

## ASK

Talk to the Lord about your personal needs and the needs of others.

*"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."*

**- Matthew 7:7**

### ASK PRAYER STARTERS:

- help in times of trouble
- rest or healing
- guidance or affirmation
- social injustice or conflict
- for family and friends
- leaders in the community, the church, and the world

## THANK

Celebrate what you are grateful for

*"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."* **- Colossians 2:6-7**

### THANK PRAYER STARTERS:

- strength, encouragement, or provision
- healing or help
- salvation and forgiveness
- creation
- relationships, community, and the church

