

**Lesson #6: Types of Prayer**

**Adoration: Praising and worshiping the Lord.**

“Let everything that has breathe praise the Lord.” Psalm 150:6.

“This, then, is how you should pray: “Our Father in heaven, hallowed be Your name.”” Matthew 6:9.

**Confession: Get yourself right with God. Do not rationalize or deny sin.**

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:8-9.

“Then I acknowledged my sin to You and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.” And You forgave the guilt of my sin.” Psalm 32:5.

**Thanksgiving: Humble gratitude for what God has done or is doing. In all circumstances at all times give thanks for everything.**

“I will praise God’s name in song and glorify Him with thanksgiving.” Psalm 69:30.

“always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” Eph. 5:20.

“And we know that in all things God works for the good of those who love him, who have been called according to His purpose.” Romans 8:28.

**Supplication: Asking God for something for yourself or others.**

“You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.” James 4:2.

It is simply not possible to not have something to pray for at all times. If you arrived at church in clothing on your body, with food in your belly and slept inside a shelter protected from the elements the night before, you have something to pray and be thankful for. That God gives us so much more than the basic necessities is something to thank God for every day. Do not make your prayer simply a laundry list of requests. Do not forget the other three categories of prayer. When you are going through a crisis or bad times it is very hard to thank God but He demands that we do anyway.

Sample Prayer:

*Dear Lord, thank You for giving me so many valuable things in my life. I love my family and enjoy all the comforts of life that You graciously give to me. Forgive me for the times I have valued these gifts more than You. Help me to treasure You and my relationship with You more than anything else in my life. Amen.*