

A-Adore

C-Confess

T-Thanks

S-Supply

Adoration:

It is good to begin prayer with adoration toward our Father in heaven. We do this by offering praise to God in speech and song.

Psalm 100:4 ‘Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.’

Psalm 30:4 ‘Sing to the Lord, you saints of His; praise His holy name.’

Hebrews 13:15 ‘Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name.’

Note: Praise should focus on God’s character. We should praise God for His holiness, righteousness, justice, mercy, grace and love. This first step of prayer will open our eyes to our need of confession—the second step of prayer.

Confession:

When we adore and praise God for His greatness, we will be humbled by a deeper realization of how far short we fall in comparison to His character. Such a realization should lead to confession of our sinfulness and our sin. Confession is agreement with God about the sinfulness of our sin; it involves an adapting of God’s view of our sin.

Psalm 139:23-24 ‘Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.’

Proverbs 28:13 “He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”

I John 1:9 ‘If we confess our sins, He is faithful and just and will forgive us our sins and purify us from unrighteousness.’

Thanksgiving:

Thanksgiving differs slightly from the step of adoration in that it focuses more on what God has done than on God's character. The step of thanksgiving extends to every area of our life with God. God's blessings: spiritual, relational and material, should compel us to thank Him!

I Thessalonians 5:18 'Give thanks in all circumstances, for this is God's will for you in Christ Jesus.'

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

Colossians 1:12-14 'Giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption the forgiveness of sins.'

Supplication:

The step of supplication involves prayers that request God's help in an area of need. Our supplications or petitions are sometimes personal; sometimes for others. Prayers for others are prayers of intercession. All our petitions should be consistent with the will of God as revealed in the Bible.

Ephesians 5:18 'And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.'

Philippians 4:6 'Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.'

I Timothy 2:1-3 'I urge, then, first of all, that requests, prayers, intercessions and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good and pleases God our Savior.'

Resource from "Millersville Bible Church" with adaptations by Wade Bearden

Prayer Guide

Guide to Praying for Our Nation

- Seek God for a powerful spiritual awakening in our nation.
- Pray for our leaders, that they will look to God for wisdom and guidance in decisions that impact the course of our nation.
- Pray for our military, asking God to protect them from harm and danger. Pray also for their families, that they will find comfort and strength in Him during times of long separation.
- Pray for the spiritual climate in our nation focusing on several key areas:
 - Pray for spiritual health of Christians, that we will grow in our faith, boldly stand for the gospel, and reflect the love of Christ.
 - Pray for our churches, that they will be powerful centers of discipleship, worship, and evangelism.
 - Pray that the ills of society-crime, addiction, violence-will be replaced with a desire to honor God and His Word.
- Pray for our civil servants and teachers. Seek God's protection for those who take risks and make personal sacrifices on our behalf. Pray also that our teachers and other mentors in the community will guide youth toward wise and upright choices.
- Pray for fractured and dysfunctional family situations, asking God to bless and protect the young and the vulnerable.
- Pray for provision, as well as long-term solutions, for those trapped in the cycle of poverty.
- Pray that Americans will respect all human life as a precious gift from God.

Guide to Praying in Times of Economic Crisis

- Pray that leaders will make wise decisions in seeking ways to deal with economic turmoil.
- Pray that people will respond to economic struggles by turning to God for help and hope.
- Pray that people will become more diligent in managing their personal finances.
- Pray that individual believers and churches will give sacrificially to help others in need.
- Pray that economic hard times will not result in increased crime, substance abuse, and violence.
- Pray that God will strengthen marriages and families experiencing increased stress due to financial struggles.
- Pray that Christians will overcome fear and discouragement in economic crisis by focusing on eternal priorities and remembering God's promises of help and provision.
- Pray that churches will renew efforts to meet the spiritual and material needs of people through bold proclamation of God's Word and through humanitarian outreaches.

Guide to Praying for World Missions

- Pray for God's hand of blessing, care, and protection on the Assemblies of God world missions family serving around the world.
- Pray that God will continue to speak to children, youth, and adults about serving on the mission field.
- Pray for missionaries as they minister in evangelism, church planting, training of national leaders, and compassion ministries, that the Lord will empower them as they face the challenges of ministering cross-culturally.
- Pray for a mighty move of the Holy Spirit that will cause millions of people to come to Christ.
- Pray that missionaries around the world would receive proper funding, enabling them to minister to the fullest extent possible.
- Pray that such ministries as BGMC, Speed the Light, and Light for the Lost would continue to be integral suppliers to the mission field.
- Pray for the persecuted Church, that they would have boldness in spite of danger and faith in the face of difficult circumstances.
- Pray that converts around the world would take hold of the mission of Christ and begin to spread the message of the Gospel to their friends, neighbors, and co-workers.

Guide to praying for your Church

- Pray that Abundant Life would continue to be a light in the Grand Prairie and larger DFW area.
- Pray that your pastor will be refreshed in mind and spirit through the study of God's Word and prayer.
- Pray for a spirit of joy and unity to reign throughout the church family.
- Pray for strong commitments to serve in various volunteer ministries in the church.
- Pray that church members will be faithful in supporting the church through tithes and offerings.
- Pray that the church as a whole would continue to find new ways to reach more people.

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