

TACOS

Prayer Guide

This model of prayer is meant to lead us to place of forming a healthy perspective on God, on others, and on self. As you work through the acronym of “TACOS,” you may follow the words in 10-minute increments, or feel free to move freely throughout or back to as the Spirit leads. Use this to pray as a group, as a family, or an individual. Pray in your Spirit, pray aloud, or journal your prayers.

Silence & Centering – Take the first 5 minutes of your prayer time to quiet your soul and center your focus on God. As you sit in stillness, what name or attribute of Jesus comes to mind? Think on this word or phrase, repeat it, and settle your heart away from the things of this world and towards Jesus.

T-Thanksgiving

Thank God for what He has done.

- Express gratitude for all the Lord has done for you
- Thank Him for answered prayers, wisdom, & guidance
- Thank Him for spiritual blessings (growth and good things) & physical provisions

O-Others

We pray to God for others.

- Pray for healing of others in your life (from hurt, grief, broken relationships)
- Praying for salvation for those who don't know Jesus
- Ask God to meet the needs of others (spiritual and physical)

A-Adoration

Praise God for Who He is.

- Expressing our love, awe, and praise for who God is
- Praising God for His attributes
- Worship Him through your praying, hymns or spiritual songs

S-Self

We pray to God for our own needs.

- Humbly bring your requests before God
- Seek God's guidance and wisdom for your decisions
- Ask Him to meet your needs (spiritual and physical)

C-Confession

Confess to God what we have done.

- Acknowledge and repent of our sins
- Admit specific sins
- Ask God to search your heart and reveal any sins

Silence & Re-centering – Spend the last 5 minutes of your prayer time to quiet your soul again and think on one word or phrase God spoke to you through your time praying. Set your heart and thoughts on the truth given to you. Focus on it, repeat it, carry it with you for the rest of the day.