

**LIFT GROUPS**

**Personal Prayer**

***And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. (Mark 1:35)***

1. **Who do I pray to?**
	1. The Father
	2. The Son
	3. The Holy Spirit
2. **What is prayer?**
	1. Vocal
	2. Mental
	3. Liturgical Prayer
3. **How Do We Pray?**
	1. ACTS model
		1. Adoration
		2. Thanksgiving
		3. Confession
		4. Supplicaton
	2. A 15 minute model: the 5 Cs
4. **What else?**
	1. Why pray?
	2. Where and When to pray?
	3. Wow! Game-changers in prayer
	4. Some warnings and spiritual boosters

**Passages for Prayer**

John 15: 7

1 Thessalonians 5: 16-18

"Prayer is a surge of the heart, it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.” –St. Thérèse of Lisieux