

FORMAT FOR PRAYER.

Communication with God 1 Thessalonians 5:17 Pray Supreme and an invisible God we're talking about. You don't talk like you have a deadline to meet or like you're giving God a timeframe. Take your time, relax, forget the world and spend quality time with your maker the way you would with your earthly father, except of course if your relationship with your earthly father is suffering from lack of quality communication and possibly you're not in good terms with him, then the same might be replicated to your heavenly father.

When praying, commune as friend with friend, not as though you have scores to settle or he's indebted to you. Be careful with your choice of words as wrong word usage might be considered as praying amiss, which is equivalent to not praying at all. It's like wanting to ask for fees from your dad but not knowing how to construct a proper meaningful sentence that will lead to your fees being paid.

Instead of saying:

“Daddy please I need you to pay my fees, its due”.

You say:

“Daddy I wish you could pay my fees, its due”.

Another common mistake is:

“In Jesus name, Lord we **want** to thank you for...”

In prayer, this is not considered as communing or talking to God, it is the expression of a wish. The English word “want” made it a wish. If you really intend on thanking God you should thank him, not “want” to thank him.

Try:

“In Jesus name, Lord I thank you for...”

Nigerians pray as though God is deaf, they shout and scream at God, they deafen other people with problems and prayer requests in such a way as to confuse the next person. God is not far from us, he sent his Holy Spirit to dwell among us, his word says “...on that day my spirit will be poured out on all flesh”. Talk to God and not shout at Him. Some pastors habitually tell their congregation members to “Shout!” “Scream!” “Take the prayer again but this time Louder!” People tend to pray in a very loud voice as though the distance between heaven and earth is directly interpreted to mean that God is that far from us.

Prayer is not only and strictly done in a particular position and location, it's not until you're in Church or in a seemingly HOLY place before you pray, prayer ought to be done at all times and everywhere.

'And afterward, **I will pour out my Spirit on all people**. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

Joel 2:28 (NIV)

The circumcised believers who had come with Peter were astonished that **the gift of the Holy Spirit had been poured out even on the Gentiles**. Acts 10:45 (NIV)

Matthew 6:5-8

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full.

6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

Matt. 5: 13 "And lead us not into temptation, but deliver us from the evil one".

Now the format for praying:

A.C.T.S.

A- Adoration

C- Confession

T- Thanksgiving

S- Supplication

A – Adoration

Matt. 5:9 Our Father in heaven, hallowed be

Worship God, bless his name, magnify him in the beauty of his holiness, exalt, extol and praise him. The whole duty of a man as explained by the Bible is to serve the Lord, failure to adhere will result to God raising stones to praise him in our stead, I don't think we want that to happen to us, not only are we going to be replaced but by STONES. In the book of Matthew, Jesus teaches us how to pray:

Matt. 5:9 "Our Father in heaven, hallowed be your name..."

The books of Exod. 15:11, Rev. 4:11, 1 Chr. 29:11-12, Jer. 29:17-19, Psm. 29:1-3 amongst others gives us examples of patriarchs in the Bible who whole-heartedly worshipped God. David was considered a man after God's heart not for any other reason but for worship, David worshipped in all situations and gave his ALL in reverence to God. Let's take a cue from David.

C – Confession

Matt. 5: 12 Forgive us our debts, as we also have forgiven

Sin and its penalty: Rom. 3:23, Rom. 6:23, Jer. 5:25, Isa. 1:15.

God forgives: Isa. 43:25. Psm. 86:5, Isa. 1:18, Psm. 103:3

Ask for the forgiveness of your sins, no one is sinless because we were all conceived in sin, in the cause of the day's activities you must have erred, so confess your sins so your prayers can ascend to the throne of God. Isa. 59:1 -3, Psm. 51: 1-19. The Bible says with our mouth is confession made unto salvation, don't assume you are holy and faultless, go to God in humility of heart and seek his forgiveness, then and only then will your prayers be answered. Assumption that your sins are too much, you're the worst sinner, God is far away from you or God won't forgive you is sentencing yourself before the verdict. Always ask for forgiveness, you don't know which of your going out will be the last.

In seeking the forgiveness of sins, make certain you don't leave out any sin, confess the sin of:

- 1) Omission,
- 2) Commission and
- 3) Inherited sin;
- 4) Sin of Action and
- 5) Inaction.

Mention the names of the sins you can remember. This is very important because you address them specifically, specifics in prayer is very important, it helps you know which of your prayers has been answered and what to give God thanks for. It's like asking God to bless or favour you, blessing and favour are vague and relative, narrow it down to the particular blessing you want from God, for instance, financial blessing of ₦100,000.

T – Thanksgiving.

1 Thessalonians 5:18 Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

A little "thank you" won't hurt you know. Many people downplay the things done for them by God, they feel there are little blessings and big blessings, they wait for the BIG blessings before they hypocritically cause traffic jam while trying to thank God in Church for what he's done for them. The life we live, the air we breathe, the food we eat, the water we drink, our sound health and the gift of seeing each day is more than enough reason for you to thank God, as humans we do more of complains, requests, regrets and even ask God questions than we thank him. Fact is; the more we thank God, the more he releases his blessings on us. In your daily prayer do more of thanksgiving than request, your whole life should reflect and evolve around thanksgiving. Thanksgiving is not that designated day assigned by the church; it's a conscious everyday activity. As long as you are alive and not contending for space with corpse in the mortuary, thank God.

S – Supplication.

Matt. 5: 13 And lead us not into temptation, but deliver us

This is where all your requests come in. Make certain that requests about yourself is the last thing you do in the order of request placement, pray for others; the church, your community, your neighbours, friends, classmates, colleagues, family members and relations, loved ones, pastors and helpers, your State and Country, among others. Many people spend a maximum of 5 minutes praying A.C.T. (as enumerated above) and 1 hour 30 minutes or more praying S which of course is mostly about themselves. Be an intercessor, stand in the gap for someone or people, be the source or reason for someone's answered prayers.

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