

4 Forms of Prayer



ADORATION

“Praise the Lord, who is so good; God’s love endures forever; praise the God of gods; God’s love endures forever.” -Psalm 136:1-2

We praise God for who He is, knowing he is big and we are small.

CONTRITION

“Help us, O God of our salvation, for the glory of your name; and deliver us and forgive our sins for your namesake.” -Psalm 79:9

We show sorrow for our mistakes and ask for God’s forgiveness.

SUPPLICATION

“Lord hear my prayer; let my cry come to you... turn your ear to me, when I call, answer me quickly.” -Psalm 102:2-3

We ask God for the needs of others and ourselves.

THANKSGIVING

“Give thanks to the Lord who is good. His love endures forever!”
Psalm 107:1

We thank God for all of the blessings He gives us and all He will do in the future.

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