

Let us P.R.A.Y.

Praise – praise God for who He is and what He has done.

Repent – confess your sins and ask for forgiveness.

Ask – ask God to do something.

Yield – slow down, listen, and yield to God's will.

PRAISE: praise God for who He is and what He has done.

Psalm 89:1

I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations.

Psalm 52:9

For what you have done I will always praise you in the presence of your faithful people. And I will hope in your name, for your name is good.

Psalm 106:1 (NLT)

Praise the Lord! Give thanks to the Lord, for he is good! His faithful love endures forever.

John 3:16–17

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

1 Thessalonians 5:16–18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

REPENT: confess your sins and ask for forgiveness.

Psalm 139:23–24

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Psalm 51:10–12

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Romans 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

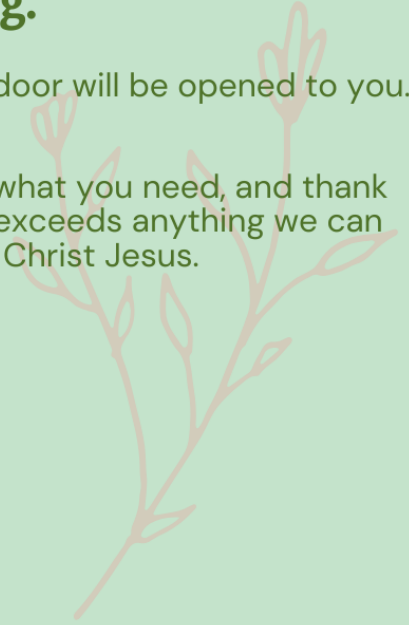
ASK: ask God to do something.

Matthew 7:7

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Philippians 4:6-7 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then 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.



When you need wisdom or guidance:

Proverbs 3:5-6 (NLT)

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Jeremiah 29:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Psalms 31:3

Since you are my rock and my fortress, for the sake of your name lead and guide me.

Psalms 32:8

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

Isaiah 58:11

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

James 1:2-5

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Joshua 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."



When you need help or healing

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Isaiah 46:4

Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

Psalm 73:26 (NLT)

My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.

Isaiah 40:29

He gives strength to the weary and increases the power of the weak.

Psalm 30:2

Lord my God, I called to you for help, and you healed me.

Psalm 34:17-18

The righteous cry out, and the Lord hears them; he delivers them from all their troubles.
The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 9:9-10

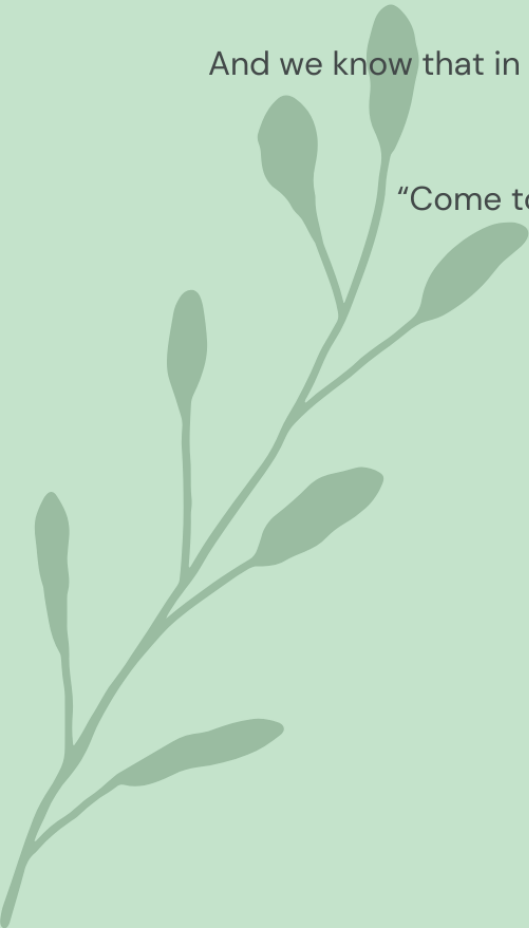
The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."



When you need peace:

Isaiah 26:3

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Psalms 112:7

They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Psalms 29:11

The Lord gives strength to his people; the Lord blesses his people with peace.

Psalms 55:22

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Psalms 119:165

Great peace have those who love your law, and nothing can make them stumble.

2 Thessalonians 3:16

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.



YIELD: slow down, listen, and yield to God's will and plans.

Psalms 46:10

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Matthew 10:10

"...your kingdom come, your will be done, on earth as it is in heaven."

Luke 22:42

"Father, if you are willing, take this cup from me; yet not my will, but yours be done."

(All verses are NIV translation unless otherwise noted.)

