

Reflection

1. Are you satisfied with the time you spend in Prayer?

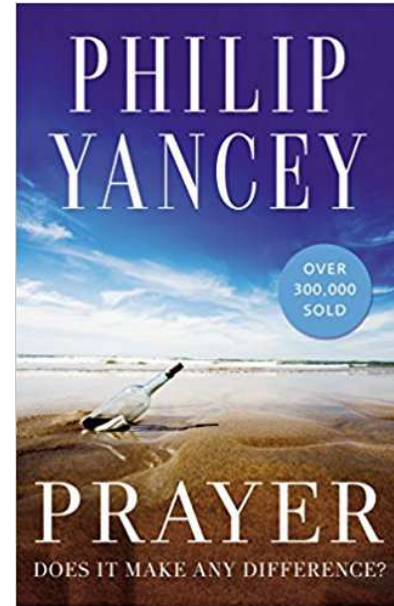
2. If God came to you, like he did with Solomon, what one prayer would you ask him to answer?

3. Do you have any unprayables? Things you could never talk with God about? If so, what are you afraid would happen if you did bring them up?

Notes

Going Further

Many of today's illustrations came from this book by Yancey. It can help you dig deeper into a more personal and honest prayer life.



The ACTS Method

A simple common framework that is easy to remember

- **Adoration:** Give God praise and honor for who he is as Lord over all.

- **Confession:** Honestly deal with the sin in your prayer life.

- **Thanksgiving:** Verbalize what you're grateful for in your life and in the world around you.

- **Supplication:** Pray for the needs of others and yourself.

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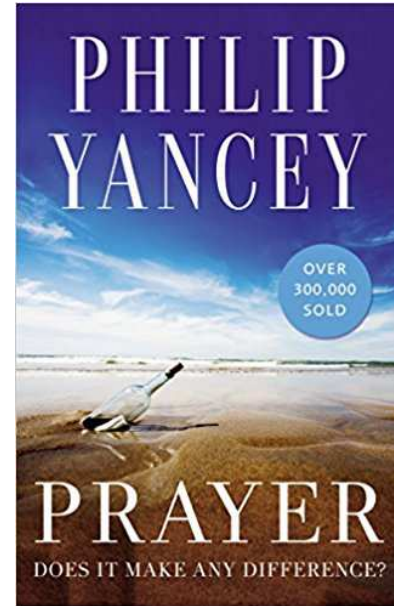
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