



Prayer Sharing Tools for Conversational Prayer

Conversational prayer is talking things over with God, back and forth, including Him in the dialogue instead of a prayer speech to Him. It is being authentically present to God as a child speaking to a parent. Using this simple conversational style, builds confidence in an intimate prayer setting and may encourage people toward ministry positions.

Below are elements in an acronym framework to facilitate conversational prayer. This is a directed or guided form of prayer and a useful tool even if not used every week. Pray simply and conversationally, back and forth on one element until a new element is prompted by the Holy Spirit being consciously with God as the center of attention, forgetting ourselves and the impression we are making on others. Framework options are limitless.

<u>ACTS</u>	OR	<u>CATS</u>	OR	<u>5 R's</u>	OR	<u>T.S.P. Teaspoon</u>
Adoration		Contrition		Relate		Thanks
Contrition		Adoration		Rejoice		Sorry
Thanksgiving		Thanksgiving		Receive/Reflect		Please
Supplication		Supplication		Request		
				Repent		

Two elements can be used in prayer in the beginning. As participants become more comfortable, add another element. Contrition is most private and can be saved as the last element to add. To avoid time issues, remind your group beforehand how much time you have to pray, to speak so others can hear. Be brief, personal and respectful.

A Prayer Facilitator guides and directs the prayer, makes transitions to the next prayer elements and will close the prayer. *Pauses and quiet are ok and honored in prayer sharing.*

PRAYER SHARING ELEMENTS EXPLAINED

ADORATION: (This prayer element is different from thanksgiving) = praise, high esteem and descriptive attributes of God, tell Him who He is to you.

Prayer Facilitator begins: *"I bow before You, Lord, to give praise to You. You are Love.*

Others: *"You are my Friend." "You are my Anchor."; "my Hope"; "my Comforter".*

CONTRITION: Asking God for forgiveness with a contrite spirit by naming the offense. (This prayer element can be added after the group bonds or later in the year).

Prayer Facilitator: *"Lord, God I don't always love as I should. Please forgive me for my impatience with others, especially my family members."*

Others: *"forgive me for not listening"; "forgive my rude, sharp tongue"; "I am sorry I lied."*

THANKSGIVING: (This is the easiest prayer element after petitions) Thank God for all your blessings; all He does, has done or will do by giving gratitude to God.

Prayer Facilitator: *"You are the creator of everything. I thank You for my family."*

Others: *"Thank You for good health"; "for much needed rain." "Thank You for The Cornerstone."*

SUPPLICATION/PETITIONS: (This is the most popular prayer element) Ask God for specific help, guidance and intervention related to self, family or The Cornerstone.

Prayer Facilitator: *"I come before You, loving Father, to lay these petitions at Your feet. I ask for a healthy birth for my daughter and new granddaughter in July."*

Others: *"Lord, help me discern how to speak to my son."; "for healing of my niece, Amy"*

The Prayer Facilitator ends after specified time to be on time for large group.

"Thank you, Father, Son and Holy Spirit, for our sharing and prayer time. I love this time and hate to end it, but it is time to go to our large group setting. (Amen, Hail Mary, Our Father, etc.)"

These are prayer sharing tools/aids...

Our loving Father is so creative; we are not limited to talking to our Savior in one fashion. He just wants to know our heart and to hear our voice....

We are all His children. Parents love to hear from their child.

Even when we don't have words and we sit with Him quietly, He will read our hearts.