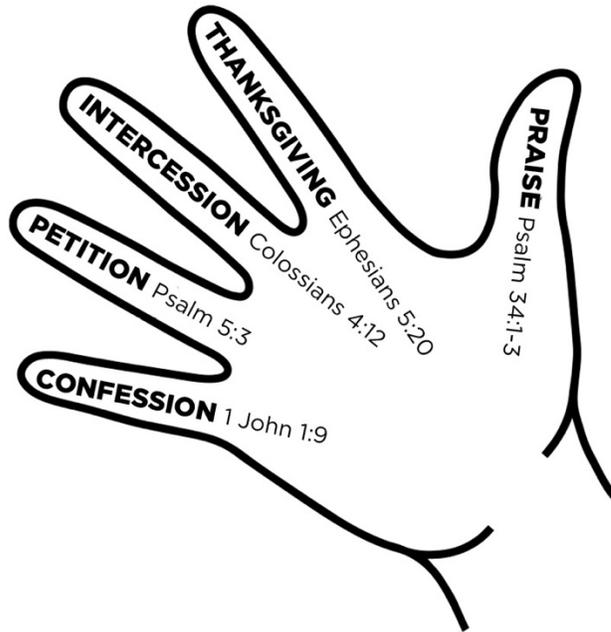


## HANDS ON PRAYING

Many believers find extended time in prayer is a difficult spiritual discipline. Here's an easy way to remember five essential aspects of prayer. Pray through each of these five aspects, remembering that prayer is really about aligning our hearts with God's, and as the fifth aspect explains below, praises to God should permeate every part.



### Start with the pinky finger and practice:

1. Confession is agreeing with God about my sin.

“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*

**PRAYER:** “Lord, I ask you to search my heart and show me anything that is keeping me from you and doing your will. I acknowledge that I have fallen short in \_\_\_\_\_ . I humbly ask your forgiveness and strength to be more like you.”

### Move onto the next finger and practice:

2. Petition (Requests) is I asking God to provide for my needs.

Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly. *Psalm 5:3*

**PRAYER:** “Father, this is going on in my life: \_\_\_\_\_.  
I’m asking you to provide as only you can. I refuse to look to anyone else first and recognize that you are my provider.”

3. Intercession – I ask God to provide for the needs of others –

Epaphras, a member of your own fellowship and a servant of Christ Jesus, sends you his greetings. He always prays earnestly for you, asking God to make you strong and perfect, fully confident that you are following the whole will of God. *Colossians 4:12*

“I prayed for this child, and the Lord has granted me what I asked of him.” *1 Samuel 1:27*

**PRAYER:** “Oh God, I’m bringing before you the \_\_\_\_\_. They are in need of a specific touch from you. Please meet their need and may it bring glory to you. You will be done.”

### **Move on to the next finger.**

4. Thanksgiving is thanking God for what he has done through me and for me.

And give thanks for everything to God the Father in the name of our Lord Jesus Christ.  
*Ephesians 5:20*

**PRAYER:** “I am so grateful for \_\_\_\_\_ and I never want to take for granted how you have blessed me. Raise up in me an attitude of gratitude for all you have done and continue to do.”

5. Praise – I voice my adoration to God.

“I will praise the Lord at all times. I will constantly speak his praises. I will boast only in the Lord; let all who are helpless take heart. Come, let us tell of the Lord’s greatness; let us exalt his name together.” *Psalms 34:1-3*

**PRAYER:** “You alone do I praise and adore. You are steadfast and always by my side. You are the King of Kings and Lord of Lords. May my life illustrate your greatness and bring honor to your name.”

As the thumb is able to touch all four other fingers, so praise should permeate every part of my life.

**And then conclude with LISTENING.** This is where you spend a few minutes being quiet with the intention of hearing His small still voice and resting in His presence.

“And the Lord came and called as before, ‘Samuel! Samuel!’ And Samuel replied, “‘Speak, your servant is listening.’” *1 Samuel 3:10*