

CPR Praying

Reviving the Heart Through Prayer

❖ **Confession**

↪ *Bow down thine ear, O LORD, hear me: for I am poor and needy.* (Psalms 86:1) [40:17; 70:5]

↪ *Confess your faults one to another, and pray one for another...* (James 5:16)

↪ Focus on personal need. Be honest in addressing need in areas of sin and self. Allow openness and brokenness to characterize your praying.

↪ One person at a time, allow each one to answer the question: **“How can we pray for you?”** Several people can pray about what has been shared, and then the individual can talk to God about his personal need.

❖ **Praise**

↪ *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.* (Psalms 100:4)

↪ Focus on the goodness and greatness of God. Thank God for Who He is and what He has done.

↪ Allow each person to praise the Lord. You may want to include your salvation experience, a favorite name of God, a meaningful Bible promise, or a special personal blessing.

❖ **Request**

↪ *Call unto me and I will answer thee...* (Jer. 33:3)

↪ *Ask, and it shall be given you...* (Matt. 7:7)

↪ *Let your requests be made known unto God...* (Phil. 4:6)

↪ Focus on things that you need to see God do in answer to prayer.

↪ Pray through a request list or allow individuals to call out a request (name and need) and then have someone else pray for the request.