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# Kneeling Prayer

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## KING – PRAISE

Kneel before God your **King**, Creator, Lord. He made you, is with you, and is sovereign over all things. **Praise** God for who He is. He is mighty. He is merciful. He is kind. He is faithful. He is holy. He is gracious. He invites you into His presence with your praise. He is the LORD, God. Consider how the scriptures and how your circumstances reveal His character. Praise Him. (Mt 6.9-13; Ps 8, 9, 19, 21, 23, 31, 33, 40, 46, 67, 95, 96, 107, 111, 136, 147). In Praise of who He is, submit yourself and your plans to Him.

- Who does the bible tell us God is? Praise Him.
- What have you learned about His character lately? Praise Him
- How has God been \_\_\_\_\_ to you? Praise Him.
- Where do you need God to be who He is in your life? Praise Him.
- Consider reading through a Psalm as a guide to help you praise Him.

## REDEEMER – CONFESS

Kneel before God your **Redeemer**. He bought you back for Himself in Christ. **Confess** what you have done, not done, said, motives, thoughts, fears, etc. (1 John 1.8-9, Ps 51). In Christ, God mends your brokenness, forgives your sin, removes your guilt. Confess your sin. He has cleansed you, forgiven you, welcomed you in as His son/daughter. You are known, forgiven, and loved. His grace is freely and irrevocably given to you in Christ, so be honest with Him now, confident of His embrace. Talk honestly with your God who knows and loves you.

- What is something that you have done and need to confess?
- What have you not done, which you should have, and need to confess?
- What do you need to confess to Him in your thoughts?
- What do you need to confess to Him about your motives?
- What do you need to confess to Him about your attitude?
- What do you need to confess to Him in your work?
- What do you need to confess to Him in your relationships?
- What are you hiding from Him, others, or don't want to talk to Him about?

## FATHER – THANKSGIVING & REQUEST

Kneel before God your **Father**. He loves you deeply. Embrace His forgiveness. Enjoy Him, relationship with Him, His good gifts. Offer Him **thanksgiving**. Ask Him for a deeper enjoyment of His presence and seek His provision. Make **requests** for yourself, your work, family, leaders, lost friends, etc. (Phil 4.4-9; Ps 107, 136). Submit your desires, will, requests, and plans to Him in light of His goodness.

- What tangible ways has He provided for you? Thank, praise Him. Ask for His provision.
- How has He forgiven you? Thank, praise Him.
- How has He show His goodness to you, sustaining or blessing you?
- What relationship, thing, experience etc. can you thank Him for?
- Pray that He would meet you and move in \_\_\_\_\_ (you or a situation).
- Pray that He would support, transform, draw close, save \_\_\_\_\_ (you or someone).