

"Continue steadfastly in prayer, being watchful in it with thanksgiving."

Colossians 4:2

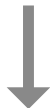
When it comes to requests, it can be overwhelming. To combat the feeling of being overwhelmed by all there is to pray about, it can be helpful to separate out categories of requests per day. Of course, any prayer items can be added to these. For example:

Sunday	Missionaries and Global Evangelism
Monday	Your community and it's leaders
Tuesday	Your friends, coworkers, neighbors
Wednesday	Your Church prayer items and leaders
Thursday	Our country and world and it's leaders
Friday	Israel, Our World, it's issues and leaders
Saturday	Your immediate and extended family

The pattern of prayer that we see in scripture is, praying:

- **To the Father**
- **In the name of the Son**
- **In the power of the Holy Spirit**

Amidst requests that are in line with scripture is praying for the lost. You could create a **"Lost List"** with 10 names of lost people you regularly interact with and pray through that list separately each day.



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| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | |
| 4. | 8. | |

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1. **Praise** - This is passionately acknowledging who God is and praising and thanking Him accordingly.
2. **Reveal** - This is being open, not hiding anything before God. It includes confession of sin (acknowledging your sin before God, judging it for what it is - offensive to Him, and asking forgiveness for that sin. Sin breaks our fellowship with God, confession restores that fellowship.) as well as just talking to God about things big and small, important and deep.
3. **Ask** - This is the requesting of things that are on our hearts and minds that we desire God to do. Requests should be in line with what we see in scripture.
4. **Yield** - This is about recognizing that ultimately God is sovereign, not us and therefore we yield to or submit to Him even with all that we pray.

Note: There will be times when one of the above elements is focused on. That is right and applicable. At the same, intentionality in keeping each of these elements as a part of regular prayer, is needed.