

"Continue steadfastly in prayer, being watchful in it with thanksgiving."

Colossians 4:2

Praise.
Confess.
Fellowship.
Request.

Throughout scripture, 4 big elements of prayer stand out:

- 1. Praise of God**
 - 2. Confession of sin**
 - 3. Fellowship with God**
 - 4. Requesting of God**
- (Praise, Confess, Fellowship, Request for short).

The pattern of prayer that we see in scripture is, praying:

- To the Father**
- In the name of the Son**
- In the power of the Holy Spirit**

- 1. Praise** - this is passionately acknowledging who God is and praising and thanking Him accordingly.
- 2. Confess** - even as a Christian, you still sin. Confession of sin is acknowledging your sin before God, judging it for what it is - offensive to Him, and asking for forgiveness of that sin. Sin breaks our fellowship with God, confession restores that fellowship.
- 3. Fellowship** - this is talking to God as you would talk to a friend.
- 4. Request** - this is the requesting of things that are on our hearts and minds that we desire God to do. Requests should in line with what we see in scripture.

Note: There will be times when one of the above elements is focused on. That is right and applicable. At the same, intentionality in keeping each of these elements as a part of regular prayer, is needed.

When it comes to requests, it can seem overwhelming. To combat the feeling of being overwhelmed by all there is that we desire God to do, it can be helpful to separate out categories of requests per day. For example:

Sunday	Your church and it's leaders
Monday	Missionaries
Tuesday	Your immediate and extended family
Wednesday	Your neighborhood
Thursday	Your community and it's leaders
Friday	Our country and it's leaders
Saturday	Our world and it's leaders



Amidst requests that are in line with scripture is praying for the lost. You could create a **"Lost List"** with say 10 names of lost people you regularly interact with and pray through that list separately each day.

