

# PRAYER

*A Guide for What it is  
and How to do it*

OAK  
GROVE  
BAPTIST CHURCH

## HOW TO PRAY

Praying is a deeply personal and meaningful for your relationship with God. While there are various ways to pray, the following is a general guide and outline which could be followed to facilitate your own personal prayer time.

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### Find a Quiet Place

Find a quiet and comfortable place to focus and have a sense of solitude.

*But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

- Matthew 6:6

### Begin with Reverence

Start your prayer with a sense of reverence and an awareness of the presence of God.

*Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe...*

- Hebrews 12:28

# A.C.T.S

Use the following acrostic as an outline to help you facilitate your prayer time.

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## Adoration & Praise

Begin your prayer by giving adoration and praise to God. You can express your love and gratitude for who God is and for His blessings in your life. "God, I give you all the glory and honor for who you are and praise you for your goodness and kindness."

*Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.*

- Hebrews 13:15

## Confession

Confess your sins and ask for forgiveness. Acknowledge where you fail to obey Him and seek God's mercy and forgiveness. You might say, "Lord, I confess my sins and ask for your forgiveness through the blood of Jesus Christ."

*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

## Thanksgiving

Give thanks to God for His grace, love, and blessings in your life. Express gratitude for specific things or events. For example, "Thank you, Lord, for my salvation, my hope, my family and the love you continue to show me."

*Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

- 1 Thessalonians 5:18

## Supplication

This is where you present your requests and concerns to God. Ask for His guidance, help, and intervention in specific situations. "Lord, I ask for your guidance in [*specific situation*]."

*Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints...*

- Ephesians 6:18

# PRAYING THE BIBLE

“If I try to pray for people or events without having the word in front of me guiding my prayers, then several negative things happen. One is that I tend to be very repetitive.... I just pray the same things all the time. Another negative thing is that my mind tends to wonder.”

- John Piper

We need help keeping our minds and hearts focused on God during quiet times with Him. When we make a daily habit of incorporating the Bible into our prayer life, we aren't left asking, what do I pray?

A great book to help you start this process is [Praying the Bible](#) by Donald S. Whitney.

Praying the Bible is taking God's words and repeating them back to Him in first person. In other words, make them personal from your heart to the heart of God.

*[God you are] the King of the ages, immortal, invisible, the only God, [to You] be honor and glory forever and ever. Amen.*

- 1 Timothy 1:17

When we begin to repeat God's word back to Him in our prayers, these truths begin to take hold in our own lives in ways they haven't before. Praying the Bible is more about how it transforms us than it is about giving us an easy way to pray. God uses it to change who we are and how we approach Him.

*[God, thank you for your Son who is the image of You], the firstborn of all creation. For by Him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through Him and for Him. [Thank you, Father, for your Son, Jesus.]*

- Colossians 1:15-16

This is a truth when we pray daily, that changes our understanding that Jesus is the reason for everything and our purpose for life itself is to glorify Him.

What follows is a seven-day prayer devotional with a scripture outline to walk through the concepts that have been introduced in this guide. Pray through those scriptures, write in the spaces, and spend time with the Lord.

# DAY 1

ADORATION - 1 Samuel 2:2

CONFESSION - Psalm 51

THANKSGIVING - 1 Chronicles 16:34

SUPPLICATION - Daniel 6:11

# DAY 2

ADORATION - 1 Chronicles 29:11

CONFESSION - Psalm 32:1-5

THANKSGIVING - Psalm 7:17

SUPPLICATION - 1 Kings 8:28

# DAY 3

ADORATION - Psalm 16:2

CONFESSION - Psalm 79:9

THANKSGIVING - Psalm 100:4

SUPPLICATION - Job 9:15

# DAY 4

ADORATION - Psalm 19:1-2

CONFESSION - Acts 3:19

THANKSGIVING - 1 Thessalonians 5:18

SUPPLICATION - Ephesians 3:20-21

# DAY 5

ADORATION - Luke 2:14

CONFESSION - Hebrews 10:23

THANKSGIVING - Ephesians 5:4

SUPPLICATION - Colossians 3:16

# DAY 6

ADORATION - 2 Corinthians 1:3-4

CONFESSION - 1 John 9:2-3

THANKSGIVING - Colossians 2:7

SUPPLICATION - Philippians 4:6

# DAY 7

# OTHER NOTES:

ADORATION - 1 Timothy 1:17

CONFESSION - Nehemiah 9:2-3

THANKSGIVING - Revelation 11:7

SUPPLICATION - Romans 8:26