

Adoration

Offer a prayer of worship, demonstrating deep love and respect for God. Meditate on God's majesty and praise God's goodness.

Confession

Admit your shortcomings, apologizing for the times you've gone astray. Meditate on the power of God's mercy and forgiveness in your life.

Thanksgiving

Give thanks for the good things God has done in your life. Meditate with gratitude as you remember prayers already answered.

Supplication

Bring requests for yourself and for others, asking God to meet those needs. Meditate on your reliance for God's wisdom and provision.



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