

# A Format For Prayer

- Silence
- Listen to a song, sing a song, or read a psalm

Pray "Come Holy Spirit"

## A—Adoration

Adoring God for who He is  
Admitting there is Someone greater than yourself

## C—Contrition

Being sorry for hurting God  
Being sorry for hurting others  
Being sorry for hurting yourself  
Pray the Act of Contrition

## T—Thanksgiving

Thanking God for his mercy  
Thanking God for the blessings in your life

## S—Supplication

Humbly asking God to provide for you  
Praying for others  
Praying for the grace to refrain from sin

- Silence
- Pray the "Glory Be"

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