

## PETITIONARY PRAYER

Petitionary prayer is asking God to do what we cannot do or to help us in our need. We pray believing that God *can* and we ask in hope that God *will*. Through prayer we show our dependence on God's power and love. Use this guide to help you pray from a place of freedom that's rooted in your identity as a child of God.

### CONFESS

- Think of the areas in your life in which you are putting your trust, worth, and identity that are not God.
- Confess those things you've done and the things you've left undone today that are out of step with who you are in Christ.
- Remember that *"There is now no condemnation for those who are in Christ Jesus"* (Romans 8.1) and that *"If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness"* (1 John 1.9).

### REMIND

- Sit in stillness for a moment and reflect on who you are in the Lord. This identity is more than what you do, it's who you are. Here are some reminders that may help you:

*"I am a beloved son or daughter of God"*

*"I am one in whom Christ dwells"*

*"I am filled by the Holy Spirit"*

*"I am a citizen of the unshakable kingdom of God"*

- Write down those things that come to mind about your true identity.

### ASK

Remember: God delights in our asking and he delights in the answering of our requests – no matter how big or how small. Jesus taught us to ask both for something as basic as our daily bread *and* as incredible as for God's kingdom to come to the whole earth.

Now, as his beloved child, ask the God of the universe.

- Ask God for the "little things" you need
- Ask God for the "big things" you need
- Ask God to deliver you from times of temptation and trial

