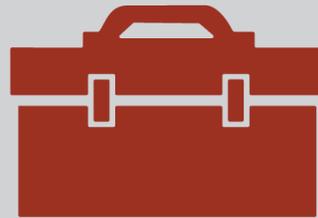


HERO

TOOLBOX



HELPING STUDENTS PRAY

A HERO EXCLUSIVE RESOURCE BY: **LeaderTrek**s[®]
YOUTH MINISTRY

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. Use these ideas to more consistently connect with God in prayer.

PRAYER SQUARE

A prayer square challenges you to name individuals/situations you want to pray for and list specific prayer requests. Commit to praying for these individuals/situations for one week or one month, and then return to your list to see how God has answered those prayers.

NAME/SITUATION:

PRAYER REQUEST:

NAME/SITUATION:

PRAYER REQUEST:

NAME/SITUATION:

PRAYER REQUEST:

NAME/SITUATION:

PRAYER REQUEST:

ACTS PRAYER

The ACTS Prayer Method is a tool to guide you toward a complete process of prayer and away from the common wish list of things you want from God. Pray through the following:

ADORATION

Praise God for who he is

CONFESSION

Confess your sins before God

THANKSGIVING

Offer thanks for God's gifts

SUPPLICATION

Present your requests to God

ARROW PRAYERS

Arrow Prayers are short prayers you can "send up" to God when you need to remember he's there. In Nehemiah 6:9, enemies try to convince Nehemiah that he's too weak to do God's work, so he prays, "God, strengthen my hands." This is a great arrow prayer: short, simple, and connected to an immediate need.

SITUATIONS

ARROW PRAYERS
