



A PRAYER PATTERN TO HELP STRUCTURE YOUR LIFE

Prayer is vital for a believer to grow in Christ. Recognizing that truth, followers of Jesus can use the prayer acrostic **C.A.S.T.** as a tool to promote personal growth in Christ.

Confession ... loving God by confession of personal sins

Adoration ... loving God by worship due Him

Supplication ... loving God by interceding for others and yourself

Thanksgiving ... loving God by continual thankfulness

NOTE: Texts of verse referenced below are printed at the conclusion of this study.

Confession of personal sins is the first step of effective prayer for a believer in Christ. Confession of sin is defined as “agreeing with God” about one’s personal failures when measured by the truth of God’s Word. The awesome benefit of confession is the assurance of God’s complete forgiveness for sins committed (1 John 1:9).

One might think that worship (adoration of God) is the first step toward effective prayer, but authentic worship is impossible when personal sins are disregarded. It may come as a surprise, but God is on record as “not listening” to those who cherish personal sins (Psalm 66:18). Sadly, when a believer will not confess personal sins to the Lord, God’s holiness is disregarded and personal hypocrisy is simultaneously displayed.

Worshiping in spirit and truth characterizes a wholehearted follower of Christ (John 4:23-24). This description is an illusion when there is supposed worship with no confession of sins. Believers, especially, should recognize that authentic worship is rooted in God’s forgiveness of sin, not only initially to begin one’s walk in Christ but continuing throughout life in order to grow in Him. As a result, a believer should desire regular cleansing (forgiveness) from the Lord to maintain vibrant fellowship with Him in order to truly worship.

Nehemiah demonstrated the spirit and truth of an authentic worshiper when he said, “O LORD, God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and obey his commands, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father’s house, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses” (Nehemiah 1:5-7).

Nehemiah’s confession then, like a believer’s confession now, does not diminish one’s position before the Lord; but truthful confession does exalt the position of the Lord before those who pray.

Adoration (worship) of God Almighty will always be the response of someone receiving and appreciating His forgiveness. Adoration of the Lord in prayer verbalizes worship and praise from a believer who learns that all of life is to be lived for God (Psalm 95:6-7, Romans 12:1, Psalm 34:1, Psalm 71:8). Worship directed toward God praises Him for Who He is, not only for what He has done or will do (1 Chronicles 16:23-31, Hebrews 12:28).

Supplication brings the needs of others, as well as personal requests, to God. Praying in this manner is a response of loving obedience as the Lord encourages us to pray for others (1 Timothy 2:1, Ephesians 6:18) as well as for any anxieties (cares) we may have. A key benefit of praying for everything is that personal anxiety will be replaced by the peace of God (Philippians 4:6-7).

Thanksgiving is a fitting conclusion to any prayer. How thankful we should be to ask the Lord for answers to prayer and to praise Him for answers that have been previously given. Giving thanks is an integral part of prayer and reminds us of our dependence on the Lord (1 Thessalonians 5:16-18, Philippians 4:6-7, Colossians 3:17).

SUMMARY

If you take time to read through the verses at the end of this presentation, you will notice that the various aspects of prayer mentioned in **C.A.S.T.** are inter-related. Often in the same verse, different aspects of prayer are mentioned

together. In Nehemiah's prayer referenced earlier, all of the **C.A.S.T.** aspects of prayer can be seen.

The point to be made with regard to prayer is straightforward: As we remember God's matchless resources and the fact that we live in the midst of spiritual warfare, we are to pray (Ephesians 6:18) and to do so continually (1 Thessalonians 5:17, Colossians 4:2).

We can be encouraged when we remember that God knows our hearts and realizes that we often do not know what to pray. Sometimes we fail to pray because our cares overwhelm us, but that is an opportune time to pray. Remember that God cares for His children (1 Peter 5:6-7) and that God's Spirit intercedes for us according to the will of God (Romans 8:26-27). In addition, our great High Priest Jesus understands our situation and will provide mercy and grace to help in time of need (Hebrews 4:14-16).

As a reflection of our walk in Christ and dependence on Him (John 15:5), may we be faithful to pray.

CONFESSION

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.

Psalms 66:18, If I had cherished iniquity in my heart, the Lord would not have listened.

John 4:23-24, But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.

ADORATION

Psalms 95:6-7, Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.

Romans 12:1, I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Psalms 34:1, I will bless the LORD at all times; his praise shall continually be in my mouth.

Psalms 71:8, My mouth is filled with your praise, and with your glory all the day.

1 Chronicles 16:23-31, Sing to the LORD, all the earth! Tell of his salvation from day to day.

²⁴Declare his glory among the nations, his marvelous works among all the peoples!

²⁵For great is the LORD, and greatly to be praised, and he is to be held in awe above all gods.

²⁶For all the gods of the peoples are idols, but the LORD made the heavens.

²⁷Splendor and majesty are before him; strength and joy are in his place.

²⁸Ascribe to the LORD, O clans of the peoples, ascribe to the LORD glory and strength!

²⁹Ascribe to the LORD the glory due his name; bring an offering and come before him! Worship the LORD in the splendor of holiness;

³⁰tremble before him, all the earth; yes, the world is established; it shall never be moved.

³¹Let the heavens be glad, and let the earth rejoice, and let them say among the nations, "The LORD reigns!"

Hebrews 12:28, Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe

SUPPLICATION

1 Timothy 2:1, First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people

Ephesians 6:18, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.

Philippians 4:6-7, do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

THANKSGIVING

1 Thessalonians 5:16-18, Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Philippians 4:6-7, do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 3:17, And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

SUMMARY

Ephesians 6:18, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints

1 Thessalonians 5:17, pray without ceasing

Colossians 4:2, Continue steadfastly in prayer, being watchful in it with thanksgiving.

1 Peter 5:6-7, Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

Romans 8:26-27, Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Hebrews 4:14-16, Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

John 15:5, I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.