

PRAYER GUIDE

PASTA Prayer



Since prayer is a 2-way conversation with God, we too should aim to listen to God speak to us from the Bible, and then speak back to Him based on the words we just heard Him say. One great way of doing this is to use the PASTA prayer model. Here's how it works:

Using your Bible, read a chapter, a paragraph or a few sentences.

Remember: when the Bible speaks, God speaks! You are hearing the words of the Creator of the universe and you!

Here are some sample passages to start off with:

- **Psalm 42:1-5**
- **Psalm 19**
- **Hebrews 1:1-4**
- **Colossians 1:15-20**
- **Psalm 119:89-96**
- **Romans 3:10-12, 5:6-8**
- **Revelation 21:1-4**
- **Psalm 62:1-2**
- **Romans 8:38-39**

THEN...

Speak Back to God using the PASTA Prayer Acronym

Praise

- Is there something about God in what you just read that you can praise Him for?
- Hint: look for adjectives about Him, or, mentions about His character or attributes

Ask

- Is there something mentioned you can now ask God for? E.g. A request for help? The needs of someone else?
- Try and base it on what the passage says, and not for your sake, but Gods

Sorry

- Does the passage mention something to do that you haven't done (sin of omission)? Or, something to not do that you are doing (sin of commission)?
- Confess them to God and turn away from them

Thanks

- You Is there a promise God makes, or something that God did that you can thank Him for?

Amen

- Finish up by saying "amen", and then read the next part of your Bible passage to continue your conversation with God.

