



Have you ever sung the song “Read your Bible and pray everyday, and you’ll grow, grow, grow!”? In that simple kids song, prayer is said to help us grow. Does that mean if I pray really hard I’ll grow three inches tonight? No, that’s not what it’s referring to. Instead, it’s talking about our spiritual growth—how we can deepen our relationship with God.

The Bible says that there is power in prayer (James 5:16) and as Christians, we should “pray without ceasing” (1Thessalonians 5:17).

So, do you pray? Do you know what prayer is or even how to do it?

Prayer is how we communicate (talk) with God. As our heavenly Father he wants to hear from his children (Hebrews 4:14-16). So, what should we talk to God about? Our family? What’s happening at school? The weather? Yes, all of the above! We pray to praise Him and thank Him and tell Him how much we love Him. We pray to spend time with Him and tell Him what’s going on in our lives. We pray to make requests, ask for His help and for wisdom (good judgement). We pray to thank him for his good creation, and yes, even the beautiful weather he provides. God loves when we talk to Him, but too often we lose sight of how simple prayer is really supposed to be.

How then should we pray? Jesus gives us this example in Matthew 6:9-13, it’s called the Lord’s Prayer:

This, then, is how you should pray:  
“Our Father in heaven,  
hallowed be your name,  
<sup>10</sup>your kingdom come,  
your will be done,  
on earth as it is in heaven.  
<sup>11</sup>Give us today our daily bread.  
<sup>12</sup>And forgive us our debts,  
as we also have forgiven our debtors.  
<sup>13</sup>And lead us not into temptation,  
but deliver us from the evil one,  
for yours is the kingdom and the power and the glory forever. Amen.’

The **ACTS** model of prayer, which is loosely based on the Lord’s Prayer, can help you organize your thoughts when you pray.

**A** is for **adoration**, which means worship—glorifying and exalting God. Through adoration, we show our loyalty and admiration of our Father. This could be through a song of praise to Him, praying a psalm of worship, or declaring His attributes.

**C** is for **confession**. When we confess our sins, we agree with God that we are wrong and that we have sinned against Him by what we have said, thought, or done. God forgives us and restores our fellowship with Him (1 John 1:9).

**T** is for **thanksgiving**. Philippians 4:6 says, “With thanksgiving let your requests be made known to God”. Thanksgiving focuses on what God has done and we can thank God for many things including His love, salvation, protection, and provision.

**S** is for **supplication** which means a request or petition—it’s prayer for our and others’ needs. We may pray for mercy (Psalm 4:1), leading (Psalm 5:8), wisdom (James 1:5), and much more. In Ephesians 6:18 Paul encourages us to pray diligently for our brothers and sisters in Christ.

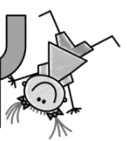
So what are you waiting for? Spend some time with your heavenly Father today in prayer!



# Today I
















# will PRAY



I will pray for:	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>FAMILY</b> Ephesians 6:1-3							
<b>FRIENDS</b> Proverbs 17:17							
<b>TEACHERS</b> 1 Corinthians 15:58							
<b>NEIGHBOURS</b> Philippians 2:1-4							
<b>PASTOR</b> Romans 10:14-15							
<b>HELP WITH SOMETHING</b> Psalm 121							
<b>FORGIVENESS</b> 1 John 1:9							
<b>SOMEONE WHO IS SICK</b> Jeremiah 30:17							
<b>SOMEONE IN NEED</b> Psalm 40:16-17							
<b>PROTECTION</b> Psalm 91:9-10							
<b>GIVE THANKS TO GOD</b> Philippians 4:6-7							
<b>LEADERS</b> Romans 13:1							
<b>SALVATION</b> Romans 1:16							
<b>WISDOM</b> James 1:5							

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