

How to Pray: A Beginner's Guide

Beginner Bible Lessons | Topic 3 of 3

Kingdom Family Ministry | Beginner Bible Lessons

Many people feel unsure about prayer — like they do not know the right words or the right way to do it. The truth is, prayer is simply a conversation with God. He is not looking for perfect words. He is looking for an open heart.

■ What Prayer Is — and Is Not

■ Prayer is a conversation, not a performance.

You do not need to use fancy words, speak in a special tone, or memorize a script. Talk to God the same way you would talk to someone who loves you unconditionally.

■ You can pray anywhere, anytime.

In your car, in the shower, on your lunch break — God hears every prayer, not just the ones said in church or on your knees.

■ God wants to hear everything.

Your fears, your frustrations, your gratitude, your needs — nothing is too small or too big to bring to God. He is never bothered by your honesty.

■ Unanswered prayer is not ignored prayer.

Sometimes God says yes, sometimes no, and sometimes 'not yet.' Waiting is not the same as silence. He is always working, even when you cannot see it.

■ The ACTS Method: A Simple Prayer Framework

If you are not sure how to structure your prayer, try the ACTS method. It is a simple guide — not a rule, just a helpful starting point.

A

Adoration

Start by telling God who He is. Praise Him for His goodness, His love, His power. Example: 'God, I praise You because You are faithful and kind.'

C

Confession

Be honest about where you fell short. God already knows — this is about releasing guilt and receiving forgiveness. Example: 'I'm sorry for...'

T

Thanksgiving

Thank Him for specific things in your life — big and small. Example: 'Thank You for waking me up today, for my family, for provision.'

S

Supplication

This is where you make your requests. Pray for yourself, your family, your community. Be specific. God cares about the details.

■ Practical Tips to Start Praying Today

■ Start with just 2-3 minutes.

You do not need a long, elaborate prayer to get started. A short, sincere prayer is more powerful than a long, distracted one.

■ Use the Lord's Prayer as a guide.

In Matthew 6:9-13, Jesus teaches His disciples how to pray. Read it slowly and use it as a template when you do not know what to say.

■ Write your prayers in a journal.

Writing helps you focus and slows your thoughts down. You can also look back later and see how God answered prayers you may have forgotten.

■ Pray with someone else.

There is power in praying together. Find a prayer partner — a friend, spouse, or someone from your church — and pray together regularly.

■ Do not give up if it feels awkward at first.

Like any relationship, prayer grows over time. The more you do it, the more natural it becomes. Give yourself grace to be a beginner.

A Simple First Prayer — Try This Right Now:

"God, I am not sure I have all the right words, but I know You hear me. Thank You for today. I am grateful for _____. I am sorry for _____. Please help me with _____. I trust You. Amen."

† Faith & Encouragement

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

— **Philippians 4:6**

Prayer is not a last resort — it is your first line of connection to the One who created you and loves you deeply. You do not need to have it all together to pray. Just come as you are. That is always enough.

■ Need Emergency Assistance?

Kingdom Family Ministry's **Families First Program** is here for you. Our goal is to strengthen families with meaningful, responsible support. Assistance is available **once per service category within a 12-month period**, based on funding availability.

Learn more and apply for help:

www.kingdomfamilyministry.org/gethelp

Helpful Resources:

- YouVersion Prayer & Devotional Plans: www.bible.com/reading-plans
- Pray.com — Guided Prayers & Devotionals: www.pray.com

- **GotQuestions — How do I pray?:** www.gotquestions.org/how-to-pray.html
- **Bible Gateway — Matthew 6:9-13 (Lord's Prayer):** www.biblegateway.com
- **KFM Families First Program:** www.kingdomfamilyministry.org/gethelp

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