

P.R.A.Y-ER. (*P.R.A.Y. like never before as you follow this simple sequence.*)

Introduction: The privilege of Prayer is one of the greatest gifts God has given us so we can connect our hearts and homes with Heaven. Should we find ourselves in any Emergency (ER), we can connect directly to the throne of Grace, while at other times we can enter that throne room and linger as long as we want in Prayer. This prayer format is a simple way to remember how to focus on God and not on ourselves. Repentance (one of the components) is the often-missing ingredient in our prayers. This P.R.A.Y. sequence helps us place a right attitude in harmony with God's attributes.

Practical Application:

Time yourself (stop-watch/timer) and see how long you spend in prayer normally. Then follow this simple **P.R.A.Y.** outline and see how long your prayers are. The purpose of this application is not the time spent (though Jesus spent whole nights in prayer) but on the content that we spend our time on. We don't know what to say to God when everything is focused on ourselves. Focusing on ourselves is one reason we get bored or disillusioned with prayer. Now use the **P.R.A.Y.** expression in any short public or longer private prayers. Privately practice talking aloud to God and make the prayer experience even more real.

1. PRAISE - in P.R.A.Y.:

Praise focuses on Who God Is. When we train our soul to Praise God in all circumstances, we declare at least three important things:

- 1.) God has never changed who He is.
- 2.) God is supreme and worthy of all praise, any time, and all the time.
- 3.) We want to connect with God and praise acknowledges who He really is and that He is worthy of all honor and glory!

Praise connects us appropriately with Heaven as all other creatures constantly praise God in Heaven.

Q: If God knows how much we appreciate Him, why should we Praise Him in Prayer?

A: Praise keeps the focus on Him rather than on ourselves as we are so self-centered.

Example of the Relationship of Praising

God's Attribute: As Creator with His Awesome Holiness

Human Attitude: Awe of God's Holiness as Awesome Creator

2. REPENT – in P.R.A.Y.

Repentance is letting God reclaim control over us as sin has controlled us. There is private-personal repentance (like Ps. 51) and public-national repentance (like Dan. 9). Both are wanting God's re-control over us on different levels.

Q: What should we repent from?

A: Anything that hurts God or that God considers evil, detestable, abominable or hates.
(Seek God's word and the Holy Spirit will convince and convict you in His mercy).

Example of the Relationship of Repentance

God's Attribute: His Mercy and Grace

Human Attitude: Humility of Our Unworthiness of His Mercy and Grace

3. **ASK – in P.R.A.Y.**

ASK is focused on What God Wants more than anything else. Asking is what we do most in our usual prayers; but, unfortunately, we focus on ourselves rather than on God. ASK is focused on what God already wants to give us. If we ask for what He already wants to give us we will have it.

Q: Why ask God anything if He already wants to give it to us?

A: He forces nothing on us, and we value what He is going to give us when we really want it by asking Him for it.

Q: What should I constantly ask for?

A: Things that God constantly wants to give: The Holy Spirit, wisdom, discernment, salvation, protection, endurance, patience...

Example of the Relationship of Asking

God's Attribute: He is Our Master and Father

Human Attitude: We are His Servant and Child

4. **YIELD – in P.R.A.Y.**

YIELD is focused on being surrendered to God to the extent that we are ready to be used by God anywhere and anytime. Yielding is inviting God's continued control over our lives as we indicate our desire to stay connected with Him, His will and His purpose.

Q: Why yield to God if He is Lord of everything anyway?

A: This yielding is ensuring that Christ is YOUR personal Lord and Savior and you are ready for Him to use you as He pleases.

Example of the Relationship of Yielding

God's Attribute: He is Our Lord and Savior

Human Attitude: We are Surrendered-Ready and available to be used by Him

Resources: there are some resources that you can use to help remember to pray or promote prayer in your family. Browse through the resources (like the logo for fridge magnets to apparel and power point). Watch for more to come.