

# UNITED PRAYER PROMISES

## GENERAL GUIDELINES

- Keep your prayers short so that others can also pray.
- Stay on the topic suggested by facilitator.
- Continue praying short prayers on the same topic until transition to next topic.

## ADORATION

*[Letting God know why you love Him: His love; His forgiveness, etc.]*

Ps. 34:1-3 “I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; The humble shall hear of it and be glad. Oh, magnify the LORD with me, And let us exalt His name together.”

“Prayer and praise offered to God by his believing children honor and glorify his name.”—*Signs of the Times*, June 6, 1895

## CONFESSION

*[Admitting mistakes in appropriate ways: “Forgive my temper,” etc.]*

Ps. 51:1-3 “Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. ... For I acknowledge my transgressions, And my sin is always before me.”

Ps. 139:23,24 “Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.

1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

“With the confession of the repenting, believing sinner, Christ mingles His own righteousness, that the prayer of fallen man may go up as fragrant incense before the Father, and the grace of God be imparted to the believing soul.”—*Selected Messages*, Vol. 1, 329

## THANKSGIVING

*[Thanking Him for His many blessings: “You gave me new job,” etc.]*

Ps. 103: 2-5 “Bless the LORD, O my soul, And forget not all His benefits...”

Eph. 5:8 “...giving thanks always for all things to God the Father in the name of our Lord Jesus Christ....”

1 Thess. 5:18 “...in everything give thanks; for this is the will of God in Christ Jesus for you.”

46 “We do not pray any too much, but we are too sparing of giving thanks. If the  
47 loving-kindness of God called forth from our hearts more thanksgiving and praise,  
48 we should have far more power in prayer.”—*Testimonies*, Vol. 5, 317.

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## SUPPLICATION

51 *[Making specific requests: “Please help with my finances,” relationships, etc.]*

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53 Matt. 7:7,8 “Ask, and it will be given to you; seek, and you will find; knock, and it  
54 will be opened to you. For everyone who asks receives, and he who seeks finds, and  
55 to him who knocks it will be opened.”

56

57 1 John 5:14,15 “Now this is the confidence that we have in Him, that if we ask  
58 anything according to His will, He hears us. And if we know that He hears us,  
59 whatever we ask, we know that we have the petitions that we have asked of Him.”

60

61 Matt. 18:19,20 “Again I say to you that if two of you agree on earth concerning  
62 anything that they ask, it will be done for them by My Father in heaven. “For where  
63 two or three are gathered together in My name, I am there in the midst of them.”

64

65 “It is part of God’s plan to grant us, in answer to the prayer of faith, that which He  
66 would not bestow did we not thus ask.”—*Great Controversy*, 525

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## PROMISES TO CLAIM

69 *Our Walk With God*

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71 Seeking Forgiveness and Mercy

72

73 Ps. 103:8-11 “The LORD is merciful and gracious, Slow to anger, and  
74 abounding in mercy. <sup>9</sup>He will not always strive with us, Nor will He  
75 keep His anger forever. <sup>10</sup>He has not dealt with us according to our  
76 sins, Nor punished us according to our iniquities. <sup>11</sup>For as the heavens  
77 are high above the earth, So great is His mercy toward those who fear  
78 Him;

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80 Seeking a Clean Heart

81

82 Ps. 51:10 “Create in me a clean heart, O God, And renew a steadfast  
83 spirit within me.”

84

85 Ezek. 36:25 “Then I will sprinkle clean water on you, and you shall be  
86 clean; I will cleanse you from all your filthiness and from all your  
87 idols. <sup>26</sup>“I will give you a new heart and put a new spirit within you; I  
88 will take the heart of stone out of your flesh and give you a heart of  
89 flesh. “I will put My Spirit within you and cause you to walk in My  
90 statutes, and you will keep My judgments and do them.”

91

92 Seeking the Holy Spirit

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94 Luke 11:13 “If you then, being evil, know how to give good gifts to  
95 your children, how much more will your heavenly Father give the Holy  
96 Spirit to those who ask Him!”

97

98 *Healing From Physical and Emotional Sickness*

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100 3 John 1:2 “Beloved, I pray that you may prosper in all things and be in  
101 health, just as your soul prospers.”

102  
103 Ps. 103: 2,3 “Bless the LORD, O my soul, And forget not all His benefits:  
104 Who forgives all your iniquities, Who heals all your diseases,  
105

106 Mark 1:32-34 “At evening, when the sun had set, they brought to Him all  
107 who were sick and those who were demon-possessed. ... Then He healed  
108 many who were sick with various diseases, and cast out many demons; and  
109 He did not allow the demons to speak, because they knew Him.”  
110

111 *Deliverance & Victory Over Shortcomings and Addictions*  
112

113 1John 4: 4 You are of God, little children, and have overcome them, because  
114 He who is in you is greater than he who is in the world.

115  
116 John 8:36 “If the Son therefore shall make you free, ye shall be free indeed.”  
117

118 1 Cor. 15:57 “But thanks be to God, who gives us the victory through our  
119 Lord Jesus Christ.”  
120

121 *Seeking Help With Impossible Situations*  
122

123 Matt. 19:26 “But Jesus looked at them and said to them, “With men this is  
124 impossible, but with God all things are possible.”  
125

126 *Help With Relationships*  
127

128 Future Spouse  
129

130 Ps. 27:14 “Wait on the LORD: be of good courage, and he shall  
131 strengthen thine heart: wait, I say, on the LORD.  
132

133 Ps. 37:4 “Delight yourself also in the LORD, and He shall give you the  
134 desires of your heart.”  
135

136 With Parents  
137

138 Eph. 6:1-3 “Children, obey your parents in the Lord, for this is right.  
139 “Honor your father and mother,” which is the first commandment with  
140 promise: “that it may be well with you and you may live long on the  
141 earth.”  
142

143 Friends and Unfriendly People  
144

145 Prov. 16:7 “When a man's ways please the LORD, He makes even his  
146 enemies to be at peace with him.”  
147

148 *Seeking Help With School and Studies*  
149

150 James 1:5 “If any of you lacks wisdom, let him ask of God, who gives to all  
151 liberally and without reproach, and it will be given to him.”  
152

153 Php. 4:13 “I can do all things through Christ who strengthens me.”  
154

155 *Seeking Wisdom On Career Plans*

156

157 Jer. 29:11 “For I know the plans that I have for you,” declares the Lord,  
158 “plans for welfare and not for calamity to give you a future and a hope.”  
159 (NIV)

160

161 Isa. 58:11 “And the LORD shall guide thee continually, and satisfy thy soul  
162 in drought, and make fat thy bones: and thou shalt be like a watered garden,  
163 and like a spring of water, whose waters fail not.”

164

165 *Seeking Wisdom On Plans For The Future*

166

167 Ps. 32:8 “I will instruct you and teach you in the way you should go;  
168 I will guide you with My eye.”

169

170 Ps. 3:5,6 “Trust in the LORD with all your heart, And lean not on your own  
171 understanding; In all your ways acknowledge Him, And He shall direct your  
172 paths.

173

174 *Seeking Help With Overcoming Fear*

175

176 Ps. 56:3 “Whenever I am afraid, I will trust in You. In God (I will praise His  
177 word), In God I have put my trust; I will not fear. What can flesh do to me?”

178

179 *Seeking Help To Overcome Struggles*

180

181 Ps. 50:15 “Call upon Me in the day of trouble; I will deliver you, and you  
182 shall glorify Me.”

183

184 *Seeking Help With Finances*

185

186 Matt. 6:33 “But seek ye first the kingdom of God, and his righteousness; and  
187 all these things shall be added unto you.”

188

189 Mal. 3:10 “Bring all the tithes into the storehouse, that there may be food in  
190 My house, and try Me now in this,” says the Lord of hosts, “if I will not open  
191 for you the windows of heaven and pour out for you such blessing that there  
192 will not be room enough to receive it.

193

194

## CONCLUDING

195 Php. 4:6 “Be anxious for nothing, but in everything by prayer and supplication,  
196 with thanksgiving, let your requests be made known to God;”

197

198 Mark 11:24 “Therefore I say to you, whatever things you ask when you pray,  
199 believe that you receive them, and you will have them.”

200

201 “When we have asked for His blessing, we should believe that we receive it, and  
202 thank Him that we have received it. Then we are to go about our duties, assured that  
203 the blessing will be realized when we need it most.”—*Desire of Ages*, 200

204

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