

# WRITING A PRAYER IN THE PATTERN OF PSALM 136

This prayer exercise is designed to be used either individually, or together with roommates, family, friends, or a LifeGroup. Why use an exercise like this? Sometimes, using a tool or structure for composing a prayer can help focus our attention and bring freshness to our prayer life. This exercise is patterned after both the prayer we see in Psalm 136, and a modified version ( to include "lament") of the common "A.C.T.S. - Adoration, Confession, Thanksgiving, Supplication" prayer structure.

## ADORATION

Psalm 136:1-9

Adore, glorify, & praise God for who He is and what He has done:

- Consider in a broad sense who God is (character traits), and what He has done (creative/redemptive work) that is worthy of praise - the "Thanksgiving" section below is focused on specific ways you've seen His character and work in your life.
- Write 2 or 3 "adorations" into this section of your prayer on the lines provided.

Give praise to the LORD, for

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...for His steadfast love endures forever.

## CONFESSION

James 5:16; Galatians 5:16-24

Confess your sin to God, even together in the context of community:

- Name your decisions and tendencies that move you away from God's plan and design; what are they?
- In what ways have you taken matters into your own hands this year, instead of trusting God with them?
- How have you walked in the flesh, instead of keeping in-step with the fruit of the Spirit of God?

I confess to you LORD, for I

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...for His steadfast love endures forever.

# LAMENT

Habakkuk 3:17-18

Lament affirms and gives voice to our reality that this world is broken, our lives have pain, and God's power and love are greater than this world's pain and brokenness. Lament is a uniquely Christian expression of faith, invited by our creator God who loves us. As author Mark Vroegop put it, "Lament is a prayer in pain that leads to trust."

- See Psalm 6, 10, 13, 22, 38, 42, 43, 88, 130
- In the pattern of Habakkuk 3:17-18, name the "even though" laments in your life: the brokenness, pain, and grief you have experienced as you reflect on the last year.

And even though

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Yet I will rejoice in the Lord;

I will take joy in the God of my salvation

*...for His steadfast love endures forever*

# THANKSGIVING

1 Thess. 5:16-18

- See also Philippians 4:6-7, Psalms 136, 111, 92, 95, 100
- List the reasons you have to give thanks to the Lord, thinking specifically about how He has provided for you, ministered to you, shown you great love and mercy and kindness, or brought healing or restoration.

Give thanks to the LORD, for

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**...for His steadfast love endures forever.**

# SUPPLICATION [REQUESTS]

Philippians 4:6-7; Matthew 7:7-11

God invites us to ask for Him help with what we need! He promises to answer our prayers for supplication in ways that will grow our faith, trust and dependence on Him.

- Take a moment and consider the coming year. What are the coming moments, events, or seasons that you anticipate needing to grow in your faith in Jesus in some way? What are the ways that you expect to need His presence and care for you most?
- Bring these requests to God by using the space in this section to request these things with faith and humility before our provider God.

Help me, Lord:

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**...for your steadfast love endures forever.**