

HOW TO: PRAY

1. THE SIMPLE METHOD

You can talk to God like you are having a conversation with a friend or family member. You can be open with him and use normal language. He wants to have a close, personal relationship with you. You can also write prayers to him in a journal.

2. USE A PRAYER MODEL

Prayer models are a structured way to pray. They go through the different aspects of prayer. Here is the AWCIPA Prayer Model:

- **A**ppreciate and thank God (Psalm 100:4)
- **W**ait on the Lord (Psalm 25:4-5)
- **C**onfess your sin (1 John 1:9)
- **I**ntercede for other people (James 5:16)
- **P**etition God for yourself (Philippians 4:6)
- **A**d mire the character of God (Matthew 6:9)

3. HOW OFTEN DO I PRAY?

PRAY DAILY. Pick a time in your day when you can come before the Lord and seek him in prayer. He wants to be a part of your life. He wants to teach you and help you.

PRAY CONTINUALLY. As you go through your day, talk to him and listen to him. He will give you guidance and will remind you of Scripture. He will give you peace.