

my *prayer journal*

This is how  
I fight my battles.



# How to Pray

*based on the Lord's Prayer*

Matthew 6:9-13



**Praise** God for who He is and what He has done. *"Our Father in heaven, hallowed be your Name."*



**Repent** of sins I have committed. *"And forgive us our trespasses, as we forgive those who trespass against us."*



**Ask** for my needs and the needs of others. *"Give us today our daily bread. And lead us not into temptation, but deliver us from evil."*



**Yield** my will to God's will. Line up my plans with God's plans. He knows my tomorrow. *"Your Kingdom come, Your will be done, on earth as it is in heaven."*



# The **ACTS** Way to Pray

**A**doration

Start by giving God praise for who He is and what He has done for you.

**C**onfession

Confess your sins and ask for His faithful forgiveness.

**T**hanksgiving

Tell God how grateful you are for His blessings and what He has done in your life.

**S**upplication

Make requests to God for yourself and then for others. He listens!



# Journal

Date:

Adoration

Bible Verse

Confession

Thanksgiving

Lord, help me...

Supplication