I welcome Your Holy Spirit. Help me to pray."

SCRIPTURE REFLECTION: "Be still, and know that I am God."
— Psalm 46:10

KEY TRUTH: Prayer begins not with our words, but with our attention.

STEP 2: OFFER PRAISE & GRATITUDE

PURPOSE: To orient your prayer around God's character, not just your needs.

HOW TO PRAY:

1. Thank God for specific blessings.
2. Praise Him for who He is (faithful, holy, merciful, powerful).
3. Example: "Lord, You are good, and Your mercy endures forever. Thank You for Your faithfulness in my life."

SCRIPTURE REFLECTION: "Enter His gates with thanksgiving, and His courts with praise." — Psalm 100:4

NOTE: Gratitude softens the heart and aligns us with truth.

STEP 3: CONFESS & SURRENDER

PURPOSE: To bring honesty before God and to submit ourselves to His work.

HOW TO PRAY:

1. Ask the Holy Spirit to search your heart.
2. Confess sins or attitudes without fear — God meets us with grace.
3. Example: "Holy Spirit, show me anything in me that does not reflect Christ. I surrender myself again to You."

SCRIPTURE REFLECTION: "If we confess our sins, He is faithful and just to forgive us." — 1 John 1:9

KEY TRUTH: Confession isn't about shame — it's about freedom.

STEP 4: ASK IN FAITH

PURPOSE: To bring our needs and the needs of others before God.

HOW TO PRAY:

1. Pray for your daily needs.
2. Intercede for family, church, community and world.
3. Example: "Lord, I lift up my family to You. Bring healing, wisdom and peace."

SCRIPTURE REFLECTION: "Do not be anxious about anything, but in everything by prayer and supplication..." — Philippians 4:6

NOTE: Expect the Spirit to prompt specific people, burdens or Scriptures as you pray (Romans 8:26).

STEP 5: LISTEN FOR GOD'S VOICE

PURPOSE: To cultivate a listening heart, not just a speaking one.

HOW TO PRACTICE:

1. Sit quietly for a few moments.
2. Pay attention to Scripture, impressions or convictions that align with God's Word.
3. Write down what comes to mind for further discernment.

SCRIPTURE REFLECTION: "Speak, Lord, for your servant hears."
— 1 Samuel 3:10

IMPORTANT: God's voice will never contradict Scripture.

STEP 6: TRUST & GO IN OBEDIENCE

PURPOSE: To end prayer with confidence and obedience.

HOW TO PRAY:

1. Thank God for hearing you.
2. Declare trust in His will.
3. Ask for grace to walk in obedience.
4. Example: "Lord, I trust You with all I have prayed. Lead me today by Your Spirit. In Jesus' name, amen."

SCRIPTURE REFLECTION: "Cast all your anxieties on Him, because He cares for you." — 1 Peter 5:7

KEY TRUTH: Prayer does not end in the moment—it sends us back into daily life trusting God and walking in obedience.