

1. Address our heavenly Father
 - a. Thank him for blessings
 - b. Praise Him and Worship Him
2. Ask him for forgiveness
3. Ask Him for Blessings
 - b. PRAY IN GOD'S WILL (declare, decree, confess, expect)
 - c. PRAY FOR PROTECTION (Help me not to yield to temptation, but deliver me from the evil one)
4. Close in the name of Jesus

A prayer has four simple steps. They are evident in the Lord's prayer found in [Matthew 6:9-13](#):

1. **Address Heavenly Father** We open the prayer by addressing God because he is the one we are praying to. Start by saying "Father in Heaven" or "Heavenly Father." He is our creator and the one to whom we owe everything we have, including our lives. We express praise and adoration for Him. Here are a few examples:

- **I bless You, Lord.**
- **I exalt You Lord.**
- **I lift Your name up high.**
- **How magnificent is Your name.**
- **I praise you because ...**
- **You are God and God alone**
- **You are high and lifted up above the earth**
- **You are amazing and there is none like you**
- **You are our shield and our protection**
 - **Thank Him for blessings**
- **Life, health, strength, the ability to gain wealth, food, clothing, shelter, family (by name), friends (by name), leaders, church members, co-workers, others**

2. **Ask Him for forgiveness**

3. **Ask Him for blessings**

- **"Bless us with the knowledge, comfort, guidance, peace, health, etc.**

the strength necessary to withstand life's challenges

- **"I ask thee..." / "I need..." / "Please help me..."**

5. **Close in the name of [Jesus Christ](#).**

- **Thank Him for hearing you. "These and other blessings I ask in Jesus' name, Amen."**
- **Prayer can be said in one's mind or out loud.**
- **Praying aloud can sometimes focus one's thoughts. Prayers can be uttered at any time.**

A simple personl prayer could be this:

Dear Heavenly Father, I am so grateful for your guidance in my life. I am especially thankful for my safe travel as I moved about today. As I try and keep thy commandments, please help me to always remember to pray. Please help me to read the scriptures daily. I say these things in the name of Jesus Christ, Amen.