

Start ▶

1. WORSHIP

Declare your love and respect of God. What is it about Him that you know, love, and admire? Tell Him. Pick specific things. Check out **vineyardcincinnati.com/pray**. Use worship music and sing if it helps.

2. THANKSGIVING

This one is slightly different than praise and worship. What are you grateful for? Think about some specific things He has done... His blessings in your life. Say "thank you" for those things.

3. ASKING {SELF}

Talk to the Lord about your personal needs. What's going on in your life? Where do you need His help? Be honest about what you're feeling and thinking.

Talk to the Lord about the needs of others: family members, church leaders, neighbors, government, etc.

5. CONFESSION

Talk to God about your failures... your sin. Agree with God about your guilt. Be specific. Ask God to forgive you and receive His Holy Spirit to help you identify areas that need improvement.

6. FORGIVENESS

We receive forgiveness from God & we extend forgiveness to others. Do you feel anger or bitterness toward someone or situation? Name the person, situation, and how it made you feel — then choose to forgive.

7. BIBLE READING

Start by reading one chapter in the Bible each day. Check out **project345.com**. Think about what you read & how it applies to your life. You can mix it up by memorizing a verse that you find meaningful.

8. LISTENING

Be quiet & listen. God speaks to us primarily by His word (Bible), and by His Spirit, giving us thoughts & ideas. You likely won't hear an audible voice, but over time you can learn to recognize when God is speaking.

Our Father in Heaven, hallowed be Your name

Your kingdom come, Your will be done, on earth as it is in Heaven.

And lead us not into temptation, but deliver us from evil.

And forgive us our debts, as we have also forgiven our debtors.

And forgive us our daily bread

