

# 7 Different Types of Prayer from the Bible

There is no one right way to pray. Throughout the Bible, we see several different types of prayer used. A strong prayer life incorporates various prayer types, which will help you through the many different situations you will face in your life. Here are seven different types of prayers for you to learn and master to take your prayer life to the next level.

**1. Adoration** Adoration is praising God for who He is. God is the Lord of all and deserves our praise because of that alone. **Psalm 99:5** encourages us to exalt the Lord because He is holy. Recognizing the Lord's power, mercy, love, and more in your prayer life is good. Check out these three prayers from the Bible as examples of adoration:

- Psalm 104:1-4
- 1 Kings 8:22-24
- Nehemiah 9:5b-6

**Application** (how would you describe the application of this kind of prayer?)

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**2. Lament** God wants us to bring our fears, doubts, and despair to Him. In **1 Peter 5:7**, we are told to cast all our anxieties on Him. We see countless examples of lament in the Bible, where faithful followers of God wrestled with doubts, difficulty, and even depression. An entire book of the Bible is called Lamentations, after all! Check out these three prayers from the Bible for examples of lament and sorrow and how we can approach God while feeling that way.

- Psalm 88:1-7
- Lamentations 5:1-5
- Psalm 13:2-3

**Application** (how would you describe the application of this kind of prayer?)

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**3. Thanksgiving** Like adoration, thanksgiving is praising God for what He has done. God has done so much for each of us, not the least of which was sending Christ to save us from our sins. When

praying, think of God's actions in your life and recognize Him for that by giving thanks. This will also help you build an attitude of gratitude in your daily life. Check out these three prayers from the Bible for examples of thanksgiving.

- Daniel 2:20-23
- Luke 1:46-55
- 1 Samuel 2:1-10

**Application** (how would you describe the application of this kind of prayer?)

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**4. Petition** This is what many people imagine when they think about prayer. It means asking God for something, whether for yourself or someone else. And God certainly wants us to do this! **Philippians 4:6** tells us to let our requests be known to God. But prayer is not just about asking God to do things for us – it's just one of the many ways that He wants us to communicate with Him. Check out these three prayers from the Bible for examples of petition.

- Ephesians 3:14-21
- 1 Timothy 2:1-4
- Genesis 18:22-32

**Application** (how would you describe the application of this kind of prayer?)

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**5. Deliverance** Prayers of deliverance are similar to prayers of petition. They are requests made to God to save us or others from challenging or dangerous situations. But they also acknowledge that we can do nothing apart from God and that He has the power to save. These prayers are all over the Bible – especially in King David's Psalms. Check out these three prayers from the Bible for examples of prayers for deliverance.

- Psalm 3
- Luke 22:39-42
- Jonah 2

**Application** (how would you describe the application of this kind of prayer?)

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**6. Remorse and Repentance** (sometimes called Contrition). You are probably familiar with prayers like this, which ask God for forgiveness for things we have done. They are essential prayers that allow us to confess our wrongdoing and reconnect with our forgiving Heavenly Father. Psalm 51 tells us that when we mess up, God desires “a broken and contrite heart” from us. Check out these three prayers from the Bible for examples of prayers of contrition or asking for forgiveness.

- Psalm 51:1-4
- Luke 18:9-14
- Psalm 32:1-5

**Application** (how would you describe the application of this kind of prayer?)

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**7. Guidance** Similar to prayers for deliverance, these conversations with God allow us to acknowledge God’s sovereignty. We can express that He knows best and that we trust him to direct our lives when we ask Him for guidance. Proverbs 3:5-6 tells us that we should not lean on our own understanding, but instead trust in the Lord with all our heart. Check out these three prayers from the Bible for examples of prayers for guidance.

- 1 Kings 3:4-9
- Psalm 25:4-5
- Jeremiah 10:23-24

**Application** (how would you describe the application of this kind of prayer?)

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## The Lord's Prayer

Remember, a strong prayer life will regularly incorporate these seven different types of prayer in your conversations with God. For an example of this, look no further than Jesus' prayer in Luke 11:1-4, or Matthew 6: 9-14, commonly referred to as the Lord's Prayer:

*Latin: Pater Noster*

(Matthew 6:9-13)

Our Father, which art in heaven, Hallowed be thy Name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our Trespases, as we forgive those that have trespassed against us. And lead us not into temptation, But deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

### Key Aspects

- **Origin:**

The prayer is found in the Gospels of Matthew and Luke, provided by Jesus to his disciples as a model for prayer.

- **Structure:**

The prayer has two main parts:

- **Doxology and Invocation:** Begins with acknowledging God's holiness, kingdom, and will.
- **Petitions:** Requests for daily provision, forgiveness, and guidance through trials.

- **Doxology:**

The phrase "For thine is the kingdom, and the power, and the glory, for ever and ever" is a concluding statement of praise to God, though its presence varies in different versions of the prayer.

- **Varying Translations:**

While the core message remains the same, slight variations exist in wording and phrasing across different English translations and denominations.

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