



FIRST STEPS

PRAYER GUIDE

:: Be Still ::

1. Still your busy mind and cluttered heart.
2. Slow your pace – resist hurry.
3. Silence your mind and lips.
4. Stop fidgeting – rest in his arms.
5. Sit, lay, or kneel before God.
6. Surrender your body to Him – Wait patiently for Him.

:: Be Worshipful ::

1. Love songs sung to God – sing of his greatness
2. Long after Him in your heart – as the deer pants for water so I pant for thee
3. Lift His Glory: Read Psalm of praise out loud – declare His glory!
4. Love His Worth: You are _____ (attributes of God) [adjectives]
5. List His Names You are my _____ (Names of God or Jesus) [nouns]
6. Lively worship – shout, exalt, extol, bow, clap, song, dance, etc. [verbs]

:: Be Thankful ::

1. Mercies new every morning – bread, breath, health, life, strength
2. My body which is wonderfully made – sight, hearing, touch, smell, taste
3. All creation – wonders of His amazing creation
4. Blessings and Benefits received – all that I have
5. Bad, Sad, and Broken – things that have gone wrong

:: Confess Sin :: (Do spiritual inventory, open heart surgery)

1. Your Words – have you spoken evil of anyone, criticized, sharp words
2. Your Attitudes – complaining, depressed, grouchy, know-it-all
3. Your Thoughts – evil desires, lusts, doubts, fears, hatred, bitterness
4. Your Actions – broken God's laws, trespassed on forbidden ground



:: Clothe Yourself ::

1. Apply God's forgiveness- justified, reconciled, adopted, chosen, covered, etc.
2. Reckon who you are in Christ – I am...
3. Raise the shield of faith against Satan – resist, rebuke, command, etc.
4. Embrace a promise of God for this day – I believe you God when you said...

:: Cast Your Cares ::

1. Family – each one by and name and need
2. Finances – debts, needs, provisions, wisdom
3. Frustrations – with spouse, self, life, job, etc.
4. Fears, worries, anxieties about tomorrow
5. Failures – faults, weaknesses, struggles, etc.

:: Exalt His Holy Name(s) ::

1. Jehovah-tsidkenu = The Lord our Righteousness
2. Jehovah-shalom = The Lord our Peace
3. Jehovah-shammah= The Lord who is ever Present
4. Jehovah-m'kaddesh = The Lord our Sanctifier
5. Jehovah-jireh = The Lord our Provider
6. Jehovah-rohi = The Lord our Shepherd
7. Jehovah-nissi = The Lord our Banner
8. Jehovah-rophe= The Lord our Healer
9. Jehovah-saboath = Lord of Hosts

:: Practical Prayer/Worship Strategies ::

1. Read, Pray, & Worship the Scriptures
2. Sing songs to the Lord.
3. Exalt His Names.
4. Remember his mighty works. (Meditate)
5. Tell of His excellent greatness.
6. Acknowledge His Sovereignty, Power, Wisdom, Control.
7. Physically express your worship and adoration. (Lay prostrate, Lift Hands, Kneel)