

WEDNESDAY, MAY 13 Praise, Confession, Requests, Thanksgiving

- Jesus taught us = prayer = not a SPEECH = it's a RELATIONSHIP
 - speaking to God as = friend / loving Father
- Not rushing thru a list of requests / but communication w/
 - the One who loves you most = recognizing His power/provision
- Scripture shows us that prayer is meant to
 - shape our hearts/ before it changes our circumstances

PRESSING IN TO HIS PRESENCE = book = God changed my life

P.R.A.I.S.E pathway for prayer = Praise/Repentance /Affirmation/ Intercession/ Supplication /Exalt the Lord thru listening

PRAISE = thanksgiving for His benefits / adoration for who He is

Psalms 100:4 invites us, “Enter into His gates with thanksgiving, and into His courts with praise.”

- In language of / temple = gates /courts represent
 - approaching presence of Lord
- God's invitation / clear = **begin your prayer w/ thanksgiving**
- Gratitude becomes = doorway thru which worship / trust = restored
- Thanksgiving = not shallow positivity / or denial of pain
- Thanksgiving = joyful acknowledgment of God's goodness
 - even when circumstances are heavy
 - David understood this discipline when he encouraged himself

Psalms 103:2–4 “Bless the LORD, O my soul, and forget not all His benefits”

- Emotional turmoil = can easily silence gratitude
- Grief / illness /financial pressure / fear / injustice can trap our minds
 - negative thought loops = replaying problems w/o resolution
- Left unchecked = this inward focus can develop = “poor pitiful me” mindset = self-pity that drains faith / joy
- Gratitude reminds us = we are constant recipients of God's mercy
- Big blessings come easily to mind = but what about / quiet gifts

- breath in our lungs / daily provision / protection/ forgiveness / grace
- Forgetting God's faithfulness often leads to murmuring
 - ultimately reflects = heart turned inward / rather than upward
- Scripture calls us to higher response

1 Thessalonians 5:16–18 “In everything give thanks; for this is the will of God in Christ Jesus for you”

- This discipline = not easy /but = deeply therapeutic
- Thanksgiving lifts our eyes = from ourselves to Lord = awakening awe
 - strengthening faith / guarding us against self-pity
- Even modern research = affirms what Scripture has long taught
- Gratitude improves emotional balance = reduces stress / anxiety
 - increases resilience = reshapes our thinking over time
- Begin your prayers w/ thanksgiving = as gratitude becomes / habit
 - Rewires / heart = opening it to deeper trust / steadier joy
 - Renewed awareness of God's faithful presence
- Thanksgiving becomes springboard into genuine praise =moving us from gratitude for what God has done = into adoration of who He is
- **Praise takes us deeper = Hebrew word = hālāl = means to**
 - boast / celebrate / shine—giving us / word Hallelujah
- Praise magnifies God's nature / character = not merely His acts

Psalms 96:4, 8–9 “The LORD is great and greatly to be praised... Give to the LORD the glory due His name”

- Praise humbles / heart = erodes pride / reorients us
 - to our complete dependence on = Creator
- God commands praise / not because He needs affirmation
 - but because **we need transformation**
- Faith flourishes = where praise is practiced

Hebrews 11:6 “without faith it is impossible to please Him”

- Praise reshapes our posture in prayer = anchoring us in the truth all power belongs to God = nothing is impossible for Him
- When our souls are cast down = praise becomes an act of hope

Psalms 42:11 “Hope in God; for I shall yet praise Him”

- In praise = despair loosens its grip / faith rises
- Remarkably, Scripture reveals = God draws near thru praise
- Psalms 22:3** “You are holy, enthroned in [inhabiting] / praises of Israel”
- James 4:8** Draw near to God, and He will draw near to you
- **2 Chronicles 5:13–14** When praise filled / temple
 - glory of Lord = filled the house
- Praise shifts our perspective / strengthens faith / releases joy
- **Psalms 150:6** “Let everything that has breath praise the LORD”
- Praise God for who He is—Creator / Redeemer / Savior / Shepherd / Provider / Healer / Rock / Constant Companion
 - hearts will be steadied / faith strengthened

REPENTANCE = BRINGS TIMES OF REFRESHING = 5 STEP PROCESS

- 1) **John 16:8** Under Holy Spirit’s convicting power = we recognize / think differently about ungodly behavior
- 2) **2 Corinthians 7:10-11** Godly sorrow causes us to regret our sin produces repentance that leads to salvation
- 3) **1 John 1:9** Confess our sins = asking for forgiveness = God forgives/ cleanses us
- 4) **Isaiah 43:18-19** we receive God’s forgiveness = letting go of the past, knowing He is doing a new thing in us
- 5) **Acts 5:31** God grants us repentance = empowers us to change our conduct / make U-turn in right direction— straight toward Him
Repentance brings joy in His Presence

AFFIRMATION OF HIS WORD

- Make Scripture reading part of your prayer = 2-way conversation = God speaks to you thru His Word = pray His promises back to Him

INTERCESSION

Praying for others = put others before self

SUPPLICATION = PERSONAL REQUESTS

Philippians 4:6-7 ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

EXALT THE LORD THRU LISTENING

Psalms 46:10 Be still, and know that I *am* God

CLOSING THOUGHT:

- **Daniel 9:4–19** Daniel's prayer offers a beautiful, balanced pattern
- Daniel begins not w/ demands = but w/ **praise**
- Moves naturally into **confession**
- Only after praise / confession = does Daniel present his **requests** for the people / himself = **Intercession / Supplication**
- Daniel ends his prayer w/ = urgency / trust
 - "O Lord, hear! O Lord, forgive! O Lord, listen and act!"
- He appeals not to human worthiness = but to God's great mercy
- Book: Pressing in to His Presence, by Shelley Quinn