

## FOUR KINDS OF PRAYER

There are 4 kinds of prayer: prayers that praise the Lord, prayers in which we acknowledge our tendencies toward bad habits or evil actions, prayers asking the Lord for help, and prayers of thanks to the Lord. This activity explores the 4 kinds of prayer by giving some examples and also challenging us to identify these 4 kinds of prayer in the words of the Lord's Prayer.



### Prayers Praising the Lord

Prayers of praise talk about the Lord's love, wisdom, mercy and many other attributes. These prayers may also acknowledge that everything good is from the Lord alone.

- Look at Psalm 9:1-4 for words that praise the Lord and could be used as a prayer.
- Can you find another example in the book of Psalms or elsewhere in the Word?

### Prayers of Confession

This kind of prayer involves confessing to the Lord our tendencies toward evil, bad habits, and acts of unkindness. He knows all of this already, but it is good for us to acknowledge our weaknesses and know that we truly need His help.

- Look at Psalm 32:5 for an example of words that can be used in this kind of prayer.
- How does a prayer of confession help us approach the Lord in humility?

### Prayers of Petition

Prayers of petition or supplication ask the Lord for help. He is always ready to help us (and without His help, we could do nothing) but we make ourselves more receptive to His help by acknowledging our need and asking the Lord for aid.

- Look at Psalm 61:1-4 for words that could be used as a prayer of petition.
- Can you find another example in the book of Psalms or elsewhere in the Word?

### Prayers Giving Thanks

This kind of prayer thanks the Lord for what He gives us and for what He does for us.

- Look at Psalm 136:1-3 for words that thank the Lord, and at Luke 17:16-17 for an example of someone thanking the Lord.
- Which kind of prayer do you think would be hardest to write? Which would be easiest?

### FIND THE 4 KINDS OF PRAYER IN THE LORD'S PRAYER

Can you find the 4 kinds of prayer in the Lord's Prayer? Look at each phrase of the prayer and decide whether it is praising the Lord, confessing our need for help, asking the Lord for help, or thanking Him.

Our Father, who art in the heavens, hallowed be Thy name.  
Thy kingdom come.  
Thy will be done, as in heaven so upon the earth.  
Give us this day our daily bread.  
And forgive us our debts as we also forgive our debtors.  
And lead us not into temptation, but deliver us from evil.  
For Thine is the kingdom, and the power, and the glory, forever. Amen.