


HOW TO PRAY

Praying is simply a conversation
you have with God.



**GOD LOVES YOU SO MUCH AND
HE WANTS YOU TO REACH OUT
AND TALK TO HIM.**

WHAT YOU SAY TO HIM DOES NOT MATTER AS
JUST SPENDING TIME WITH HIM. HE WANTS
YOUR ATTENTION!



Jesus gave us a great example of how to pray in the Bible in Matthew 6:9–13. There are several elements that we see and we want to include in our prayers.

REACH

Out to Him

REPENT – Agree with God about your sin. Tell Him the places you have messed up during the day and ask Him to forgive you.

EXALT – The word exalt means to lift up or praise. Tell God the things you love about Him. Brag on God!

APPRECIATE – Thank God for all of the things He has given you and blessed you with. What has He done for you that you are grateful for?

CHANGE – We need to allow God to change our thinking to His way of thinking. Ask Him what He wants for you. Ask Him how he sees you. If you don't hear Him answer at first don't stress He will make it clear to you.

HELP – What are you asking Him to help you with? What are your requests of Him?

