

ESTABLISHING A PERSONAL PRAYER TIME

Establishing a Personal prayer life

1. Set aside a specific time to pray. It can be 10-20 minutes a day.
Consistency is more important than quantity of time.
2. Set aside a place to pray. You want a place that where you can
Be yourself in prayer. It may refer to a specific location within your home or a
time
To walk.
3. Use the A.C. T. S. model of prayer.
 - a. A-adoration. This is a time to give thanks to the Lord for his blessings to you.
 - b. C-confession. Acknowledge your failures and faults. Receive the Lord's forgiveness and ask for his grace.
 - c. T-time in God's word. Spend a few minutes reading the Scriptures. As you read. Ask yourself: "How does this apply to my life?" You can read a portion of the Church's daily readings or read a passage from a gospel or some other way. God's word is the place where He speaks into your needs.
 - d. S-supplication. It means to pray for your needs and the needs of others.
4. A.C.T.S. is a simply way the Lord interacts with us in prayer.
5. Pray out loud if you can. When we speak from our heart we are stepping out in faith that God is truly here and listening to us.