

Rev. Dustin Daniels | River Bible Church  
**Matthew 6:5b-8 | How & How Not To Pray**  
January 22, 2023

**WELCOME:**

- Please turn your Bibles to Matthew 6.
- Bibles in the back—our gift to you.

**REVIEW:** *As we study Matthew's Gospel Verse by Verse*  
~~Last Sunday~~, we started a sermon series on prayer, *Last Sunday.*

We looked at the first part of Matthew 6:5 and focused on how to approach Almighty God in and through prayer.

**LW KEYPOINT 1:**

*Prayer is communion/companionship/fellowship with God.*

We looked at how God has made a gracious and supernatural effort to have a personal relationship with His people.

Adam and Eve, Cain, Noah, Abraham, and Moses are all examples.

**LW KEYPOINT 2:**

*Prayer is the activity God has ordained for His children to experience Him.*

Prayer is not a man-made superficial psychological or emotional tool to make us feel better—yet accomplishes nothing.

*Prayer is not a human exercise in futility*

Prayer is ordained by God.

**James 5:16 CSB**—The prayer of a righteous person is very powerful in its effect.

**James 5:16 NASB**—*The effective prayer of a righteous man can accomplish much.*

**LW KEYPOINT 3:**

*Prayer is the making of space to commune with God.*

Prayer is not only a conversation but a commitment.

**LW KEYPOINT 4:**

*What makes prayer, prayer— is that God is the one to whom you are speaking.*

And we spent the rest of our time fleshing that thought out.

We looked at quite a few Scripture passages that revealed what's happening behind the scenes in the spiritual world—especially within the throne room of Almighty God as we pray.

The prophet Isaiah and the Apostle John gave us images so powerful that they could barely describe what they saw as God pulled the spiritual veil from their eyes.

So the biggest takeaway from last Sunday is that we must never forget to whom we are speaking when we pray.

We must remember who God is—

- The Alpha and the Omega. Rev 22:13
- Creator of the Heavens and the Earth (Gen. 14:19)
- God Almighty (Gen. 17:1)
- God Most High (Gen 14:18-22)
- I AM WHO I AM (Ex. 3:14)
- God my rock (Ps. 42:9)
- Great and awesome God (Deut 7:21)
- Great and powerful God (Jer. 32:18)
- God my Savior (Ps. 18:46)

- God of glory (Ps. 29:3)
- God of grace (1 Pe. 5:10)
- God of peace (1 Thess 5:23)
- God of truth (Ps. 31:5)
- God of our Father (Col 3:17)

But God is also revealed as:

- Father (Isa 9:6, Matt 5:16)
- Father of Compassion (2 Cor. 1:3)
- Father to the fatherless (Ps. 68:5)

And there are another 300 names, titles, and descriptions <sup>of God</sup> found in Scripture.

All that to say that God is not a cosmic bellhop on call.

God is not an overly spiritual version of Santa Claus.

He's not our buddy. He's not our homie.

Now Jesus does call us friends in John 15:15—but that's another sermon for another day.

Too often, we rush into the throne room of God, completely ignorant of what we're saying and irreverent to the One to whom we are speaking.

I pray that we, as Brothers and Sisters in Christ, walked away from last Sunday's service with a greater sense of adoration and awe for our Living God.

We have been invited by Him—to come before Him boldly— but never arrogantly or flippantly when we pray.



## **INTRODUCTION:**

So, now that we know who we're praying too...

Now that we have a vague idea of the spiritual reality of what's happening when we walk into the throne room of God...

Let's now learn *How— and How Not To Pray* once we <sup>get there,</sup> enter ~~the throne room of~~ God.

This is a significant part of Jesus' Sermon on the Mount because it is so practical. Jesus says "do this and don't that."

*So good, so clear*

What exactly are we to do and not do?

Let's find out!

*\*Please stand for the reading and honoring of God's Word.\**

## **EVERYONE! SCRIPTURE: Matthew 6:5-8 CSB**

**Matthew 6:5**—Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward.

**Matthew 6:6**— But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you.

**Matthew 6:7**— When you pray, don't babble like the Gentiles, since they imagine they'll be heard for their many words.

**Matthew 6:8**— Don't be like them, because your Father knows the things you need before you ask him.

*And dear friends, these are the very words from the inerrant, inspired, and infallible Word of Almighty God.*

**PRAY:**  
Ps 119:1 - How happy are those whose ~~way~~ way is blameless,  
who walk according to the Lord's instruction.

### **EXEGESIS:**

**Matthew 6:5**—Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward.

Jesus started this section of Scripture using the illustration of money several weeks ago.

He told His disciples [how and how not] to give money away.

And that's a good practical lesson because we all need to learn how to handle our finances.

But now, Jesus moves into his second illustration of [how and how not] to pray.

Doesn't this strike you as a bit odd?

I ask that because doesn't it seem that the Jews should already know how to pray?

After all, they were chosen by God.

God chose Abraham to father the nation.

God chose Jacob to father the twelve tribes.

God chose Moses to teach them how to live according to God's standards.

It seems they should already know how to pray—but they don't.

If they did, Jesus would have used a different illustration.

The prayer life of the Jews in the first century had several problems.

For one thing, prayer had become a ritual.

The wording, tone, and form of prayers were well-known by devout Jews.

But the problem was that they were simply read or memorized.

In other words, people were praying without thinking about what they were saying.

Their prayers were a routine, semiconscious religious exercise.

Let me give you an example.

A faithful Jew would repeat *the Shema* several times per day.

*The Shema* starts, “Hear, O Israel, the Lord our God is one Lord,”

*The Shema* was to be prayed every day, and it didn’t matter where you were or what you were doing.

It didn’t matter if you were at home, work, or anywhere else.

When the clock struck 9am, 12 noon, and 3pm, a devout Jew prayed *the Shema*.

And once again, <sup>MANY</sup> most prayed the words without thinking about what they were saying—they prayed not because they wanted to commune with God at a deeper level but because it was a duty.

Has anything changed today? (Besides the fact that most of us in here are not Jewish?)



How often do we pray like this? (Lord's Prayer).

A second problem was the belief that the longer the prayer, the better.

Ancient rabbis taught that the longer the prayer, the more likely God would hear it.

There is no Scriptural basis for this belief. It was brought in through pagan religions.

A third problem with Jewish prayer in the first century was repetition.

It was strangely patterned after pagan religions *ONCE AGAIN*.

Jesus will address this repetition issue in verse 7 in a moment.

**Matthew 6:5** — *Whenever you pray, you must not be like the hypocrites,*

Just as Jesus assumed that His disciples would give to the poor in verse 1, He assumes His disciples will also pray.

Notice here that Jesus gives *His disciples* great latitude regarding *when* to pray.

He makes no mention of *the Shema* or the times to pray.

*We find out later from the apostle Paul — expands on Jesus' Teaching*

**Ephesians 6:18** — *Pray at all times (How?) in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.*

**1 Thess. 5:16/18** — *Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus.*

So Jesus doesn't prescribe a set time or occasion to pray.

*Prayer comes from an inward love — not an external mandate*

He has left that to us—similar to how we give our money.

**Matthew 6:5**— you must not be like the hypocrites,

Jesus goes back to the illustration of hypocrites.

Notice how Jesus says, “you/ must/ not/ be/ like.”

This is non-negotiable.

In verse two, we first learn about hypocrites when Jesus talks about money.

We learned that hypocrites wear masks to cover up what’s really going on in their hearts.

Hypocrites use outward sin (behavior) to cover up inward sin (heart).

They put on a show to gain your approval.

And Jesus says you are not to think, act or resemble hypocrites in any way.

What’s the old saying, “Why is it that we try to impress people we don’t even like?”

Why do we care so much about what other people think of us?

If Jesus is the Lord of your life, then you are a child of God, and you are to live out of God’s grace, mercy, and forgiveness.

Why? Because the blood-stained cross and empty grave have made you a new person.

You have been adopted into the family of God.



You are not who you were.

You are not a fraud or a fake like the hypocrites—you're a saint—regardless of what you've been told in the past.

Jesus continues here and lists the actions of hypocrites.

+ **Matthew 6:5**— because they love to pray...

Well, what's wrong with loving to pray?

We have to define love.

Hypocrites are in love with the wrong activity.

Hypocrites are also in love with the wrong person—themselves.

Jesus doesn't use *agapáō* love here (unconditional love).

He uses *philéō* which is a brotherly love—but it's also a love for activities.

+ **Matthew 6:5**— because they love to pray standing in the synagogues...

There is nothing wrong with praying in the synagogue or even on the street because Jesus and the apostles did both.

Jesus is not prohibiting public prayer—but He is forbidding egotistical displays of public prayer.

The problem is when you enjoy all the attention.

People see <sup>others</sup> people praying like this and think to themselves—wow, what a good man.

What A good "pray-er"  
What A Godly man or woman

But he's not—Jesus already told us he's a hypocrite.

This type of showy prayer was happening in the synagogues back then, just as in churches today.

There's a lot of ways people pray to be noticed in church.

Some people get preachy when they pray — because they want to show you how theological sound they are.

For example, a Brother starts praying and then makes a hard right turn by preaching about the hypostatic union of God...and says amen.

Everybody else is like— *Thanks Brother, for praying for all the children in the nursery.*

Have you ever asked someone to bless the food, and they pray and pray and pray—and they won't stop praying?

What are the rest of us thinking as this guy is praying for world peace?

Hey man! Our food is getting cold!

Those longer, more specific prayers are for your quiet time with the Lord—more on that in a minute.

What about those people who pray in the church who—for some odd reason turn into a completely different person?

For example, we've got Brother So and So, and he's quiet, humble, and strong in his faith.

He's a servant—the church loves him!

But, for some bizarre reason, it's like when someone gives him a microphone or gets behind the pulpit to pray — he turns into Billy Graham with too much caffeine.

**Matthew 6:5**— *because they love to pray standing in the synagogues and on the street corners to be seen by people.*

Now, not many of us pray on the corner of 89a and Main St.

But in the first century, remember devout Jews prayed *the Shema* at 9am, 12 noon, and 3pm, no matter where they were.

So what Jesus is referring to—are those people who “just happened”—what a coincidence — to be at the corner of the biggest intersection in town.

At those times a trumpet was blown and what a devout Jew was supposed to do was stop on the street, face the Temple and pray.

Now, for a hypocrite, it was go-time— to show everybody your stuff.

**Matthew 6:5**— *Truly I tell you, they have their reward.*

What is their reward?

It's the recognition and applause from other people.

The language that Jesus uses for *rewards* is decisive.

In other words, men's praise— is all they will ever get.

That is all they are capable of receiving.



**Matthew 6:6**— But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you.

*AS A Disciple child of God*

It's hard not to notice that we have a lot of privacy and secrecy in verse six.

In verse five, Jesus taught us how not to pray.

In verse six, Jesus provides step-by-step instructions on how to pray correctly.

Disciples are to enter a private space, shut the door, and pray to the Father in secret.

In other words, the only one who knows you're praying is The Father.

Now for you and me, this doesn't seem that difficult.

But in the first century Israel, people lived in tiny homes.

Most homes had only one or two rooms.

The Greek word translated as private room is *tameion* (*tah-me-on*).

*Tameion* is an inner room with no windows.

*Jesus uses this specific word in Luke's Gospel AS*  
 In ~~Luke's Gospel~~, Jesus warns the Disciples of religious hypocrisy and says:

**Luke 12:1**—"Be on your guard against the leaven, of the Pharisees, which is hypocrisy.

**Luke 12:2**— There is nothing covered that won't be uncovered, nothing hidden that won't be made known.

**Luke 12:3**— *Therefore, whatever you have said in the dark will be heard in the light, and what you have whispered in an ear in private rooms (Tameion) (tah-me-on) will be proclaimed on the housetops.*

So the picture that Jesus is painting for His disciples is probably a storeroom or closet.

This is where we get the concept—of praying in your prayer closet.

Many times these were secret rooms that people used to hide their possessions.

In other words, when you pray, go to the most private place available.

Shut everything else out so that you can concentrate.

Do whatever you have to do to get your attention on God.

So what do you do after you have found the space?

**Matthew 6:6**— *and pray to your Father who is in secret.*

Prayer—*a communion/companionship/fellowship with God Almighty.*

“Father” suggests two things:

1. God’s transcendent nature—He is in Heaven AND with you at the same time.
2. God is personal and approachable.

Some of us have a hard time recognizing God as our Father.

Personally, I did—for a very long time.

And I still struggle today at times.

And the reason that I struggle is that I had three dad's in and out of my life— but no father.

So, if you can identify with that—if you struggle knowing and experiencing God as your own Heavenly Father—that's a great topic for you to pray about.

Jesus demonstrates ~~this to His disciples by withdrawing from people early in the morning.~~

*finding a private place to pray throughout the gospels  
We don't have to take His work literally About a closet -  
Illustration*

**Mark 1:35**—Very early in the morning, while it was still dark, he got up, went out, and made his way to a deserted place; and there he was praying.

**Mark 1:36**— Simon and his companions searched for him,

**Mark 1:37**— and when they found him they said, "Everyone is looking for you."

In other words, *What are you doing out here by yourself praying? We don't have time for that! Man we got to get the show on the road. We already have two arena tours sold out—and that's right here in Galilee. Just think about what happens as we make our way down to Jerusalem.*

You night owls will be glad to hear that Jesus also prayed at night.

After Jesus fed the five thousand Jews, he went to pray by Himself:

**Matthew 14:22**— Immediately he made the disciples get into the boat and go ahead of him to the other side, while he dismissed the crowds.

**Matthew 14:23**— After dismissing the crowds, he went up on the mountain by himself to pray. Well into the night, he was there alone

Pause—has anything changed regarding the attitude towards prayer?



*fleshiness, sinfulness*  
Our humanness demands that we do something—even if it's busy work.

Because we tend to believe if we're busy—doing something—anything, we're productive.

And that's not necessarily the case many times.

We have to be taught how to pray. It's nothing to be embarrassed about.

And we must discipline our minds and physical body to do so.

In fact, don't you think it's interesting that the disciples asked Jesus to teach them how to pray?

Why did they do that? Because Jesus usually prayed in private (Luke 11:1).

**+** **Matthew 6:6**— *And your Father who sees in secret will reward you.*

Isn't that comforting?

That your Heavenly Father is the only one who sees you praying in secret?

This means that everything you say and pray remains confidential!

That's why God is also the best therapist!

He doesn't take any notes to make you nervous!

And He doesn't charge \$100 an hour.

Look at the reward that follows.

**+** **Matthew 6:6**— *And your Father ... will reward you.*

We don't know exactly what the reward is here in verse six, but we do know it's not temporary, like the man-made applause that hypocrites receive.

God has already given us His best reward—the forgiveness of our sins through Jesus Christ.

It doesn't get any better than that!

However, the Father rewards us by experiencing His presence ~~today~~. *When we pray in private.*

BTW, God's presence is not weird for His children.

There are some people who make it weird—and that's unfortunate.

*Examples:*

His presence may be a supernatural peace because we have uncertainty in our lives.

It may be supernatural joy when we're depressed.

When we want to give up, it may be an unexplainable sense of strength, perseverance or hope.

**KEYPOINT:**

*Public prayers come out of private prayers.*

When Jesus prayed in public, <sup>many times</sup> he prayed short reverent prayers dealing with the situation in front of Him.

**Matthew 6:7**—When you pray, don't babble

Babble—means to stammer with thoughtless chatter.

Don't utter countless, useless and purposeless words when you pray.

*enter the throne room of Almighty God as you pray.*

Remember who you are speaking to.

Last week, the prophet Isaiah and the apostle John gave us a vivid picture of God on the throne.

I have found it really helpful to do my best by picturing that scene in my mind as I pray.

If we picture God as He revealed Himself to us in Scripture, then we're not going badger him with our requests.

Please note that repetition, in itself, is not ~~necessary~~ a problem. — *Babbling is.*

Many of the Psalms, which are the foundation of the Jewish prayer book are repetitious.

Jesus himself prayed in the Garden three times that the cup of death be removed from him (Matt. 26:39–44).

The problem is not repetitive prayers but meaningless babbling.

**Matthew 6:7**— *don't babble like the Gentiles,*

Gentiles in the first century are not Jews—therefore, they didn't know God.

Gentiles prayed to many different gods.

And they thought that their gods first had to be prompted or awakened to listen to their prayers.

The prophet Elijah is an excellent example at Mt. Carmel (1 Kings 18:26–29).

The big showdown between him and 450 pagan priests.



It was a contest of whose God or gods is going to accept the sacrifice.

The pagan priests *“called on the name of Baal from morning until noon.”* (1 Kings 18:26)

And the way they prayed was this mindless repetitive chant—*‘O Baal, answer us,’* (1 Kings 18:26)

They probably put it to music as a form of worship.

They danced.

They ranted and raved like this from *“morning until noon.”*

Can you imagine chanting for four to five hours or longer?

Hour after hour, they repeated the exact phrase.

In doing so, they thought that the length of their prayer would make their god hear and respond.

Their prayers like this amount to nothing more than “abracadabra/open sesame.

People who recite mantras are trying to achieve some kind of mystical power in an effort to control others.

Today, we call this the New Age movement.

The new age movement believes you can make things happen by applying mind over matter.

If I think it into existence—it will be.

*As if a sinful human being has that kind of supernatural power*

We have a lot of New Age in our backyard don't we?

Unfortunately, it's crept into many churches. That's a different sermon for a different day.

**Matthew 6:7**— since they imagine they'll be heard for their many words.

They imagine, think, and suppose that God or their gods hear them.

Don't miss what Jesus is saying in verse seven.

Just because what someone believes, thinks, or supposes about God doesn't make it true.

People who recite these types of prayers are living a lie.

They are deeply and sadly deceived.

Nobody's listening.

Faith is built on fact.

We don't have to guess who God is or what He's like.

We are to cling to the promises that He has ordained in His Book.

Handwritten note: A box containing "Truth" and "Fact" with an arrow pointing to "The proof is the blood stain I cross is empty GRAVE".

**KEYPOINT #2**

~~Thoughtless prayer is as offensive to God as heartless prayer.~~  
Thoughtless + heartless PRAYER ARE OFFENSIVE TO GOD.

In most cases, they go together.

**Matthew 6:8**— Don't be like them, because your Father knows the things you need before you ask him.

Your Father knows—

Back to our story with the prophet Elijah— after hours upon hours of endless chanting by the pagan priests, Elijah says this:

**1 Kings 18:27 ESV**— *And at noon Elijah mocked them, saying, "Cry aloud, for he is a god. Either he is musing (meditating), or he is relieving himself, or he is on a journey, or perhaps he is asleep and must be awakened."*

Who knew that Elijah was so funny!?

**1 Kings 18:28**— *They shouted loudly, and cut themselves with knives and spears, according to their custom, until blood gushed over them.*

Isn't that interesting—their thinking was that their blood would draw themselves closer to their god.

But the reality is that it's God blood through Christ Jesus that draws His people to Him.

**1 Kings 18:29**— *All afternoon they kept on raving until the offering of the evening sacrifice, but there was no sound; no one answered, no one paid attention.*

Elijah finally calls all the pagan priests to gather around because enough is enough.

He tells the priests to get water—and a lot of water to drench the sacrifice.

**1 Kings 18:36**— *At the time for offering the evening sacrifice, the prophet Elijah approached the altar and said, "Lord, the God of Abraham, Isaac, and Israel, today let it be known that you are God in Israel and I am your servant, and that at your word I have done all these things."*

Notice the content of Elijah's prayer:

1. He acknowledges who God is.
2. He acknowledges his personal obedience to God.



**1 Kings 18:37**— Answer me, Lord! Answer me so that this people will know that you, the Lord, are God and that you have turned their hearts back."

Catch that? Elijah goes all Billy Graham in this prayer.

*Isaiah's God*

He's praying that these pagan priests will repent of their sin and worship ~~him~~ as the One True Living God.

**1 Kings 18:38**— Then the Lord's fire fell and consumed the burnt offering, the wood, the stones, and the dust, and it licked up the water that was in the trench.

The Lord God Almighty sends fire from Heaven and answers Elijah's simple prayer that took 30 seconds to pray.

**1 Kings 18:39**— When all the people saw it, they fell facedown and said, "The Lord, he is God! The Lord, he is God!"

These pagan priests weren't expecting that! *Elijah's sacrifice for sin - He didn't consume them.*  
*In God's mercy, He consumed the sacrifice for sin - He didn't consume them.*  
And look at the result—a confession of the One True Living God!

God the Father knew exactly what needed to be done at the exact time it needed to be done.

Was Elijah 100% sure that God was going to answer his prayer?

Did Elijah know how God was going to answer his prayer?

**James 5:17**—Elijah was a human being as we are, *← doubts, fears, reservations, question - just like us.*  
*Yet* ~~But~~ he was willing to step out in faith regardless of the embarrassment or consequences.



## PREACH:


I want to close by giving some practical ways to pray.

Once again we all have to be taught how to pray—prayer is unnatural for all of us because of our humanness.


It is helpful to have a structure, especially to your private prayer time.

Next Sunday, Jesus provides the greatest structure ever—The Lord's prayer.

But for now, <sup>me</sup> let give you some things that have helped me over the years.

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1. Take Jesus' words seriously by finding a prayer closet and setting aside quality to time to pray.

If you don't find a location or put prayer on your calendar—its going to be really tough to pray consistently, honestly and openly with your Heavenly Father.

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2. Bring a notebook, pen, and Bible.

The notebook is for several things.

First, when something pops into your head—you can get off your mind and onto paper.

This process get's your to-do list off mind and allows you to focus more on God.

You can also use your notebook by writing down your thoughts as you pray.

Write down any questions or comments at that moment—because if you don't you most likely won't remember them.

Once you get things off your mind, your Bible is there to fill it.

God's Word is what renews your mind. (Romans 12:2)

When you want to hear God's voice, read God's Word.

And if you want to hear God's <sup>Voice</sup> Word audibly— read the Bible aloud!

If you don't know where to start reading, start with the Gospel of Matthew.

I say that because, you can take my notes and review what's been taught.

- notes starting  
page

Because its not only about reading—it's about understanding, comprehending and applying what you're reading to your life—all through God's grace.

There are also many Bible reading plans available.

Be careful with reading plans—it's not a race to read the Bible in one year.

It's better to slow down and understand what you're reading.

I like the idea of reading a short epistle, James, Jude, or 1 John and read it over and over and over for several months before moving on. - same thing w/ Gospels

Reading God's Word is not about efficiency <sup>it's</sup> about a relationship.

There are no shortcuts and no fast track programs.

Our faith is not only about knowledge—it's about revelation.

The Holy Spirit of Almighty God is our teacher.

Devotional are also good tools—depending on the devotional itself.

Most devotionals have one verse and a page of human commentary—be careful.



Oswald Chambers—*My Utmost for His Highest* is one I would recommend.

Let me give you an acronym for prayer.

**ACTS Prayer Model:** *-notes next page*

**A**doration: Revere God for Who He is—this is a time of worship.

**C**onfession: Confess your sins—you don't want anything between you and God.

**T**hanksgiving: Thank God for His goodness, grace, forgiveness and provision.

**S**upplication: A time of praying for your needs.

Lastly, I would encourage you to pray throughout the day.

Because we don't only pray in the morning or night and forget about God, do we?

**I**deas:

3. Set your phone to remind you to pray throughout the day—something very simple and short.

It could be your favorite verse—or a verse that you just learned—pray it back to God and ask Him to reveal amazing things from it.

The great thing about prayer is that unless you want to pray like a hypocrite, nobody knows your praying—except your Heavenly Father.

4. **Worship/Music** **Sermons** *- Turn off talk radio/news*  
*↳ pray the words to songs back*

**PRAYER**

**LORD'S SUPPER**

**BENEDICTION**

**Numbers 6:**

<sup>24</sup> "May the Lord bless you and protect you;

<sup>25</sup> may the Lord make his face shine on you and be gracious to you;

<sup>26</sup> may the Lord look with favor on you and give you peace." '

# ACTS Prayer Guide

## ADORATION

Adoration means worship. We encourage you to begin your time of prayer by adoring and praising God. Praise Him for who He is and for all that He has done for you. God delights in your praises.

## CONFESSION

Confession means agreeing with God about the things that you have done wrong. It's a time to express sorrow about what you have said, thought, or done that is not pleasing to Him. Ask God to forgive you for these things, and then believe that He does so freely. (read 1 John 1:9).

## THANKSGIVING

Thanksgiving basically means being thankful to God. Thank Him for His love, protection, and provision just to name a few things.

## SUPPLICATION

Supplication is the final component, and this means praying for your needs and for the needs of others, such as friends, family, your pastor, government leaders, and persecuted Christians around the world. You may want to pray for such things as God's guidance, wisdom, and opportunities to serve.





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