



Pray with Confidence

A Simple Way to Begin Talking with God

“In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words.” – Romans 8:26 (BSB)

You don't need perfect words. There isn't only one correct way to pray, what matters is showing up and speaking honestly to God.

I – Instruction: Acknowledge God.

Example: “Lord, You are holy and near.”

T – Thanksgiving: Thank Him for blessings.

Example: “Thank You for my family and the breath in my lungs.”

C – Confession: Be honest about where you fall short.

Example: “Forgive me for the anger I held onto today.”

P – Prayer: Ask for help, strength, or guidance.

Example: “Give me patience to love better tomorrow.”

Closing: I pray all this in Your name, Amen.

Prayer meets you where you are. For Maya, it's searching for answers. For Vaughn, it's laying down hurt and confusion. For Olivia, it's leaving burdens at the Cross. For Lucia, it's the fuel to keep helping others.