

C.H.A.T. Prayer

Use this card as a guide to help you pray on your own or as a group.
Start by choosing an amount of time to spend in each section,
using the prompts as a guide.

C O N F E S S

Talk to God about your sin.

*"I said, 'I will confess my transgressions to the Lord.'
And you forgave the guilt of my sin." - Psalm 32:5*

CONFESS PRAYER STARTERS:

- Lord, I have...
 - Father, we have...
 - Jesus, I confess...
-

H O N O R

Declare your love and respect for God.

*"Praise and glory and wisdom and thanks and honor and
power and strength be to our God for ever and ever. Amen!"
- Revelation 7:12*

HONOR PRAYER STARTERS:

- Lord, you are...
- Jesus, you are...
- Spirit, you are...

For a full list of honor prayer suggestions, check out the booklet
titled *"Attributes of God"* at your campus or at ccclife.org/prayer.

ASK

Talk to the Lord about your personal needs and the needs of others.

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

- Matthew 7:7

ASK PRAYER STARTERS:

- Jesus, please heal...
- Father, please bring help to...
- Spirit, bring your guidance...

THANK

Celebrate what you are grateful for.

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." **- Colossians 2:6-7**

THANK PRAYER STARTERS:

- Lord, thank you for...
- Father, I am grateful for...
- Jesus, I have seen your blessing in...

This simple tool is adapted from *Prayer Coach* by Jim Nicodem. For more information on how to develop your prayer life, *Prayer Coach* is available at your campus Re: Source bookstore.

