



Praise: Praise God for who He is and all He means to you.

Praise the LORD!

Praise God in His sanctuary;

Praise Him in His mighty expanse.

Praise Him for His mighty deeds;

Praise Him according to His excellent greatness. *Psalm 150:1-2*

Repent: Seek His forgiveness and the strength to change.

Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord. *Acts 3:19*

Ask: Express to the Lord burdens and needs that weigh on your heart.

Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God.

Philippians 4:6

Yield: Release your need for control and embrace His will for your life.

Offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

Romans 6:13