

» HOW TO USE THE P.R.A.Y. MODEL

The P.R.A.Y. Model is a helpful framework that guides your time with God by focusing on four key actions or responses.

P — PRAISE

Begin by **adoring God** for who He is.
Praise shifts your focus from yourself to God's character.

HOW TO PRAY IT

- *"God, I praise You for being faithful, powerful, and good."*
- *"Thank You for Your mercy and Your presence in my life."*

SCRIPTURE TO HELP

Psalm 103; Psalm 145; Revelation 4–5

R — REPENT

Move into a time of **confession and repentance**.
Ask the Spirit to reveal anything that needs cleansing, correction, or surrender.

HOW TO PRAY IT

- *"Lord, forgive me for my impatience today."*
- *"Reveal any sin or attitude that is not pleasing to You."*

SCRIPTURE TO HELP

Psalm 51; 1 John 1:9; Psalm 139:23–24

A — ASK

Bring your **requests** to God — both personal and intercessory.
This is where you ask God for what you need and pray for others.

HOW TO PRAY IT

- *"Father, give me wisdom in this decision."*
- *"Lord, comfort and strengthen my friend who is struggling."*

SCRIPTURE TO HELP

Philippians 4:6–7; Matthew 7:7–11; Ephesians 3:16–19

Y — YIELD

End by **surrendering** to God's will.
This is the posture of saying, "Not my will, but Yours be done."

HOW TO PRAY IT

- *"Lord, I surrender my plans to You today."*
- *"Help me walk in obedience and trust."*

SCRIPTURE TO HELP

Romans 12:1–2; Luke 22:42; Proverbs 3:5–6

PUTTING IT ALL TOGETHER

EXAMPLE PRAYER

PRAISE

"God, You are holy and compassionate. Thank You for being close to me today."

REPENT

"Forgive me for the ways I acted out of frustration. Purify my heart and reset my focus."

ASK

"Please give me clarity and peace in this decision. Strengthen my family and meet their needs."

YIELD

"I trust Your plan, Lord. Lead me by Your Spirit. I surrender my day to You."

» NOTES
