



LET US P.R.A.Y.

Psalms 88:1-2 (NIV)- *¹ Lord, you are the God who saves me; day and night I cry out to you. ² May my prayer come before you, and my cry*



SISTERS MANTRA

There's nothing too hard for God.
I am a daughter of the King.

God sees me!

He has great plans for me!
I will strive to live as a Christian
should.

I will inspire and encourage my
sisters to do the same.

What's one word you'd use to describe your prayer life right now?

Phil 4:6-7 (NIV) ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (NLT) ⁶Don't worry about anything; instead, pray about everything. **Tell God what you need, and thank him for all he has done.** ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.





P — Praise

Psalm 100:4 (NLT) - Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

Psalm 106:1 (NLT)- Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

Col 4:2 (NLT)- Devote yourselves to prayer with an alert mind and a thankful heart.



PRAISE WALL ACTIVITY

- Give everyone sticky notes.
- Write one thing they praise God for!
- Stick it on the **“WALL OF PRAISE ”**



R — Repent

1 John 1:9 (NIV) - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Acts 3:19 (NLT) - Now repent of your sins and turn to God, so that your sins may be wiped away.

Proverbs 28:13 (NLT) - People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.





CLEAN SLATE ACTIVITY

- Hand out small pieces of paper.
- Write one thing you want to repent of or surrender to God.
- Tear up the paper to represent giving it to God and/or repentance.

A — Ask

Matthew 7:7 (NIV) - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

John 14:13-14 (NIV) - ¹⁴ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him..





REFLECTION

What makes it hard for you to ask God for help sometimes?

How has God answered a prayer in your life before?



Y — Yield

Luke 22:42 (NIV)- Father, if you are willing, take this cup from me; yet not my will, but yours be done.

James 4:7 (NIV)- ⁷Submit yourselves, then, to God, resist the devil, and he will flee from you.

A close-up photograph of a person's hands clasped in prayer, resting on an open Bible. The person is wearing a light-colored sweater. The background is a soft, out-of-focus blue-grey. The text 'REFLECTION' is written in a large, white, serif font in the upper right quadrant. Below it, two reflective questions are posed in a smaller, white, serif font. The bottom right corner of the image has a white, torn-paper-like edge effect.

REFLECTION

What's one area of your life that's hard to surrender to God? Why?

How can trusting God's timing help you find peace?

Open the Prayer - *Address the Lord* –

For example: Dear God, Heavenly Father, Our Father

End your Prayer : *in several ways*
“Amen”; “In Jesus Name”, “In the name of Jesus Christ” or “in Jesus Christ’s name” or “in Christ’s name I pray” or any number of variations

P.R.A.Y. Framework

P – Praise reminds you of God’s greatness.
Thanking God for blessings.

R – Repent keeps your heart clean. *Asking for forgiveness.*

A – Ask grows your dependence on Him.
Asking for daily needs.

Y – Yield shows your trust in His will.
Committing to God’s will for your life.



COMMENTS

Psalms 143:1 (NLT) - *Hear my prayer, O Lord; listen to my plea! Answer me because you are faithful and righteous*