

UNITED PRAYER PROMISES

- 1 • Keep your prayers short so that others can also pray.
- 2 • Stay on the topic suggested by facilitator.
- 3 • Continue praying short prayers on the same topic until transition to next topic.

ADORATION

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5
6 *[Letting God know why you love Him: His love; His forgiveness, etc.]*
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8 Ps. 34:1-3 “I will bless the LORD at all times; His praise shall continually be in my
9 mouth. My soul shall make its boast in the LORD; The humble shall hear of it and be
10 glad. Oh, magnify the LORD with me, And let us exalt His name together.”

11
12 “Prayer and praise offered to God by his believing children honor and glorify his
13 name.”—*Signs of the Times*, June 6, 1895
14

CONFESSION

15
16 *[Admitting mistakes in appropriate ways: Forgive my temper, etc.]*
17

18 Ps. 51:1-3 “Have mercy upon me, O God, According to Your lovingkindness;
19 According to the multitude of Your tender mercies, Blot out my transgressions. ...
20 For I acknowledge my transgressions, And my sin is always before me.”

21
22 Ps. 139:23,24 “Search me, O God, and know my heart; Try me, and know my
23 anxieties; And see if there is any wicked way in me, And lead me in the way
24 everlasting.
25

26 1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and
27 to cleanse us from all unrighteousness.”
28

29 “With the confession of the repenting, believing sinner, Christ mingles His own
30 righteousness, that the prayer of fallen man may go up as fragrant incense before
31 the Father, and the grace of God be imparted to the believing soul.”—*Selected*
32 *Messages*, Vol. 1, 329
33

THANKSGIVING

34
35 *[Thanking Him for His many blessings: You gave me new job, etc.]*
36

37 Ps. 103: 2-5 “Bless the LORD, O my soul, And forget not all His benefits...”
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39 Eph. 5:8 “...giving thanks always for all things to God the Father in the name of our
40 Lord Jesus Christ....”
41

42 1 Thess. 5:18 “...in everything give thanks; for this is the will of God in Christ
43 Jesus for you.”
44

45 “We do not pray any too much, but we are too sparing of giving thanks. If the
46 loving-kindness of God called forth from our hearts more thanksgiving and praise,
47 we should have far more power in prayer.”—*Testimonies*, Vol. 5, 317.

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SUPPLICATION

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[Making specific requests: Please help with my finances, relationships, etc..]

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Matt. 7:7,8 “Ask, and it will be given to you; seek, and you will find; knock, and it
53 will be opened to you. For everyone who asks receives, and he who seeks finds, and
54 to him who knocks it will be opened.”

55

56

1 John 5:14,15 “Now this is the confidence that we have in Him, that if we ask
57 anything according to His will, He hears us. And if we know that He hears us,
58 whatever we ask, we know that we have the petitions that we have asked of Him.”

59

60

Matt. 18:19,20 “Again I say to you that if two of you agree on earth concerning
61 anything that they ask, it will be done for them by My Father in heaven. “For where
62 two or three are gathered together in My name, I am there in the midst of them.”

63

64

“It is part of God’s plan to grant us, in answer to the prayer of faith, that which He
65 would not bestow did we not thus ask.”—*Great Controversy*, 525

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Specific Promises

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Our Walk With God

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Seeking Forgiveness and Mercy

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Ps. 103:8-11 “The LORD is merciful and gracious, Slow to anger, and
73 abounding in mercy. ⁹ He will not always strive with us, Nor will He
74 keep His anger forever. ¹⁰ He has not dealt with us according to our sins,
75 Nor punished us according to our iniquities. ¹¹ For as the heavens are
76 high above the earth, So great is His mercy toward those who fear Him;

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Seeking a Clean Heart

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Ps. 51:10 “Create in me a clean heart, O God, And renew a steadfast
81 spirit within me.”

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83

Ezek. 36:25 “Then I will sprinkle clean water on you, and you shall be
84 clean; I will cleanse you from all your filthiness and from all your idols.
85 26 “I will give you a new heart and put a new spirit within you; I will
86 take the heart of stone out of your flesh and give you a heart of flesh. “I
87 will put My Spirit within you and cause you to walk in My statutes, and
88 you will keep My judgments and do them.”

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90

Seeking the Holy Spirit

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Luke 11:13 “If you then, being evil, know how to give good gifts to
93 your children, how much more will your heavenly Father give the Holy
94 Spirit to those who ask Him!”

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96

Healing From Physical and Emotional Sickness

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98 3 John 1:2 “Beloved, I pray that you may prosper in all things and be in
99 health, just as your soul prospers.”
100
101 Ps. 103: 2,3 “Bless the LORD, O my soul, And forget not all His benefits:
102 Who forgives all your iniquities, Who heals all your diseases,
103
104 Mark 1:32-34 “At evening, when the sun had set, they brought to Him all
105 who were sick and those who were demon-possessed. ... Then He healed
106 many who were sick with various diseases, and cast out many demons; and
107 He did not allow the demons to speak, because they knew Him.”
108
109 *Deliverance & Victory Over Shortcomings and Addictions*
110
111 1John 4: 4 You are of God, little children, and have overcome them, because
112 He who is in you is greater than he who is in the world.
113
114 John 8:36 “If the Son therefore shall make you free, ye shall be free indeed.”
115
116 1 Cor. 15:57 “But thanks be to God, who gives us the victory through our
117 Lord Jesus Christ.”
118
119 *Seeking Help With Impossible Situations*
120
121 Matt. 19:26 “But Jesus looked at them and said to them, “With men this is
122 impossible, but with God all things are possible.”
123
124 *Help With Relationships*
125
126 Future Spouse
127
128 Ps. 27:14 “Wait on the LORD: be of good courage, and he shall
129 strengthen thine heart: wait, I say, on the LORD.”
130
131 Ps. 37:4 “Delight yourself also in the LORD, and He shall give you the
132 desires of your heart.”
133
134 With Parents
135
136 Eph. 6:1-3 “Children, obey your parents in the Lord, for this is right.
137 “Honor your father and mother,” which is the first commandment with
138 promise: “that it may be well with you and you may live long on the
139 earth.”
140
141 Friends and Unfriendly People
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143 Prov. 16:7 “When a man's ways please the LORD, He makes even his
144 enemies to be at peace with him.”
145
146 *Seeing Help With School and Studies*
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148 James 1:5 “If any of you lacks wisdom, let him ask of God, who gives to all
149 liberally and without reproach, and it will be given to him.”
150
151 Php. 4:13 “I can do all things through Christ who strengthens me.”
152

153 *Seeking Wisdom On Career Plans*

154

155 Jer. 29:11 “For I know the plans that I have for you,” declares the Lord,
156 “plans for welfare and not for calamity to give you a future and a hope.”
157 (NIV)

158

159 Isa. 58:11 “And the LORD shall guide thee continually, and satisfy thy soul
160 in drought, and make fat thy bones: and thou shalt be like a watered garden,
161 and like a spring of water, whose waters fail not.”

162

163 *Seeking Wisdom On Plans For The Future*

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165 Ps. 32:8 “I will instruct you and teach you in the way you should go;
166 I will guide you with My eye.”

167

168 Ps. 3:5,6 “Trust in the LORD with all your heart, And lean not on your own
169 understanding; In all your ways acknowledge Him, And He shall direct your
170 paths.

171

172 *Seeking Help With Overcoming Fear*

173

174 Ps. 56:3 “Whenever I am afraid, I will trust in You. In God (I will praise His
175 word), In God I have put my trust; I will not fear. What can flesh do to me?”

176

177 *Seeking Help To Overcome Struggles*

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179 Ps. 50:15 “Call upon Me in the day of trouble; I will deliver you, and you
180 shall glorify Me.”

181

182 *Seeking Help With Finances*

183

184 Matt. 6:33 “But seek ye first the kingdom of God, and his righteousness; and
185 all these things shall be added unto you.”

186

187 Mal. 3:10 “Bring all the tithes into the storehouse, that there may be food in
188 My house, and try Me now in this,” says the Lord of hosts, “if I will not open
189 for you the windows of heaven and pour out for you such blessing that there
190 will not be room enough to receive it.

191

192 **CONCLUDING**

193 Php. 4:6 “Be anxious for nothing, but in everything by prayer and supplication, with
194 thanksgiving, let your requests be made known to God;”

195

196 Mark 11:24 “Therefore I say to you, whatever things you ask when you pray,
197 believe that you receive them, and you will have them.”

198

199 “When we have asked for His blessing, we should believe that we receive it, and
200 thank Him that we have received it. Then we are to go about our duties, assured that
201 the blessing will be realized when we need it most.”—*Desire of Ages*, 200

202

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204 *at discipleheart.com.*