

# Tools for Prayer

## The P.R.A.Y. Approach to Prayer



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This acronym is intended to encourage those who are learning to pray. It is not a process to be followed by rote. Rather, it is a tool that can help guide your thought process as you approach God.

**P**

**Praise:** Psalms 100:4 says “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Simply sit quietly and thank God for who He is and what He has done.

It must amuse and sadden Him when I stumble into His presence spiritually out of breath.

**R**

**Repent:** A sober reminder comes from Psalms 66:18 “If I had cherished sin in my heart the Lord would not have listened.”

Like a ceremonial washing, I need a spiritual cleansing before I can come any nearer to the throne of God. Confess all known sin and commit to turn from it.

**A**

**Access:** Envision Jesus Christ at the right hand of His Father, verifying that you have royal access in prayer. Though he knows the things about which you are concerned, He wants you to tell Him about the needs and frustrations that tangle your life and the lives of those you care about.

“All my longings lie open before you, O Lord; my sighing is not hidden from you.” Psalms 38:9

**Y**

**Yield:** Once you spread your prayer list on the floor in front of God’s throne, don’t retrieve them. Yielding means you leave your requests there. You have permission to bring them again and again. But the fact that you have brought them before God indicates that you trust that He will, in His time and in His way, take care of them. “Show me the way to go,” says Psalms 143:8. “for to you I lift up my soul”.