

Personal Prayer Exercises

ACTS Prayer Method

- Adoration - Praise God for who He is. Reflect on His greatness and love.
- Confession - Confess any sins or burdens, and ask for forgiveness and healing.
- Thanksgiving - Thank God for His blessings and the things He has provided.
- Supplication - Ask God for guidance, help for yourself, or others.

Five-Finger Prayer

- Thumb (Closest to You) - Pray for those closest to you—family, friends, loved ones.
- Index Finger (Those Who Teach) - Pray for those who teach, lead, or guide you—pastors, teachers, mentors.
- Middle Finger (Leaders) - Pray for those in authority—government leaders, employers, community leaders.
- Ring Finger (Weakest) - Pray for those who are sick, weak, or struggling.
- Little Finger (Yourself) - Pray for your own needs, growth, and personal relationship with God.

Breath Prayer

Breath prayer is a simple, meditative practice where you connect with God through your breath.

- Breathe in while saying a short phrase or truth about God.
- Breathe out while releasing something or asking for help.
- Repeat this prayer pattern several times, focusing on the peace that comes with each breath.

Example Breath Prayers:

Inhale: “Lord, You are good.”

Exhale: “Help me trust You today.”

Inhale: “You are my shepherd.”

Exhale: “Guide me in Your ways.”

Create Your Own Breath Prayer:

Inhale:

Exhale: