

# C.A.L.M.

We are introducing a new prayer model this year;  
let's add C.A.L.M. to our prayer tool box!

## Celebrate God

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Let's take time to celebrate God out loud. We celebrate God because He is worthy and His love endures forever! What do you love about God?  
*Psalm 147:1 — Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!*

## Ask God for help

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We can ask God to help us with our problems or needs. God desires for us to pray and bring our requests to Him - the small ones and big ones! Invite him to help you with making friends, wisdom, a desire to do good, to be a good example and more!  
*Psalm 86:7 — I will call to you whenever I'm in trouble, and you will answer me.*

## Look on the bright side

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Even on our worst days, God gives us something to be thankful for. Here are some examples: family, friends, church, homes, nutritious food, school and His grace.  
*Psalm 9:1 — I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.*

## Meditate on good things

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God calls us to think about things that are good and worthy of praise. Sometimes, our minds get taken over with things that are troubling. Take this time to reflect and respond to *Philippians 4:8 — Think about the things that are true and honorable and right and pure and beautiful and respected.*

# A.C.T.S.

Last year we learned the A.C.T.S. prayer model.  
Here is a refresher. Keep it in your prayer tool box!

## A doration

Think of words you can praise God for being! Praise Him for WHO He is (ie: loving, holy, powerful, creator, forgiving, friend, provider, The Good Shepherd, gracious, slow to anger, forgiving, merciful, patient, kind, God above all!

## C onfession

We all sin and make mistakes. When we know we have sinned and we admit these mistakes (disobeying, lying, jealousy, selfish etc.), we tell God that we are sorry and repent of those sins. After we are sorry for our mistakes, we ask God to forgive us and ask for God's help to forgive others the same way He forgives us.

## T hanks

God has given us so much to be thankful for. Teaching and cultivating an attitude of gratitude in our kids at a young age will provide them with a joyful and grateful spirit down the road. Model this! Thank Him for Jesus! Thank Him for family, friends, the church, teachers, His grace, His love, opportunities, forgiveness, nature, etc....

## S upplication

We are told in the Bible to, "present your requests to God..." Supplication is seeking and asking God for the various needs we have, and on the behalf of others. We can ask for: self control, healing, protection, help for the homeless, patience, wisdom, boldness to share the good news of Jesus with others, and mo