

The P.R.A.Y. Method

By FLOODGATES Team

This is a prayer guide through four kinds of prayer.
Spend 5-10 minutes in each area of prayer.

Praise

Prayers of praise.

Start with praising God. Gratitude and thankfulness are powerful prayers.

“Let everything that has breath praise the Lord. Praise the Lord.”

Psalm 150:6

Repent

Prayers of repentance.

Come to God with a heart of repentance and turn to Him. God is gracious and compassionate.

“for the Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.”

2 Chronicles 30:9b

Ask

Prayers that ask.

Go to God with your needs. Place your life in His hands. Pray about everything.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

Matthew 7:7-8

Yield

Prayers that pause.

Spend the last few moments in solitude. Stop and pause. Take time to listen to God.

I wait for the Lord, my whole being waits, and in his word I put my hope.

Psalm 130:5