



STANDING - Praise, honor, thanksgiving, worship, adoration, reverence, and awe

SEATED - Conversational, to inquire, seek counsel or guidance. Sit alone with God - enjoy His presence

KNEELING - Humility, submission, honor, surrender

PRONE - Urgency, humility, complete surrender, confession, repentance, desperation

LYING DOWN - Resting and enjoying the presence of God. Being still, quiet

HEART



H - Honor God

E - Examine your life

A - Ask for help

R - Requests for Others

T - Thank God

PRAY

A close-up photograph of a person's hands clasped in prayer, resting on an open book. The hands are positioned with fingers interlaced, and a ring is visible on the ring finger of the right hand. The book is open, showing two pages. The background is dark and out of focus.

P - Praise

R - Repent

A - Ask

Y - Yield

ACTS



A - Adoration

C - Confession

T - Thanksgiving

S - Supplication