

**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