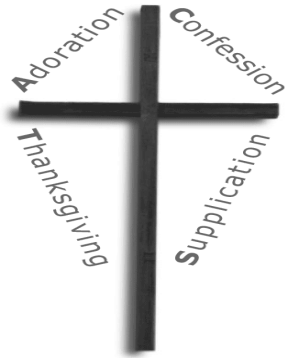


How to Pray Ideas



The Five Finger Prayer

1. Your thumb is nearest to you. So, begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C.S. Lewis once said, a “sweet duty”.
2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God’s guidance.
4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our little finger; the smallest finger of all. Which is where we should place ourselves in relation to God and others. As the Bible says, “the least shall be the greatest among you.” Your pinky should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.



**A.C.T.S. is an easy way to remember key elements of prayer.
It's simply prayer in four parts:**

Adoration – “Praise be to God!” -Psalms 68:35

Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time. Sometimes I watch the sun rise, and praise God for the beauty of His creation. You should never run out of praise. “How awesome are your deeds!” -Psalms 66:3

Confession – “If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness.” -1 John 1:9

Tell Him where you have fallen short. Be specific. I thank Him for the forgiveness I have in Christ and ask for help and strength to turn away from future temptations.

Thanksgiving – Always “glorify him with thanksgiving” -Psalms 69:30

You have plenty of reasons to be thankful. Thank God for His love, His faithfulness, His patience and a million other things. Express gratitude for what He’s doing in your life. Thank Jesus for dying on the cross for you. Thank the Holy Spirit for indwelling you, and never leaving. Thank Him for being your conscience, your counselor and that “still small voice.”

Supplication – “Make your requests known to God.” -Philippians 4:6

Tell God what you want, no matter how small it seems to you. Do you really think any of your requests are big to God the Creator? You should have lots of intercessory (*praying for others*) prayer here. Remember: We are committed to pray for our pastor and church every day also.



Worship, Submit, Listen, and Respond

Worship

-“Enter into His gates with thanksgiving, and into His courts with praise.” -Psalms 100:4

Submit

– “Submit yourselves therefore to God. Resist the devil, and he will flee from you.” -James 4:7

Listen

-“I will hear what God the LORD will speak: for he will speak peace unto his people...” -Psalms 85:8

Respond

-“...and receive from him anything we ask, because we obey his commands and do what pleases him.” -1 John 3:22

Source: <http://prayercentral.net/engage-me/ways-to-pray/worship-submit-listen-respond/>