

# TOOLS

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## PRAYER PATTERN

Consider the following verse to help you learn how to pray:

***“Pray at all times in the Spirit with every prayer and request.”***  
**— Ephesians 6:18**

### 1. PRAY

- Is a sacred term for conversation with God.
- Is a two-way conversation, where you speak and listen to God.

### 2. AT ALL TIMES

- Derives from Greek words meaning “in every season” or always.
- Represents words that Jesus used consistently.
- Luke 21:36 is another example: “But be alert at all times, praying that you may have strength to escape all these things that are going to take place and to stand before the Son of Man.” — Luke 21:36

### 3. IN THE SPIRIT

- In literal terms this means “to be joined with.”
- This represents that God (or the Holy Spirit) lives in us and enables us to pray.
- Romans 8:15, 26 is another example: “Instead, you received the Spirit of adoption, by whom we cry out, “Abba’, Father!” In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings.

### 4. WITH EVERY PRAYER

- Use the Adoration, Confession, Thanksgiving, Supplication (ACTS) prayer pattern.
- Try this by recording your prayers on the ACTS chart on the next page.

### 5. AND REQUEST

- Has a root word of “supply” to meet needs.
- Represents us receiving blessings from God and averting evils or fears.



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<b>A</b> <b>ADORE</b>	Praise God for His character traits.
<b>C</b> <b>CONFESS</b>	Tell God what's affecting your relationship with Him.
<b>T</b> <b>THANK</b>	Praise God for what He has done.
<b>S</b> <b>SUPPLY</b>	Ask God to provide or meet your needs and desires.

