

PRAYER LIFE | The PART PLAN

Get a looseleaf notebook, paper, and eight section dividers.

Write one of the following words on each divider tab: Praise, Admit, Requests, Thanks, Passages, Listening, Awareness, and Notes. You don't have to write something in each section every day. Adjust the plan to your own devotional needs.

My PART

- **P-Praise.** Copy a psalm or write a praise poem of your own on one page of the Praise section. Date your entry. The next day, skip a space and write a new love letter to God. Praise expresses your feelings toward God because of who He is, not for what He does for you.
- **A-Admit.** On a page of the Admit section, write out a confession of your sins. Look back of the past 24 hours and ask God to show you where you have failed Him. Be specific in your confession. Then, open your heart to receive His cleansing and forgiveness.
- **R-Requests.** Draw a vertical line one inch from the left-hand side of your page. This column will be used to date your requests. Draw a vertical line one inch from the right-hand side of the page. This column will be used to date the answer received. In the middle column, list your requests. Don't hesitate to list your wants as well as your needs. Also include your intercessory prayer for others.
- **T-Thanks.** Put in today's date and write a thank-you note to God. Express your sincere appreciation for blessings sent your way, gifts given, trials permitted, and prayers answered.

God's PLAN

- **P-Passages.** Here you record powerful passages of Scripture that speak to you. When you find a verse that touches your heart, stop to look it up in other versions and in the SDA Bible Commentary. Write down your thoughts about this verse, including a paraphrase if you wish. If you limit yourself to one text per page, you can later file these according to the Bible book or topic; after several years, you'll have your own commentary.
- **L-Listening.** Take time to listen for God's voice. Sit quietly for a few minutes and wait for the Holy Spirit to speak. Ask Him to reveal His thoughts and plans for your life. Write down impressions that come to you. Test your impressions against Scripture.
- **A-Awareness.** Become aware of lessons God wants to teach you in nature. Spend some time contemplating a part of God's creation; write down the object lessons you see. Try to find something beautiful or interesting in nature to record each day. If you sense a lesson for life, write it down; if not, just thank God for the beauty He made for you to enjoy.
- **N-Notes.** Here you will include the notes you made of sermons or seminars. Take your notebook with you to church, retreats, and camp meetings. Date the page and make note of the speaker. Outline the main points and jot down Scripture references. Taking notes will increase your ability to concentrate as well as clarify the message the Holy Spirit has for you in each presentation.

Other sections you may want to include are: to-do list, goals, calendar, books I have read, ideas for articles I want to write, stories I have told (sermons I have preached), and dates to remember (birthdays, anniversaries, etc.).