

P.R.A.Y. PRAYER METHOD

HELPING PEOPLE
LOVE JESUS
TO LIVE FOR HIM
EVERY DAY

Prayer is an essential part of a believer's relationship with God. It is more than just words — it is a way to communicate, grow closer, and align our hearts with His will. Prayer helps us express gratitude, confess our shortcomings, bring our needs and the needs of others before God, and learn to trust Him more fully. The acronym **P.R.A.Y.** stands for **Praise, Repent, Ask, and Yield**. The P.R.A.Y. prayer method encourages a balanced and meaningful approach to prayer, guiding us to honor God, turn from sin, seek His help, and surrender our hearts to His plan.

PRAISE

God is worthy to be praised. Prayer should begin with genuine praise towards God. Prayers of praise involve thanking God for who He is and what He's done. As you spend time praising God, reflect on His character and the good gifts that He has given you.

WHO GOD IS

When it comes to praising God for who He is in prayer, one of the best ways to start is by focusing on His attributes. **God is loving, merciful, just, wise, holy, and so much more. Take time to reflect on these attributes and thank God for each one of them.** You can also praise God for His sovereignty over all things, His faithfulness, and His unchanging nature.

WHAT GOD HAS DONE

Remember that genuine praise involves acknowledging God's goodness and expressing gratitude for His blessings in your life. So, as you pray, make sure to thank God for all the ways He has shown His love and grace to you. Thank Him for big things and small things. Don't forget to praise God for His ultimate gift of salvation through Jesus Christ. As you do so, you will find that your heart is lifted up in worship and your relationship with God grows deeper and stronger.

REPENT

Repentance is the act of turning away from sin and turning toward God. Since we as humans have a sinful, fallen nature, we need to have a continuous attitude of repentance. During this portion of your prayer time, confess specific sins to God and repent of them. He already knows, but He still calls you to confess.

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9

Agree with Him about what He says about sin and righteousness. **Ask Him to help you hate sin as He does,** and to help you walk in holiness through the power of the Holy Spirit.

ASK

Spend the next portion of your prayer time **asking God to work.** God wants us to humbly ask Him for what we need and desire. Asking Him means admitting we can't do these things on our own.

ASK GOD TO WORK IN THE LIVES OF OTHERS

When we ask God to act in prayer, we shouldn't only ask Him to do things for ourselves. **We must also intercede on behalf of others** and ask God to work in their lives as well.

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. 1 Timothy 2:1-4



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Groups to pray for:

- Family
- Friends
- Neighbors
- Co-Workers
- Church Staff
- Government leaders
- Missionaries
- The Nations

ASK GOD TO WORK IN YOUR LIFE

You can ask God for small things, big things, and things that only He can do. You may not always get the answer that you want, but **you can be sure that whatever God does is ultimately what is best.**

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!" Matthew 7:7-11

ASK PERSISTENTLY

If you feel like you're always asking God for the same things, that's okay—**Jesus said persistence in prayer is a good thing.** He told a parable about a widow who kept coming to an unjust judge, pleading for justice. At first he refused, but because she wouldn't give up, he finally granted her request. Jesus shared this story to remind us to keep praying and not lose heart.

And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off?" Luke 18:1-7

YIELD

The final portion of your prayer time when you're following the P.R.A.Y. model will be spent sitting quietly before God and listening to what He tells you. As you listen to what He tells you, **commit to being obedient to whatever next step he may call you to take.**

Those who have committed to following Jesus through repenting of their sin and placing their trust in Jesus have been given the Holy Spirit. **The Spirit helps us in our weaknesses.** He gives us both the desire and the power to yield to Jesus' calling even when it is uncomfortable.

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:1-2

