

# Praying with G.R.A.C.E.

*A simple framework for bringing all of life to God*

## G

### GAZE UPON GOD

Begin not with your needs but with who God is. Worship before you ask. Let Scripture remind you who you are speaking to before you say a word about yourself.

*"O Lord, our Lord, how majestic is your name in all the earth!"*

PSALM 8:1 (ESV)

*Prompts: What attribute of God do I most need to remember today? What has He done that I want to thank Him for before I ask for anything?*

## R

### REPENT AND RETURN

Come honestly before Him. Confess sin, name what has been in the way, and receive the forgiveness that is already yours in Christ. Do not skip this step — it is what clears the path.

*"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

1 JOHN 1:9 (ESV)

*Prompts: Is there anything between me and God right now that I need to name? What sin or distraction do I need to bring honestly and release?*

## A

### ABIDE AND ASK

Stay connected to the vine. Bring your requests to God specifically, not generally. Name people, situations, and needs by name. Ask for what only He can give.

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."*

MATTHEW 7:7 (ESV)

*Prompts: What specific requests am I bringing today — for myself and for others? What am I only half-asking for because I am not sure He will answer?*

## C

### COUNT HIS MERCIES

Give thanks — not for circumstances as they are, but for who God is and what He has already done. Gratitude changes the posture of prayer even when nothing else has changed.

*"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

1 THESSALONIANS 5:18 (ESV)

*Prompts: What is one mercy I can name today, even if today is hard? What has God done this week that I almost failed to notice?*

## E

### ENTRUST EVERY SEASON

Release what you cannot control. Surrender the outcome, the timeline, the people you love, the plans you have made. He is faithful — not because things will go your way, but because He is who He says He is.

*"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."*

PROVERBS 3:5-6 (ESV)

*Prompts: What specific thing do I need to release to God today that I have been holding onto? What outcome am I trying to control that belongs to Him?*