

2 PRAYERS TO BEGIN YOUR QUIET TIME

WITH THE "I-O-U-S" PRAYER

INCLINE

INCLINE MY HEART TO YOUR
TESTIMONIES, AND NOT TO
SELFISH GAIN!
PSALM 119:36

OPEN

OPEN MY EYES, THAT I MAY BEHOLD
WONDROUS THINGS OUT
OF YOUR LAW.
PSALM 119:36

UNITE

TEACH ME YOUR WAY, O LORD, THAT
I MAY WALK IN YOUR TRUTH; UNITE
MY HEART TO FEAR YOUR NAME.
PSALM 86:11

SATISFY

SATISFY US IN THE MORNING WITH
YOUR STEADFAST LOVE, THAT WE
MAY REJOICE AND BE GLAD
ALL OUR DAYS.
PSALM 90:14

BY JOHN PIPER

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A-C-T-S PRAYER

ADORATION

I LOVE THE LORD, BECAUSE HE
HEARS MY VOICE AND MY
SUPPLICATIONS!
PSALM 116:1

CONFESSION

IF WE CONFESS OUR SINS, HE IS
FAITHFUL AND JUST TO FORGIVE US
OUR SINS AND TO CLEANS US FROM
ALL UNRIGHTEOUSNESS
PSALM 119:36

THANKSGIVING

ENTER HIS GATES WITH
THANKSGIVING, AND HIS COURTS
WITH PRAISE!
PSALM 100:4

SUPPLICATION

PRAYING AT ALL TIMES IN THE SPIRIT,
WITH ALL PRAYER AND
SUPPLICATION.
EPHESIANS 6:18