

Martin Luther's "Garland of Four Strands" Prayer & Meditation Method

Luther named this method of prayer and meditation a four strand garland because:
"I divide each commandment [or each part of the Lord's prayer] into four parts, thereby fashioning a garland of four strands." (Matthew 6)

*"but his delight is in the law of the Lord,
and on his law he meditates day and night.
He is like a tree planted by streams of water that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers."*

Psalm 1:2-3 ESV

T - TRUTH

What **truth** is God teaching here?

A - ADORATION

How can I **adore** God in light of this truth?

C - CONFESSION

What do I need to **confess** in light of this truth?

A - ACTION

How should I **act** in light of this truth?