

Basic Prayer Outlines

Your prayers can follow basic outlines like the **Lord's Prayer** or other examples below.

- **ACTS Prayer**

- Adoration: Give God praise and honor for who he is as Lord over all.
- Confession: Confess your sin to God and ask Him to help you overcome.
- Thanksgiving: Give thanks to God for each and every blessing you notice each day.
- Supplication: Pray for God's reign and will to come to you and others.

- **Martin Luther's "Simple Way to Pray"**

- In this personal letter to his barber Peter Beskendorf, Luther encouraged him to grow in the habit of praying. He then advised using Scripture or the catechism to guide his prayers, saying, "I divide each command into four parts, thereby fashioning a garland of four strands. That is I think of each commandment as first, **instruction**..., second, I turn it into **thanksgiving**; third, a **confession**; and fourth, a **prayer**. This turns every text into "a school text, a song book, a penitential book, and prayer book."

- **The Lord's Prayer**

- Use each part of the Lord's Prayer as an outline for which to pray.
- Martin Luther's The Small Catechism is an excellent resource regarding what to pray for in each petition. As an example, here is the part for "give us this day our daily bread." You can find this at <https://catechism.cph.org/en/lords-prayer.html>
 - God certainly gives daily bread to everyone without our prayers, even to all evil people, but we pray in this petition that God would lead us to realize this and to receive our daily bread with thanksgiving...Daily bread includes everything that has to do with the support and needs of the body, such as food, drink, clothing, shoes, house, home, land, animals, money, goods, a devout husband or wife, devout children, devout workers, devout and faithful rulers, good government, good weather, peace, health, self-control, good reputation, good friends, faithful neighbors, and the like.