



Renew:

Give your life afresh to the Lord. Declare that you need God's grace to pray. Ask for more of the Holy Spirit. Give God permission to speak into your life.

Reflect:

Have a prepared text from the Word of God on which you are going to reflect. Slowly read a passage from the Word three or four times allowing the Holy Spirit to minister to your heart through the Word of God.

Respond:

What is the Holy Spirit saying to you through this passage? Is he encouraging, edifying, or exhorting you? Speak to him about this passage. Let him speak to you in your heart. Does this passage

invite you to

- Adoration
- Contrition
- Thanksgiving
- Supplication

(These are the ACTS of prayer).

Resolve:

How is the Holy Spirit calling you to live based on what he has spoken into your life?

Review:

Allow the Holy Spirit to examine your time of prayer. Is there an area in which he would like you to grow? Was there anything in your way of encountering God?



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