



praise

“Let everything that has breath praise the LORD.

Praise the LORD.”

Psalms 150:6 (NIV)



confess

“Anyone who hides their sins doesn’t succeed.

But anyone who admits their sins
and gives them up finds mercy.”

Proverbs 28:13 (NIRV)



thank

“Rejoice always, pray continually,
give thanks in all circumstances;
for this is God’s will for you in Christ Jesus.”

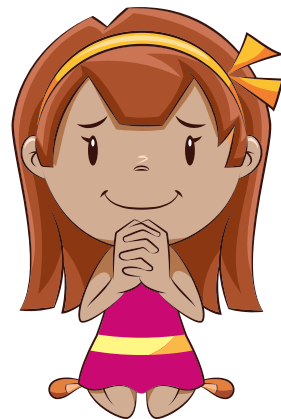
1 Thessalonians 5:16-18 (NIV)



intercede

“So I say to you: Ask and it will be given to you;
seek and you will find;
knock and the door will be opened to you.

Luke 11:9 (NIV)



Confession is telling God what we have done wrong.

Confess means to agree with God over our sin. It lets Him know that we know we've done things that hurt Him and others. He wants us to have a heart change, a mindset change and for there to be a change in our behavior.

Ask the Lord to help you think of areas where:

- You have disobeyed Him or your parents.
- You said something unkind to someone else.
- You have had a bad attitude.
- You have hurt someone else intentionally.
- You haven't made good choices about what you've watched or read.
- You have been sneaky and hidden your behavior.

Then, ask for God to forgive you for those sins and to help you not do those things again.

When we decide to change our behavior this is called repentance and it pleases God!

Thank Him that His word says, *"God is faithful and fair.*

If we confess our sins, he will forgive our sins.

He will forgive every wrong thing we have done.

He will make us pure." 1 John 1:9 (NIRV)

By Lee Nienhuis. © 2018 Moms in Prayer International.
All rights reserved.



Praise is focusing on who God is, telling Him we love Him and giving Him glory for what He has done.

Tell God how great you think He is and why you think so. *Do you love Him because He is strong, kind, good, loving, gentle, forgiving?*

Share with Him that He is your King and that you know you are His servant.

Call Him a new name and tell Him why that's important to you.

The Bible has hundreds of different names for God the Father, Jesus and the Holy Spirit. Each one of them tells us something different about Him.

You can start with Teacher, Defender, Healer, Hiding Place, or even Friend.

Praise God for sending Jesus. *He is our Savior!*

Read this verse aloud to Him.

"The LORD is great. He is really worthy of praise."

Psalms 48:1a (NIRV)

By Lee Nienhuis. © 2018 Moms in Prayer International.
All rights reserved.



Intercede simply means to pray for someone else.

It is always important to pray for ourselves, but this is our opportunity to talk to God about the needs of someone else. Intercession is like putting ourselves in the middle between God and another person and holding hands with both of them. We simply turn our heads toward God and whisper their needs to Him.

- Pray for your family. What do they need right now?
- Pray for a friend who is having a hard time.
- Pray for someone who is sick and needs healing or comforting.
- Pray for God to provide for someone who doesn't have much money or who may be poor.
- Pray for someone who isn't kind to you and ask God to help them know He is close.
- Pray for someone who doesn't know Jesus. Having a personal relationship with Jesus is the most important decision they can make..

By Lee Nienhuis. © 2018 Moms in Prayer International.
All rights reserved.



Thanksgiving is showing thankfulness for what God has done.

The Bible tells us to give thanks to God for everything. He is honored by our thankful hearts.

- Thank God for being with you today.
- Thank God for the best part of today and tell Him what it was.
- Thank God for the hard stuff, too. What was really hard today? Can you thank Him for what He will teach you while you go through it?
- Thank Him for some of your favorite people and the hard ones, too.
- Thank Him for listening as you pray and that He is always listening.
- Thank Him for anything else that comes to your mind.

By Lee Nienhuis. © 2018 Moms in Prayer International.
All rights reserved.

