



## The Power of Prayer

### Creative Ways to Connect with God

Ever start off praying only to find your mind wander to your shopping list or next to-do task? Prayer acronyms can help. They give a structure to your thoughts and help you to say focused.

Below, I've included several prayer acronyms along with some other creative ways to pray to God. Enjoy!

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**ACTS Prayer.** Thinks of the book of Acts in the new Testament as a way to remember this prayer.

- **Adoration:** Give God praise and honor for who he is as Lord over all. This is a time to praise God for the qualities He possesses.
- **Confession:** Get honest with God and get the ugly gunk out by confessing to Him and asking for His mercy and forgiveness.
- **Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you. Be specific.
- **Supplication:** Pray for the needs of others and yourself.

**PRAISE Prayer.** We are told to make our requests "with thanksgiving" (Philippians 4:6) and that's how this prayer starts.

- **Praise:** Before we begin to ask anything of God, we make clear our gratitude for what He has already done. This doesn't have to be words; it can also be singing to God, reading a Psalm or scripture out loud to Him, or any other creative idea you have.
- **Repentance:** This time need not be discouraging or condemning, but sobering. When we genuinely repent and seek God's forgiveness, he gives us great peace.
- **Ask:** In this moment, ask for what you and your family need. This is a very personal moment for you and for those closest to you. It allows you to cast your burdens upon the Lord.
- **Intercede:** "Intercede" means to stand in the place of another. Pray here for people who are on your heart. This can be for your church, minister, friends, coworkers, leaders, the lost, national leaders, etc.

- **Speak the Word:** Declare God's word over you, family and friends: I'm healed by His stripes (Isaiah 53:5)  
My needs are met (Philippians 4:19)  
I can do all things (Philippians 4:13)  
Declare your own personal spiritual truths out loud during this time, and any other scriptures God has placed on your heart to verbalize and claim before Him.
- **Enjoy His Presence:** You have spent some great quality time with Jesus. You have given praise, asked for covering, interceded for others and spoken the Word. You will sense Him very near so enjoy His presence. There is full joy here! Listen for any new ways He may be nudging you or directing your path.

ALTAR Prayer: This is a praise orientated prayer acronym.

- **Adoration:** We praise God for being God, and for His goodness to us. Be specific as you praise Him.
- **Love:** We know God loves us, but we don't often think to express our love to God. This is a time to let God know all the reasons why you love Him.
- **Thanksgiving:** Thank God for all that you are and all that you have.
- **Asking:** Ask for what you need, and for what others need as well.
- **Resolutions:** Ask the Lord for help in transforming your life, and for help in transforming the world.

PRAY Prayer: This prayer devotes space to really hear from God.

- **Praise:** Praise God for all that He is and for all He has done in your life. Feel free to be creative in how you do this.
- **Requests:** Pray for yourself and others, for the burdens on your heart and for what others have asked you to pray for.
- **Atonement:** Take time to get open with God about the sin and the gunk in your life, seeking His forgiveness and direction, and taking a moment to allow yourself to receive it from Him.
- **Yield:** Be still and listen for God and the ways He may be directing you. Clear your mind and try to open yourself up to receive. Give this space a good 10-15 minutes before you give up. Sometimes it takes that long to really empty our minds in order to hear His guidance.

OTHER IDEAS:

- Pray through the Lord's Prayer (Matthew 6:9-13). Pray through the whole thing once. Then go back through the prayer and pray each petition

individually, expanding on each one to make it personal for you. And don't forget to expand on "Amen," which simply means "let it be." Focus on the fact that the Lord of the Universe has heard your prayers and accepted them.

- Our Father in heaven, holy is your name
  - Your kingdom come
  - Your will be done on earth as it is in heaven
  - Give us this day our daily bread
  - And forgive us our sins
  - As we have forgiven those who sin against us
  - And don't let us yield to temptation but deliver us from the evil one
  - For Yours is the kingdom, the power and the glory forever.
  - Amen
- Have a Gratitude for God prayer time. Don't ask for a single thing. Read praise focused Psalms or scriptures out loud to Him, sing to Him, thank Him for who He is and what He has done, draw a picture of how you feel about Him. The entire focus of this prayer is on gratitude to your heavenly Father.
  - Pray through a Psalm. Read through the whole Psalm once out loud. Next, read it again but pause every sentence or two to pray about what you just read and how it impacted you. Some suggested Psalms that are very powerful for this are Psalm 5, 16, 23, 34, 51, 63, 91, & 103
  - Psalm 100 says, "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs." This is a loud but special prayer time. Shout out your praises to God. Share with Him how glad you are for who He is and how He provides for you. End by singing spiritual songs to Him. You can sing ones you already know, but don't be afraid to make your own son up with Him!

And the most important part? Make sure you make space daily in your life TO pray! It can be in the shower, while you're driving to work, during chores—literally anywhere! Make that space to connect because your heavenly Father loves you and wants your relationship with Him to be and heart-felt and genuine.