

The WAR Method of Prayer

There are many ways to pray. The Every Woman in Worship series uses the WAR method: Worship, Admit, Request. Use it to close your Quiet Time, or any time you sit down to talk with your Heavenly Father.

Worship: Praise, Thank, Listen

W

Praise God for who He is and who He is becoming to you. Use His attributes as you praise Him. (The free Attributes of God list gives you a place to start.)

Thank God for what He has done in your life. Counting your blessings shifts your focus from “me” to Him.

Listen to God as He instructs you. For most of us, God speaks through His Word, and the Holy Spirit uses your Quiet Time to speak to your heart. If what you hear lines up with the Truth of Scripture, make a note of it and seek godly counsel from a trusted, mature Christian. Wait patiently for Him to confirm it over time.

A

Admit

Admit your sins to God and ask for forgiveness.

R

Request

Bring your needs to God: wisdom, help, finances, children, husband, other relationships, work, a right heart posture, and anything else on your heart. Pray for the people around you who do not know Jesus.

Your Prayer List

Sample WAR Prayers

Fill in the blanks and let these prayers give you a place to start as you learn to talk to your Heavenly Father as a daughter of the Most High God.

Worship in Prayer: Praise, Thank, Listen

Lord God, You are Holy, Righteous, and Faithful. There is nothing out of Your purview. All things sift through Your hands. I praise You, Lord God, for who You are: the One True God, the Ancient of Days, Creator, Sustainer, and Redeemer.

Thank You for loving me, even before I knew who You were. Thank You, Jesus, for dying on the cross for my sins. I thank You for Your faithfulness and Your promise that You will never leave me.

Lord, if there is anything You want to say to me, I am listening.

Admit: Confess your sin and ask forgiveness

Lord, I admit that I've really struggled, and I ask Your forgiveness for _____.

Forgive me for my attitudes toward or about _____.

Lord, forgive me that I have been so angry over _____.

I ask Your forgiveness for discontent, pride, arrogance, and unforgiveness against _____.

Request: Bring your needs before the Lord

Lord, I pray for my husband and ask _____.

Lord, I pray for my children and ask _____.

Give me wisdom, Lord, as I _____.

Jesus, I pray for my needs and others' needs in the area of _____.

I pray for the people around me who do not know Jesus. I pray for _____.