

FIFTEEN TO THRIVE

P R A Y E R



1 MIN

Invite the Holy Spirit into your time with God and pause to recognize His presence with you.

Today we will be praying through the guide A.C.T.S. Take time in each segment to speak and listen to God.



2 MIN

ADORATION

Psalms 103:1-5

Give God adoration by speaking, meditating or writing how He is great.



3 MIN

CONFESSION

Psalms 51:1-4,7

Review your day and week and confess any sins knowing you will be forgiven.

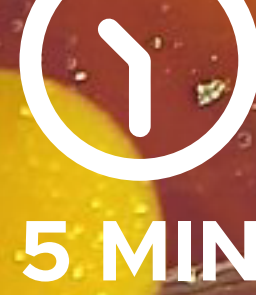


4 MIN

THANKSGIVING

Psalms 136:1-9

Give God thanks for the specific ways that His goodness has broken into your life.



5 MIN

SUPPLICATION

Psalms 91:1-6

Take time as we close to remember the prayers and hungers of your heart.

Bring those to God and ask for His intervention.