

# The P.R.A.I.S.E. Pattern for Prayer

Friends,

The P.R.A.I.S.E. acronym for prayer is something I developed to assist people in staying focused in a biblical way, while praying. Please note that this is one of many patterns and models for prayer and is not meant to be perceived as exclusive or superior to other patterns of prayer.

Should you want to take additional steps in learning about prayer, I would suggest you read, *How to Pray* by R. A. Torrey.

Courtney McBath

## PRAISE – Psalm 100:4

The entrance into the presence of God, at His gates and courts, is the foyer of praise and worship. We are told in Philippians 4.6:7 to make our requests “with thanksgiving”!

Before we begin to ask anything of God we make clear our gratitude for what He has already done.

Like any pattern of prayer you can add your own personality to it. For instance, it is here that you might play worship music, sing a song of praise or read scriptures of praise like Psalm 150. Whatever you do, make sure you give The Lord praise from your mouth for all He has done. He loves what comes from your lips! (Hebrews 13:15)

## ASK – Luke 11:9

James tells us that “we have not because we ask not” (James 4:2-3). So it is imperative that we ask. Even though He already knows what we need, He still commands us to ask.

Luke 11:9 implies that we ask and keep asking and we will receive. In this moment ask The Lord for what you and your family need. This is a personal moment for you and those closest to you. It will give you a moment to remove your own heavy burdens, casting them upon the Lord. (1 Peter 5:7)

Remember that part of your spiritual responsibility is to daily cover the family you have been given. Their safety and future destiny can be preserved by your prayers for them.

## SPEAK the Word – Mark 11:21-24; Matthew 4.1-4

Declare God’s word over you, family and friends:

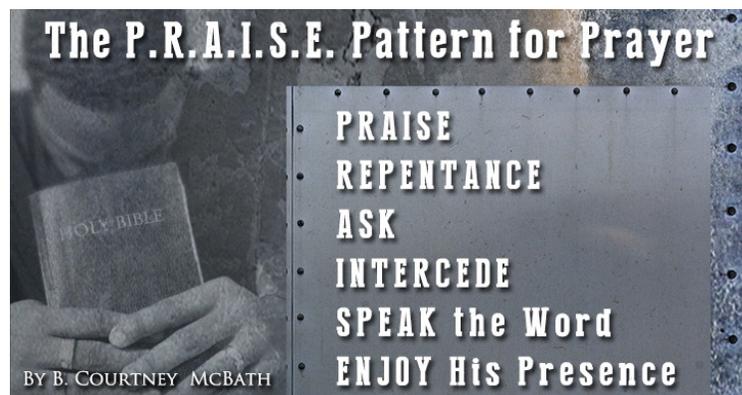
I’m healed by His stripes. (Isaiah 53:5)

My needs are met. (Philippians 4:19)

I can do all things. (Philippians 4.13)

There are things we ask of God but then there are other things He sometimes leads us to proclaim or declare. In Mark 11, He tells us that we can speak to the mountain under certain conditions and the mountain will be removed.

Oftentimes when Satan tempts you to feel lonely, forgotten or even deserted you must rise up and speak the Word. Make time during your prayers to pray or speak God’s Word. In order to do that, you must “study to show thyself approved unto God” (2 Tim. 2:15). This verse must become a core value. Study, study, study! Learn to obey His Word so that you meet the prerequisites of His promises.



## REPETANCE – 1 John 1:9; 2 Corinthians 7:10

The Lord tells us in Psalm 51.17 that a broken and contrite or repenting heart He will not turn away! Even more important than my faith is my willingness to ask for forgiveness.

God’s Word clearly says that if I hide iniquity in my heart, He will not hear me (Psalm 66:18). So once I give Him thanks, praise and worship, my heart is open to confess my sins.

This time need not be discouraging or condemning, but sobering. When we genuinely repent and seek God’s forgiveness He gives great peace. He cleanses our sins and will cleanse us from our leaning toward rebellion and independence if we ask.

## INTERCEDE – Hebrews 7:25

The word intercede means to stand in the place of another. Hebrew 7:25 tells us that Jesus lives to make intercession for us. He is our Pattern, our Leader, and our Shepherd. If He is interceding for us then we are surely called to intercede for others.

In this time begin to pray for those who are burdened in your heart. This can be your church, pastor, coworkers, those who are lost, national leaders, your city and state, etc. And while it can differ daily, this should be the centerpiece of prayer because the focus is on others, not just your circle of loved ones.

As the Holy Spirit directs you, write down the names each week of those you are praying for. Then learn to enjoy this time as you see God move through your prayers and answer them.

## ENJOY His Presence – Psalm 16:11

You have spent some great quality time with Jesus. You have given him praise, asked Him to cover your family, interceded for others and spoken the Word. You will sense Him very near and you need to enjoy His presence. There is full joy here!

The orthodox Westminster Catechism asks: “What is the chief aim of man?” The answer: To worship God and to enjoy Him forever.”

During this time worship, read, meditate and rejoice in a God who hears you when you call on His name. (Jeremiah 29.11-13)