



Let's
T.A.L.K.
Prayer Pattern

T – Thank Him

Thank God for how he's moved in your life today, praise him for the little moments of blessings, thank him for being who he is—the *Creator who loves you.*

A—Acknowledge

Acknowledge he has authority to work in your life. Surrender your day, your thoughts, and your moments to him, including moments of mistakes and sin.

L—Lift up others

Pray for your friend and family needs.

K—Kneel before God

Open your heart & humbly kneel before God. Share your needs, worries, and dreams. Know he is working on your behalf to take care of you as you ask for his will to be done. His plans for you are perfectly amazing.

JulieSanders.org
Heatherriggleman.com



Let's
T.A.L.K.
Prayer Pattern

T – Thank Him

Thank God for how he's moved in your life today, praise him for the little moments of blessings, thank him for being who he is—the Creator who loves you.

A—Acknowledge

Acknowledge he has authority to work in your life. Surrender your day, your thoughts, and your moments of frustrations to him including moments of mistakes and sin.

L—Lift up others

Pray for your friend and family needs.

K—Kneel before God

Open your heart & humbly kneel before God. Share your needs, worries, and dreams. Know he is working on your behalf to take care of you as you ask for his will to be done. His plans for you are perfectly amazing.

JulieSanders.org
Heatherriggleman.com