

P.R.A.Y.

SPENDING 15 MINUTES WITH GOD



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PRAISE When we praise God, we consciously recognize and acknowledge who He is and what He has done. When we praise God we naturally enter into a state of gratitude.

REPENT Repentance is acknowledging our shortcomings and failures and deciding not to return to the same mistakes and habits.

ASK God wants you to tell Him what you are concerned about and what you need. He also wants to shape your character through prayer. That means you can be honest with Him about what you want too.

YIELD Any time we spend with God results in Him sharpening our character. Many times when we are praying through a difficult issue, the first move that God makes is in us. When He shows us aspects of our lives that need to change, we must consciously yield to His will.




 **PRAISE: 3 MINUTES**

Thank Him for what He does for us. He provides both active and passive blessings. An active blessing is a gift, like a new job, getting well after being sick, a new baby, etc. A passive blessing is related to how God sustains us through the natural order: air to breath, sunshine and rain... etc. List those blessings and thank Him for them.


 **REPENT: 2 MINUTES**

Begin your time by asking God to show you areas of your life that need to change and be open to His conviction. As He reveals shortcomings and failures, confess them and ask for His help to change.

 **ASK: 8 MINUTES**

(4 Minutes Daily Requests, 4 Minutes Specific Requests)

There are important things that we should pray for every day: our families, our character, specific chronic needs, dreams... etc. Focus the first four minutes on those items of prayer. Then spend the rest of the time in specific requests that come to mind. Enjoy talking with God about your dreams and desires. He loves you and will mold your desires to become like His over time.

 **YIELD: 2 MINUTES**

A good thing to pray for is the desire to change or yield. A prayer like that sounds something like, "God please give me the desire to yield to You. I will follow You no matter what, but please help me want to follow You. Spend time being quiet. Open your heart and listen to what God would have you do.