


## Prayer: Pray with and For One Another

- Prayer can look different for everyone, and may be practiced differently amongst UC groups.
- One popular prayer format is the [ACTS](#) prayer format
  - Adoration: praising God for who he is
  - Confession: Confession of things that are drawing us away from Him
  - Thanksgiving: Thanking God for what he has done for us
  - Supplication: Making our requests known to God.
- Sharing prayer requests corporately, writing them on index cards and passing them to the right or left, assigning prayer partners...gauge what your group needs!
- Why do we pray? Linked below is an article that takes a deep dive into that topic!
  -  Prayer