**ADORATION**

Adoration is an act of praise and worship. Adoring the Lord means offering him the affections of your heart and paying honor to him for his mighty power, wisdom, strength, goodness, mercy and love.

2 Samuel 7:22 Psalm 7:17 Psalm 63:1-7 Psalm 146:1-6

“Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers can separate me from your love.” Romans 8:38

Praying the verse – You are a loving God. You are constantly by my side in every walk of life. Wherever I go, you are there waiting to show yourself to me.

**CONFESSION**

In the act of confession you are asking God to remove your old, sinful ways of living. God is faithful and just to forgive sins. Through confession we are made new and more like Jesus. When you repent of a specific area, ask God to clothe you in the opposite (ie- ask for joy instead of depression)

Psalm 25:6 Psalm 51:1-10 Isaiah 1:18-20 1 John 1:8-10
Psalm 32:3-5 Psalm 103:8-14 Isaiah 59:12-13

“Do not be conformed to this world, but be transformed by the renewing of your mind.” Romans 12:2

Praying the verse – O God, would you renew my mind. Transform my desires to match that which you desire.
THANKSGIVING

Thank God for what he has already done in your life and reflect on the many blessings in your life. Thank him for his faithfulness in keeping promises in your life, those of your family and friends, and the circumstances in your life.

1 Chron 16:8-12 Psalm 50:14 Psalm 95:1,2 Romans 1:21

“You are my God, and I will give you thanks; you are my God, and I will exalt you.”
Psalm 118:28-29

Praying the verse – Thank you God, that you are faithful in keeping your promises to me. Thank you for the many blessings you have provided in my life.

SUPPLICATION

Ask the Lord to give you the desires of your heart. Align your heart with His will through reading and praying Scripture. Remind God of his promises to you.

1 Chron 4:10 Psalm 62:7-8 Psalm 142 Romans 15:30
2 Chron 20:9 Psalm 116:1-7 Psalm 143:7-12 Ephesians 3:14-21

“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

Praying the verse – I offer up my will to be in line with yours, God. Grant me the desires of my heart, that they may serve your purposes for my life.

Adapted from The Prayer Guide of USC Community Church and The Acts Prayer Model by The Joseph Company (www.josephcompany.com)