

*Some of*  
**God's Promises for Prayer**

Call to me and I will answer you and tell you great and unsearchable things you do not know. *Jeremiah 33:3*

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him. *1 John 5:14-15*

You may ask me for anything in my name, and I will do it. *John 14:14*

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. *Proverbs 3:5-6*

Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you. *Ps. 9:10*

The LORD hears his people when they call to him for help. He rescues them from all their troubles. *Psalms 34:17*

The Holy Spirit helps us in our distress. For we don't even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words. *Romans 8:26*

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

## **On Unanswered Prayer**

In answering your prayers, God gives you exactly what you would have asked for if you knew what He knew. (Tim Keller)

*A Short and Simple Guide for*

# **Prayer**

"Those who live prayerfully are constantly ready to receive the breath of God, and to let their lives be renewed and expanded."

*-Henri J. M. Nouwen*

# ACTS

*(Adoration, Confession, Thanksgiving, Supplication)*

**Adoration** is to adore God, to worship him and to fulfill the commandment to love him with all of our heart, mind and soul. As we spend time in adoration, we praise God for who He is.

*Suggestion: Pray the Names of God (see below)*

**Confession** allows us to come before God without pretense or guilt. All of us have sinned. The Apostle, John, writes in his epistle "If we claim to be without sin, we deceive ourselves and the truth is not in us. But if we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

*Suggestions: Let the Ten Commandments (Exodus 20) or 1 Corinthians 13:4-7 remind you of where you fall short of God's glory.*

**Thanksgiving** reminds us that every good and perfect gift is from God. Giving thanks helps us to center our lives around God's grace, peels away our sense of pride and entitlement, and trains us to rejoice in the Lord always.

*Suggestions: in addition to people and provisions, try thanking God for trials and weaknesses.*

**Supplication or Intercession.** Finally we come to ask God for our needs and the needs of others.

*Suggestions: Pray for world issues, your enemies, your family, friends and neighbors, the church in all places, persecuted Christians; and of course, pray for your own needs too. Pray "not my will, but your will be done."*

## Some Names of God:

*creator, counselor, everlasting God, provider, healer, our righteousness, Shepherd, consuming fire, Father, holy one, our judge, our hope, our hiding place, merciful one, prince of peace, shelter, sanctuary, strength of the poor, a strong tower, Daddy, alpha and omega, ancient of days, bread of life, confidence, consolation, desire of all nations, faithful and true, shield and defender, King of Glory, Mighty One, Beloved, deliverer, my help, my rock, redeemer, restorer, saving grace, my salvation... (there are so many more!)*

# Praying the Psalms

*"Jesus Christ, the Word of God, teaches us to pray. The words which come from God become, then, the steps on which we find our way to God." Dietrich Bonhoeffer*

- **Lament Psalms / Community:** 12, 44, 58, 60, 74, 79, 80, 83, 85, 89, 90, 94, 123, 126, 129
- **Lament Psalms / Individual:** 3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 27, 28, 31, 36, 39, 40:12-17, 41, 42-43, 52, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 89, 120, 139, 141, 142
- **Repentant Psalms:** 6, 38, 51, 102, 130, 143
- **Imprecatory (defeat my enemies) Psalms:** 35, 69, 83, 88, 109, 137, 140
- **Thanksgiving Psalms / Community:** 65, 67, 75, 107, 124, 136
- **Thanksgiving Psalms / Individual:** 18, 21, 30, 32, 34, 40:1-11, 66:13-20, 92, 108, 116, 118, 138
- **Salvation History Psalms:** 8, 105-106, 135, 136
- **Songs of Trust:** 11, 16, 23, 27, 62, 63, 91, 121, 125, 131
- **Praise Psalms:** 8, 19:1-6, 33, 66:1-12, 67, 95, 100, 103, 104, 111, 113, 114, 117, 145, 146, 147, 148, 149, 150
- **Psalms to remind us of:**
  - **God's Covenant:** 50, 78, 81, 89, 132
  - **God's Kingship:** 2, 18, 20, 21, 29, 45, 47, 72, 93, 95, 96, 97, 98, 99, 101, 110, 144
- **Wisdom Psalms:** 1, 36, 37, 49, 73, 112, 127, 128, 133

# The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. *For yours in the Kingdom and the power and the glory forever, Amen.*