The P. R. A. I. S. E. Pattern for Prayer

The PRAISE acronym for prayer is something I developed to assist people in staying focused while praying with a biblical perspective. Please note that this is one of many great patterns and models for prayer and is not intended to be perceived as exclusive or superior to others.

Should you want to take further steps in learning about prayer I would suggest you get a copy of How to Pray by R. A. Torrey or Pivotal Praying by Tim Elmore and John Hull.

**Praise - Ps. 100.4**

The entrance into the presence of God, at his gates and courts, is the foyer of praise and worship. We are told in Philippians 4.6,7 to make our requests "with thanksgiving"!

Before we begin to ask anything of God we make clear our gratitude for what He has already done.

Like any pattern of prayer you must add your own personality and traditions to it. Here you might have your worship music playing, you might sing a song of praise or read scriptures of praise like Psalm 150. Whatever tools you use make sure you give The Lord praise from your mouth for all he has done. He loves what comes from your lips! (Heb. 13:15. Fruit of our lips)

This is also a great time to worship around the names of God as Bishop Thompson taught us...... Jehovah Jireh, Tsidkenu, M'kadesh, Shalom, Rohi, Nissi, Rapha and Sabbion.

The Lord our Provider, Righteousness, Sanctifier, Peace, Shepherd, Healer and Commander of Hosts (Armies of God).
Repentance - 1 John 1.9/ 2 Co.7.9, 10

2Co 7:9 I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. 10 For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.

The Lord tells us in Psalms 51.17 that a broken and contrite or repenting heart, He will not turn away! Even more important than my faith is my willingness to ask for forgiveness. God's Word is clear when we are told that if I hide iniquity in my heart The Lord will not hear me. Ps. 66:18

Once we give Him thanks, praise and worship, we open our hearts to confess our sins.

This time does not need to be discouraging or condemning, but sobering. When we genuinely repent and seek God's forgiveness He gives great peace. If we ask, he will cleanse us of our sin and our leaning toward rebellion and independence.

Ask - Luke 11.9

James tells us that "we have not because we ask not" (James 4:2, 3) so it is imperative that we ask. Even though He already knows what we need He still commands us to ask.

Luke 11.9 implies that if we ask and keep asking we will receive. In this moment ask The Lord for what you and your family needs. This is a personal moment for you and those closest to you. It will give you a moment to remove your own heavy burdens, casting them upon The Lord (1 Peter 5.7 casting all your cares upon Him, for He cares for you).

Remember that part of your spiritual responsibility is to daily cover the family you have been given. Their safety and future destiny can be preserved by your prayers.
Intercede - Heb. 7.25

Heb 7:25 Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

The word intercede means to stand in the place of another. Heb. 7.25 tells us that Jesus lives to make intercession for us. He is our Pattern, our Leader, our Shepherd. If He is interceding for us then we are surely called to intercede for others.

In this time begin to pray for those you are burdened for. Your church, pastor, co workers, lost people you are thinking of, national leaders, your city and state. This can be different every day but this is the centerpiece of prayer. This time is not for you and your family but for those outside of that small circle. The Holy Spirit will direct you, so during the week write it down if you think of someone you need to pray for.

You will learn to enjoy this time as you see God move through your prayers and answer them.

Speak the Word - Mt. 11.21-24

Declare God's word over you and your family and friends. I'm healed by His stripes Is. 53.5; my needs are met Phil 4.19; I can do all things Phil.4.13

There are things we ask of God but then there are other things He sometimes leads us to proclaim or declare. In Mark 11 He tells us that we can speak to the mountain under certain conditions and the mountain will be removed.

Oftentimes when Satan tempts you to feel lonely, forgotten or even deserted you must rise up and speak the Word. Make time during your prayers to speak and pray God's Word. In order to do than 2 Tim. 2.15 must be a core value. Study, study, study!
**Enjoy His Presence - Ps. 16.11**

You have spent some great quality time with Jesus. You have given him praise, asked Him to cover your family, interceded for others and spoken the Word. You will sense him very near and you need to enjoy his presence. There is full joy here!

The orthodox Westminster Catechism asks the question, "What is the chief aim of man?" The answer, "To worship God and to enjoy Him forever".

During this time worship, read, meditate and rejoice in a God who hears you when you call on His name. (Jer. 29.11-13)

Jer 29:11  `For I know the plans that I have for you,' declares the LORD, `plans for welfare and not for calamity to give you a future and a hope. 12 `Then you will call upon Me and come and pray to Me, and I will listen to you. 13 `You will seek Me and find Me when you search for Me with all your heart. 14 `I will be found by you,' declares the LORD, `and I will restore your fortunes and will gather you from all the nations and from all the places where I have driven you,' declares the LORD, `and I will bring you back to the place from where I sent you into exile.'