

### Prayer

### A: Adoration

#### Praise God for who he is.

Psalm 48:1 "Great is the LORD, and greatly to be praised In the city of our God, In His holy mountain."

## C: Confession

#### Confess your sins to God.

1 John 1:9 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

# T: Thanksgiving

#### Thank God for what he has done.

1 Thess. 5:18 "in everything give thanks; for this is the will of God in Christ Jesus for you."

## S: Supplication

#### Request God's help for yourself and others.

Phil. 4:6-7 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."