

## PRAY BEFORE

Praise God for who you know Him to be, confess any sin in your life, ask the Lord for ears to hear His Word, and thank Him for His presence.

## PRAY DURING

Praise God for who He is, confess a bad attitude, ask God to help you understand the confusing passages, and thank Him for his help.

## PRAY AFTER

Meditate on who God is based on this passage, confess any sin that was brought to light, ask God to help you apply what you learned and thank Him for His word.

# DIG DEEPER WITH PRAYER

*Taken from Jen Wilkin's book; Women in the Word*  
[www.sarahfrazer.com](http://www.sarahfrazer.com)



## P.A.R.T. METHOD

Praise - Give God glory  
Admit - Confess your sin  
Request - Ask God to meet your needs  
Thanks - Give thanks for all He has done and who He is



## P.R.A.I.S.E. METHOD

Praise - Give God glory  
Repent - Confess sins  
Acknowledge - Submit to God's will for your life today  
Intercession - Pray for others  
Equip - Ask God to help you do the tasks before you