

# A Modern Prayer Clinic

*Based on the Lord's Prayer Modeled in Luke Chapter 11*

## Adoration

**ADORATION** is telling God how much we love God because of **WHO** God is. This is a time to fix our attention on God – to revere God. Simply tell God that you love God. Genuine prayer begins by greeting God. Pray through Psalm 103. You might possibly pray it again and add your name.

*Praise the Lord, I tell myself; with my whole heart, I will praise His holy name. Praise the Lord, I tell myself, and never forget the good things He does for me. He forgives all my sins and heals all of my diseases. He ransoms me from death and surrounds me with love and tender mercies. He fills my life with good things. My youth is renewed like eagle's!*

*The Lord gives righteousness and justice to all who are treated unfairly. He revealed His character to Moses and His deeds to the people of Israel. The Lord is merciful and gracious; He is slow to get angry and full of unfailing love. He will not constantly accuse us, nor remain angry forever.*

*He has not punished us for all of our sins, nor does He deal with us as we deserve. For His unfailing love toward those who fear Him is as great as the height of the heavens above the earth. He has removed our rebellious acts as far away from us as the east is from the west.*

*The Lord is like a father to His children, tender and compassionate to those who fear Him. For He understands how weak we are; He knows we are only dust. Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone – as though we had never been here.*

*But the love of the Lord remains forever with those who fear Him. His salvation extends to the children's children of those who are faithful to His covenant, of those who obey His commandments! The Lord has made the heavens His throne; from there He rules over everything.*

*Praise the Lord, you angels of His, you mighty creatures who carry out His plans, listening for each of His commands. Yes, praise the Lord, you armies of angels who serve Him and do His will. Praise the Lord, everything He has created, everywhere in His kingdom. As for me – I, too, will praise the Lord! - **Psalm 103 (A Psalm of David – NLT)***

## Confession

When we see God in all of God's greatness, then we cannot help but see ourselves in our sin. **CONFESSION** is agreeing with God that our sin is in fact **SIN** and then making plans to avoid repeating that sin. Sin involves not doing what we know is right and doing what is contrary to the Word of God.

*Confession is the most dreaded part of prayer for most people.* God already knows, so why try to hide it? Make a list of actions God doesn't want you to take and the attitudes God doesn't want you to develop that are present in your life. Now, confess these as sin. Make a plan between you and God for how NOT to repeat them. **Destroy your list!** It is between you and God.

## Thanksgiving

**THANKSGIVING** is telling God how much we love God because God is our Lord and Savior and for what God has done in our lives. Thank God for being holy, loving, wise, merciful, Truth, unchanging, and all present. Count your blessings. Express your gratitude. A thankful person is a joyful person. Gratitude is the key to the “storehouse” of God.

## **Submission**

**SUBMISSION** is consciously putting our will under the authority of God. Those who submit humbly will want what God wants for them. Ask God to take control of these areas in your life. (*Examples are your job, family, finances, talents, strengths, spouse, attitudes, pride, envy, etc.*)

## **Supplication**

**SUPPLICATION** is asking something **specific** from God. Supplication has two aspects – “**Intercession**” and “**Petition.**”

**Intercession** means to pray for others. When we intercede for others, we catch hold of the hand of our friend and the hand of God, and through that moment flows the power of God. Christ is our Intercessor to God the Father. Jesus modeled the role of Intercessor for us so we would be able to intercede for others.

**Petition** is intended for us as individuals. We each have personal needs. As we come to the foot of the cross, it is important to pray for ourselves as well. Be specific in your prayer time. What changes or improvements does God want you to make in your life? Ask God to accomplish these changes in your life and to help you accept them.

## **Resource Options**

For the Life Journal and the SOAP Method mentioned in the video, please visit this link:

<https://www.liferesources.cc/spiral-life-journal/>

SOAP stands for Scripture, Observation, Application, and Prayer.

For the helpful bookmarks to accompany the LIFE Journal

<https://www.liferesources.cc/through-the-bible-bookmark-1-year/>

Please email Pastor Mark about his helpful hints in selecting a good study Bible or a Bible translation.

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