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## ADORATION

Tell God how good he is. Spend some time blessing Him. Prayer isn't only for asking. Prayers of adoration simply means we exalt, esteem, bless and honor the Lord. We reflect upon His character—holiness, goodness, love, mercy, power, grace and dominion.

Revelation 4:11, *"You are worthy, O Lord, to receive glory and honor and power, for You created all things, and by Your will they exist and were created."* In essence, we are to adore the Lord because He is worthy...He created all things, and brought everything into being because that is what He wanted to do.

## CONTRITION

The scriptures tell us to get in the habit of repentance.

1 John 1:9, *"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness."*

Jesus died so that you could be forgiven. That's a done deal. But contrition is the act of aligning yourself with the heart of God. Ask him to show you the areas in your life where you're out of alignment. Repent of the areas where you know you're off base. Ask him for the desire to course correct and grow in Him.

## THANKSGIVING

Thank God for the blessings in your life!

James 1:17, *"Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow."*

Everything good in your life comes from God. The very air you breathe is a gift from him. Don't spend all your time telling God everything that's wrong in your life that you want him to fix, spend some time thanking Him for all that's right. You may surprised how much this shifts your perspective.

## SUPPLICATION

This is the part of prayer we're probably most familiar with. This is where we ask God to move on our behalf. To intervene in a given situation, to provide a miracle or healing that we desire.

Matthew 7:9-11, *"Parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him."*

God's heart is to see you flourish. He loves you perfectly, and without condition or reservation. If we can believe that He truly wants the best for us, we can trust Him. When we don't get the answer we wanted, even then we can trust that God knows best. He sees things we cannot, and oftentimes what can seem like an unanswered prayer is actually an opportunity for God to teach us something or mold us into His image.