PRAY 7/814

ACTS:

A – Adoration: praising God for who He is

Prayer Models

C – Confession: owning our sins

T – Thanksgiving: thanking God for all He has done

S – Supplication: prayers of request for ourselves and others

FIVE-FINGER PRAYER

Thumb: pray for those closest to you

Pointing finger: pray for those who guide
us: teachers, doctors, counselors, mentors

Middle finger (tallest one): pray for those
who lead us: government, civic, and
business leaders, police and firefighters

Ring finger (weakest one): pray for those
who are weak: the poor, sick, disabled,
infants, homeless, the powerless, the
persecuted

Pinkie (the smallest, the least): Pray for myself

PRAY:

Praise Repent Ask Yield



HEART:

Honor God with Praise Examine your life Ask for help/needs Requests for others Thank God

PRAY 7814

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6 Weeks of Prayer

Week 1: Listening to God

Assignment: Spend 5 minutes in silence

before God and listen. **Scripture:** Isaiah 48:12-19

Week 2: Repentance

Assignment: Spend time in repentance

before the Lord.

Scripture: Psalm 51 & I John 1:6-10

Week 3: Sacrifice

Assignment: Give up something you do daily and replace that time with reading

scripture and prayer.

Scripture: Romans 12:1

Week 4: Prayer Partner

Assignment: Pray with another person

each day this week. **Scripture:** James 5:16

Week 5: Supplication

Assignment: Write out specific prayer

requests and pray over them. **Scripture:** Philippians 4:6-7

Week 6: Adoration, Thanksgiving, and

Praise

Assignment: Have your prayers focus on Adoration, Thanksgiving, and Praise.

Scripture: Revelation 7:9-12

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