
PRAYER JOURNAL

THE FOUR PARTS OF PRAYER

ADORATION: What is God like?

We praise God because of who he is. Here are a few ways to get your thoughts started:

- Choose a letter of the alphabet. What words starting with that letter describe what God is like?
- Choose a story from the Bible. What does that story tell you about God?
- What characteristics of God do you need to be reminded of today?
- What characteristics has God shown as he has dealt with you recently?

CONFESSION: What have I been like?

This is our act of surrender. Start by asking God to show you what parts of your life he wants to transform, then surrender those areas to God. What do we need to confess?

- Anything we have done which we know God doesn't approve of
- Anything we know God has wanted us to do and we have failed to do it
- Any attitudes we have that aren't Godlike
- Any successes we have had (John Wesley taught that everything we do must be surrendered to God, not only our sins but also our righteous deeds. If we don't surrender our righteous deeds we are tempted to trust ourselves rather than rely on God.)

THANKSGIVING: What has God done for me?

God is constantly active in our lives. Like the disciples in the boat on a stormy sea, sometimes Jesus comes walking through the storm to help us but we fail to recognize him (Matt 14:26). Cultivating an attitude of thanksgiving trains us to recognize God's activity in our lives. Take time as you pray to think about what God has done for you. Ask God to help you see his hand at work and thank him for all he has done.

SUPPLICATION: What do I need God to do for me?

"You do not have because you do not ask God." (James 4:2, NIV) In this part of our prayer we ask God to be active in our lives in specific ways. Here is where we can present our needs to a God who wants the very best for us. Record your prayer requests and review requests later, recording answers. What kinds of things can you ask about?

- God's guidance: We need God to help us see the awesome plan he has for us and to give us wisdom when making tough choices.
- God's power: We need God's help to live lives of righteousness, avoiding sin and doing God's will.
- God's likeness: We need God to help transform our attitudes and change our mindsets.

There are two additional aspects to supplication. **Intercession** is a special type of supplication when we come to God with the needs of others. Intercession is a type of ministry to others. To "intercede" means "to come between." When we intercede we stand between God and others and present their needs to God.

Participation is a special opportunity for us in supplication. Our opportunity to minister does not end in intercession. When we ask God to meet our needs and the needs of others, we need to ask him how we can be a part of the answer. Supplication should always end with the question:

What does God want me to do for Him?

