

ALERT Prayer Model			Model Prayer (The Lord's Prayer)				
A	Awe/ Adoration	To be in awe is to worship God for who He is.	This may be a sentence or two, or it may be an entire paragraph. It could even be a reciting of a favorite Psalm.	Our Father, who art in heaven...	Personalizing and paraphrasing the prayer to our Precious and Heavenly Father gives us something like this:		
L	Listen	To listen is to anticipate that God has a specific word for me today.	Using the HEAR template, reflect on how God is speaking to you today so that your "little kingdoms" are brought into alignment with His. Consider using the pronoun "you" as you write out your thoughts, as if you are speaking to God.	Thy Kingdom come, thy will be done, on earth as it is in heaven...	That my "little kingdoms" would come into alignment with His Kingdom.		
E	Examine	To examine is to hold my life up against Scripture so God can shape me.	Once you've reflected on your passage for the day, then review how you're doing at loving the people God has given you. Confess your sins where necessary.	Forgive us our debts, as we forgive our debtors...	That through disciplined and Spirit-led self-examination, I make daily course corrections, simultaneously experiencing and offering generous forgiveness.		
R	Requests	To request is to entrust God with my burdens and dreams, having confidence in Him as the one who answers prayer.	Notice the general requests represented in the Model Prayer: 1. That God's goodness would be experienced, especially by those in your circle of influence. Pray for your "persons of peace."	Hallowed be Thy name,	That the reality of God's goodness would be experienced and embraced by all, especially those in my circles of influence.		
			2. Make your petitions known, trusting Him as the provider of all you NEED.			Give us this day our daily bread...	That I would experience Kingdom provision in every situation as I live fully present to each moment of my day.
			3. Seek Him for protection and power to live out His Kingdom Righteousness.			Lead us not into temptation but deliver us from evil.	That the effectiveness of my Kingdom Righteousness would not be sabotaged by my poor choices, nor would I be overpowered by the forces of resistance.
T	Thanksgiving	While our first step was to worship God for who He is, this final step is to thank Him for what He has done.	Reflect over your life for the past 24 hours and consider the blessings of God. Be very specific. Think about relationships, provisions, successes, and even how He was with you in moments of failure.	For thine is the Kingdom and the power and the glory forever.	That God, as the ruler of His Kingdom, has the power to do anything He wants. He's in charge! We thank Him in advance for all He will do!		
				Amen	I close my prayer with confidence that God will hear and act on the prayer.		

*Devote yourselves to prayer; stay ALERT in it with thanksgiving.
Colossians 4:2 CSB*