

# 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 of the common “**A.C.T.S.**” format, tweaked to include **Lament**: - **A**doration, **C**onfession, **L**ament, **T**hanksgiving, & **S**upplication.

## 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 work and character in your life, but there can be some overlap with this section!
- Write 2 or 3 “adorations” into this section of your prayer on the lines provided.

I praise you, LORD, for:

---

---

---

---

---

*...and your steadfast love endures forever.*

## CONFESSION

James 5:16; Galatians 5:16-24

It is good to confess our sins 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...

---

---

---

---

---

*...yet, your steadfast love endures forever.*

# LAMENT

Habakkuk 3:17-18

“Lament is a prayer in pain that leads to trust.”  
- Mark Vroegop, author of “Dark Clouds, Deep Mercy: Discovering the Grace of Lament”

Lament is a uniquely Christian expression of faith, invited by our creator God who loves us. Lament affirms and gives voice to our reality that this world is broken and our lives have pain... yet, God’s power and love are greater than this world’s pain and brokenness.

- 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, especially on the last year.

# THANKSGIVING

1 Thess. 5:16-18

When we are living in God’s will and design for our lives, we are thankful people who express our gratitude to each other and to God.

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

# 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 of supplication (both for ourselves and others) in ways that will grow our faith by deepening our trust and dependence on Him.

- Take a moment and consider the coming year. What are the coming moments, events, or seasons that you or someone you love will need God’s help? What are the ways that you will need His presence or wisdom or strength or care?
- Bring these requests to God by asking with faith and humility, trusting that our father God loves to provide for His children.

And even though:

---

---

---

---

---

---

---

Yet I will rejoice in the Lord;  
I will take joy in the God of my salvation,  
*because your steadfast love endures forever.*

I give thanks to you LORD, for...

---

---

---

---

---

---

---

*...and your steadfast love that endures forever.*

Help me, Lord:

---

---

---

---

---

---

---

*...for I trust your steadfast love that endures forever.*