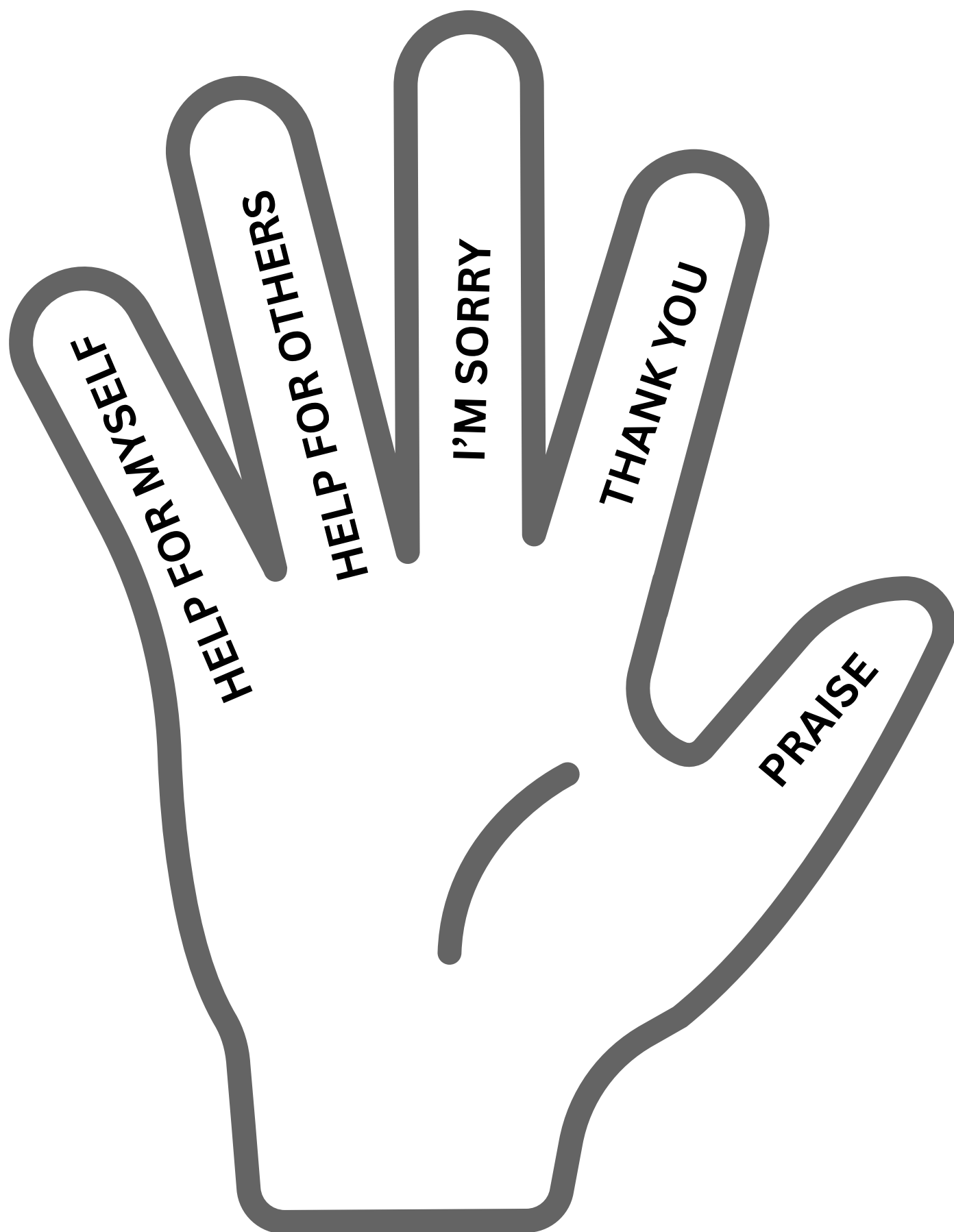


FIVE FINGER PRAYER METHOD



THE A.C.T.S. PRINCIPLE

A **Adoration** is praising God for who He is and all He has done for us..

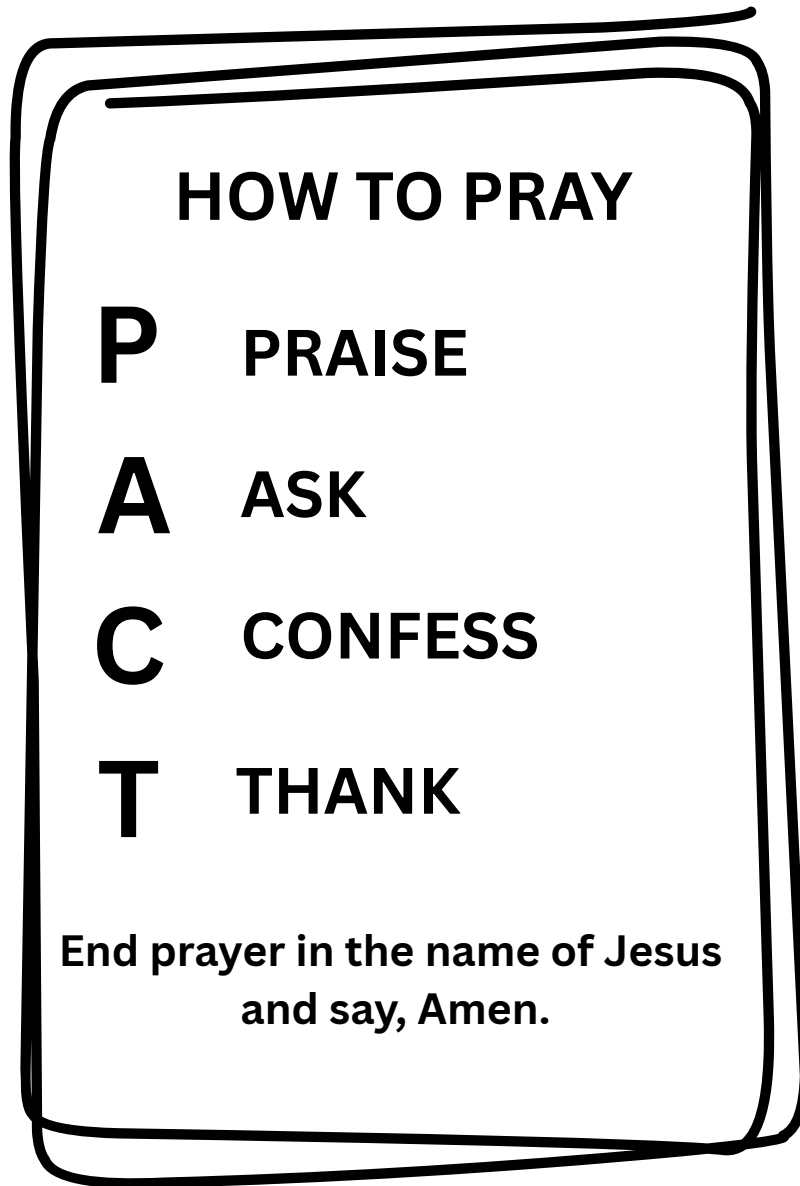
C During **Confession**, we bring our sins before God in repentance for our wrongdoing.

T **Thanksgiving** is giving thanks for our blessings and recognizing how God has worked through our lives.

S **Supplication** is a time for asking God, through Christ, for different things that weigh on our hearts, submitting our requests to His will for ourselves and others.

We close our prayer in the name of Jesus
and say, Amen.

THE PACT METHOD OF PRAYER



HOW TO PRAY

P PRAISE

A ASK

C CONFESS

T THANK

End prayer in the name of Jesus
and say, Amen.

THE CHAT METHOD OF PRAYER

C CONFESS

H HONOR GOD

A ASK GOD

T THANK GOD

End prayer in the name of Jesus
and say, Amen.

The PRAY Method of Prayer

PRAISE

What is amazing about God?

REPENT

What are you sorry for?

ASK

What do you need help with?

YIELD

Slow down, listen, and yield to God's will.

End prayer in the name of Jesus and say, Amen.

Prayer Starter Cards

**DEAR JESUS,
THANK YOU FOR...**

**DEAR GOD,
PLEASE HELP ME...**

**DEAR JESUS,
PLEASE GIVE ME
COURAGE TO...**

**DEAR GOD,
PLEASE HELP MY
FRIEND...**

**DEAR JESUS,
I LOVE YOU
BECAUSE....**

**DEAR GOD,
I PRAISE YOU
BECAUSE....**

Prayer Prompt Cards

**PRAY FOR YOUR
FAMILY.**

**PRAY FOR YOUR
FRIENDS.**

**PRAY FOR HELP WITH
A SIN YOU ARE
STRUGGLING WITH.**

**PRAY FOR SOMEONE
YOU DO NOT LIKE.**

**TELL GOD WHAT YOU
ARE THANKFUL FOR.**

**TELL GOD WHAT YOU
ARE AFRAID OF.**

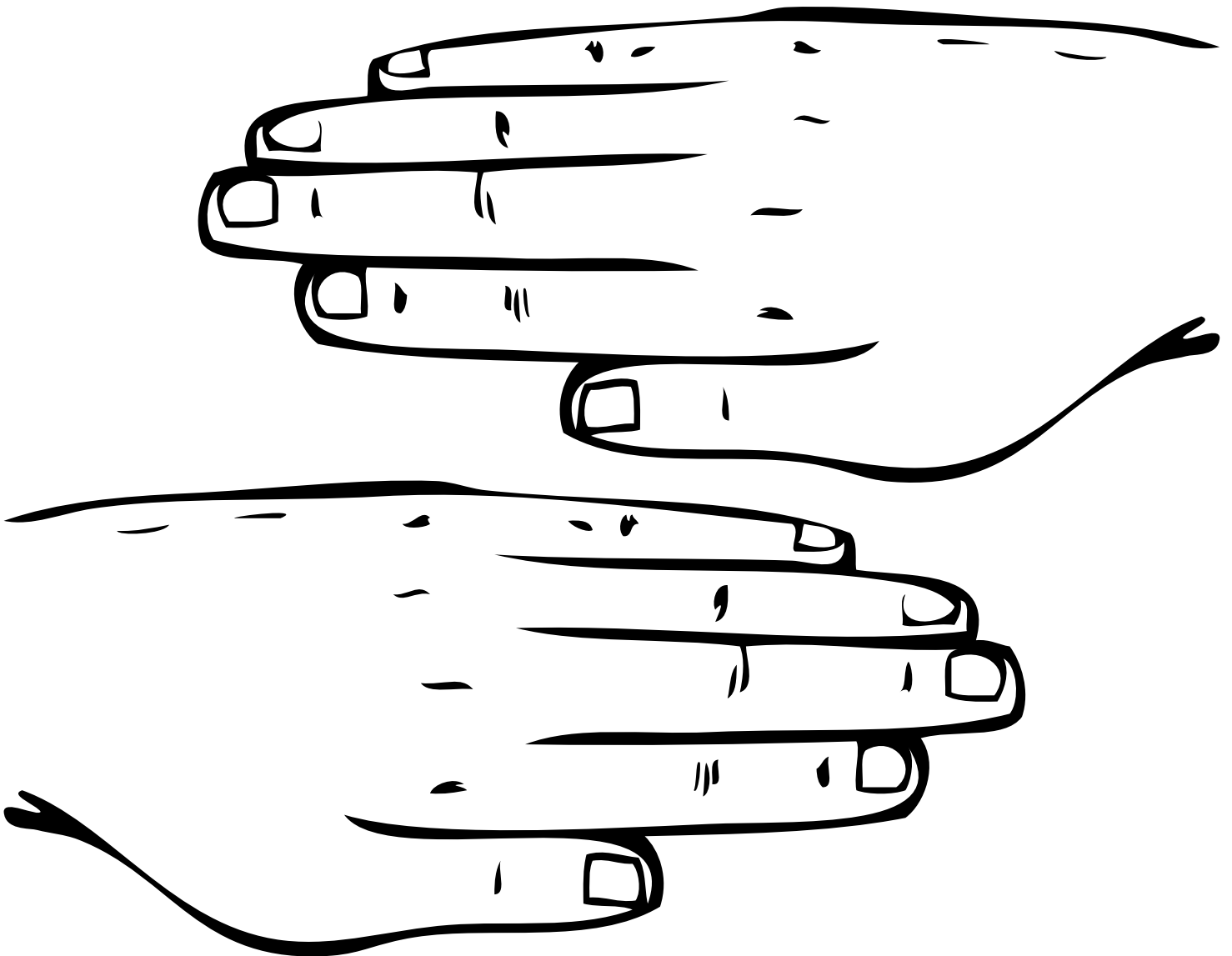
Praying Hands Templates

These hands can be copied and cut to use as templates for praying hands prompts, or you can trace your own hand and cut it out.

Write a prompt on each hand using the following suggestions. You may want to add your own prompts as well.

Prayer Prompts or Starters:

God, I praise You for.. Pray for your family. Pray for your church.
Pray for your friends. Pray for your neighbors. Jesus, thank you for...
Jesus, please help me... Jesus, my _____ is sick please... I love you, Jesus
God, at school today... Jesus, _____ is sad, please... Jesus, my pet is....
God, please help me understand.... Jesus, I don't want to... Jesus, I'm afraid of...



In Home Prayer WALK Outline

Doing a prayer walk in your home is powerful and beneficial to your spiritual life and fostering unity and love within your family. As you walk from room to room, you declare that God is sovereign and that His will be done in the life of each family member individually, and your family as a unit, in addition to offering God your **worship, adoration, love and kingship** over your life and the lives of all members of the family.

How to prepare:

- Inform your family what you will be doing, when, why, and how, using the information in the above paragraph.
- Prepare Prayer Walk cards on index cards using the lists of Prayer Prompts and Prayer Starters. Feel free to create your own cards, too!
- Determine which rooms you will walk into and designate where the Prayer Altar will be. Place a Prayer Card and perhaps a candle, Bible, or some other significant item at each Prayer Altar location.
- Decide whether to visit each room together or have each person go individually. This will depend on the age of your children.
- Decide on a Prayer Walk Route.

Prayer Prompts:

Pray for your family.
Pray for whoever sleeps in this room.
Pray for your church.
Pray for your friends.
Pray for your neighbors.
I love you, Jesus.
God, You are holy and good.
I surrender to you, Lord.
Pray for our country.
Pray for someone you know who doesn't know Jesus.

Prayer Starters:

God, I praise You for..
Jesus, thank you for..
Jesus, please help me..
Jesus, my _____ is sick please..
God, at school today..
Jesus, _____ is sad, please..
Jesus, my pet is....
God, please help me understand....
Jesus, I don't want to..
Jesus, I'm afraid of..
Jesus, I'm sorry for...

Prayer Walk Event:

- Gather your family and explain which rooms they will be going into, how (individually or as a group), and explain that this is to be a sacred, solemn prayer time. (i.e. not a race)
- Explain the Prayer Prompt and Starter cards. They can use them as a starting point and add their own words as well.
- Explain that when they are praying, they can sit, stand, or kneel.
- Explain the Prayer Walk Route, where each person or the group will visit each room.
- Explain where to meet after they have visited each room.

Begin the Prayer Walk:

- Turn on worship music quietly and pray together, asking God to open your hearts and minds and that He might draw you close to Him and each other during this prayer time.
- Begin the Prayer Walk.

After the Prayer Walk:

- Gather in the designated spot and close your time in prayer, thanking God for this meaningful time as a family.

Some suggestions:

- In the Kitchen, pray for your family.
- In each Bedroom pray for whose room it is. The person who sleeps in that room can choose a Prayer Starter card and pray a personal prayer.
- In the Living Room say a prayer for our country or for others.
- In the Foyer say a prayer of Praise for God's provision of your home.
- In the backyard pray for your neighbors, or friends.