

# **A Method for Prayer**

by

**Matthew  
Henry**

Modern Edition  
edited by  
David Stiles

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## About the Editor

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## Editor's Introduction

When I was in college, two resources on prayer were incredibly helpful to me.

The first was the book called "*Daring to Draw Near*" by Dr. John White. In exploring the prayers of the Bible's central figures, Dr. White explained that prayer is not something that we work up on our own strength, but rather is a *response* to who God is and what He has already done. It is God, Dr. White wrote, who takes the initiative. Our job is to respond to Him.

His encouragement to his readers was to explore the prayers of Scripture, to see how the Bible's central figures (and some non-central figures) communicated and responded to God in prayer.

While noting that modern Christians have rightly brought their troubles and concerns to the Lord, Dr. White warned that modern Christians have, for the most part, lost a sense of *reverence* for Him, writing:

"Evangelical Christians are far too ready to treat God as a heavenly buddy. We are blind to his glory and deaf to the voice that is the sound of many waters. If I knew how to make you tremble and quake in his presence I would. Indeed I pray that the Holy Spirit may do just that for you." (1)

He added encouragingly, "to tremble (in reverence) and to be struck dumb need not go together. Great as He is, (God) is also tender and gentle. And since he is aware of the subtlest nuance of pain in our hearts we need not hide it from Him." (2)

Dr. White encouraged his readers not to hide their thoughts from God, no matter how painful or horrendous they seemed, but rather to confess them to Him. He added,

“Also tell him of your hurts. Time is of no consequence. You may talk for hours since he dwells in eternity where time is of no meaning. And know when you pour out your heart to God like Hannah did, he will be listening intently, understanding profoundly.” (3)

A second resource that I found helpful in college was an audio series by Rev. Bill Hybels. In the audio lectures on prayer, Rev. Hybels explained that prayer was more than simply “asking God for help” (which tended to be and unfortunately still tends to be my typical mode of prayer).

Instead, he explained that there are *other important elements to prayer* that are found in Scripture. These important components can include:

- Adoration
- Confession
- Thanksgiving
- Supplication

He encouraged his listeners to use the acronym “ACTS” to help remember these important elements of prayer (A for Adoration, C for Confession, and so on). He explained this pattern further in his 1989 book, “*Too Busy Not to Pray*”.

*Adoration*, he noted, “reminds us whom we are addressing, whose presence we have entered, and whose attention we have gained.” (4)

He explained, “We can praise God for being faithful, righteous, just, merciful, gracious, willing to provide, attentive, and unchanging. When in a spirit of adoration

we begin going through God's attributes, we soon say from the heart, "I am praying to a tremendous God!" (5)

*Confession*, Rev. Hybels noted, "is probably the most neglected area of personal prayer today." (6) We need to "say it like it is" he explained and admit that we are sinners in desperate need of a Savior.

As a Christian, I have learned over the years that confession is something given by God for me. As I have already been forgiven of all of my sins by Christ, when I came to a trusting faith in Him, confession helps remind me that I have a loving and forgiving Heavenly Father who seeks to give me His peace and make me into a new creation.

Including *Thanksgiving* as an element of prayer, Rev. Hybels noted, allows us to "give thanks in all circumstances" (as Paul wrote in II Thessalonians 5:18). God, we are reminded in Scripture, is our Heavenly Father who desires that we give our thanks to Him.

*Supplication* is the act of bringing our requests to God. Rev. Hybels reminded his readers, "Nothing is too big for God to handle or too small for him to be interested in." (7)

Those four elements of prayer have been helpful, to me as I've sought to grow in my devotional life.

In the ensuing years since college, several other resources have been helpful in my prayer life as well, most notably the "*Book of Common Prayer*" that prescribes prayers in the Anglican tradition.

Several years ago I was introduced to Matthew Henry's "*A Method for Prayer*". After reading only a few pages, I immediately found an approach to prayer that "made sense" to me and reminded me of the resources that I had first encountered in college.

The use of Scripture to commune with God seemed so obvious, and reading Matthew Henry's prayers (even though they were written in the early seventeenth hundreds and used old English phrases) were fresh and enlightening to me.

As I read "*A Method for Prayer*," I found myself recalling the resources that I had found so helpful in college. I was reminded by Matthew Henry's prayers that prayer is, as Dr. White explained, a response to God...a response to who God is and what He has done.

I also saw in "*A Method for Prayer*" many similarities to the "ACTS" model of prayer that I had found so helpful so many years ago: including adoration, confession, thanksgiving and supplication in prayer (although in a slightly different order).

In Matthew Henry's "*A Method for Prayer*":

- Chapter One begins with adoration
- Chapter Two includes confession
- Chapter Three covers prayers of petition and supplication
- Chapter Four includes prayers of thanksgiving
- Chapter Five includes intercession and prayers for others

My prayer for you, as a reader, is that you will find this modern edition of "*A Method for Prayer*" a helpful resource for communicating and communing with our Heavenly Father, who graciously sent His Son for us.

### Introduction Notes:

1. John White, "*Daring to Draw Near*" (Downer's Grove, IL: Intervarsity Press, 1977), p. 92-93.
2. *ibid*, p. 93.
3. *ibid*
4. Bill Hybels, "*Too Busy Not to Pray*", (City: Publisher, 1989), p.63
5. *ibid*, p. 64
6. *ibid*, p. 65
7. *ibid*, p. 70

## About this Edition

Matthew Henry completed “*A Method for Prayer*” in 1712. His manuscript, like all manuscripts of its time, contains many words and phrases which are not used today.

This modern English edition attempts to remain true to Rev. Henry’s intent of using Scripture in prayer to God. Therefore, I have retained his overall outline and have retained the same Scriptural references that he used in his prayers.

For this modern version, I have updated some words and phrases in the section headings and have used modern Scripture translations for his many prayers based on Scripture. I have also modified the formatting with the inclusion of bullet points and bold text to differentiate the section headings from the actual prayers.

I am indebted to Rev. Ligon Duncan’s republication of “*A Method for Prayer*” in 1993 which corrected several mistakes in earlier versions and brought the book to a wide audience. In this modern edition, I have retained Rev. Duncan’s numbering conventions.

## About the Author

Matthew Henry (1662 - 1714) was a non-conformist pastor in England.

In 1687 he became minister of a Presbyterian congregation in Chester, where he served for 25 years. In 1712 he published "A Method for Prayer" and left Chester to pastor a church in London. He died suddenly two years later.

A prolific writer, Henry's most notable work is the *Commentary on the Whole Bible*, which was originally published in a partial form in 1706. After his death, a final version of his *Commentary* was finished by colleagues.

# Chapter One

Of the first part of PRAYER  
which is:

- *Address to God*
- *Adoration of Him*
- *Suitable Acknowledgments*
- *Professions and*
- *Preparatory Requests*

## Chapter 1: The First Part of Prayer

Our spirits being composed in a very reverent serious frame, our thoughts focused, and all that is within us, charged in the Name of the great God, careful to attend the solemn service that lies before us, and to keep close to it, we must with a fixed attention and application of our mind, and an active lively faith:

- set the Lord before us, seeing His eye upon us
- and set ourselves in His special presence

And presenting ourselves to Him as living sacrifices, which we desire may be holy and acceptable and a spiritual act of worship (Rom. 12:1); and bind these sacrifices with cords to the horn of the altar (Ps. 118:27), with such thoughts as these:

- Let us now lift up our hearts with our eyes and hands to God in heaven. (Lam. 3:41, John 17:1)
- Let us stir up ourselves to take hold on God, to seek His face and ascribe to Him the glory due unto His name and worship Him in the splendor of his holiness. (Is. 64:7, 6, Ps. 27:8; 29:2)
- To You, O Lord, do we lift up our souls. (Ps. 25:1)
- Let us now with humble boldness, enter into the Most Holy Place by the blood of Jesus, by the new and living way, opened for us through the veil. (Heb. 10:19-20)

- Let us now attend upon the Lord without distraction in undivided devotion to Him (I Cor. 7:35), and let not our hearts be far from Him when we draw close to Him with our mouths, and honor Him with our lips. (Matt. 15:8)
- Let us now worship God, who is Spirit, in spirit and in truth; For such the Father seeks to worship Him. (John 4:23-24)

*Having thus engaged our hearts to approach unto God (Jer. 30:21)...*

1. We must solemnly address ourselves to that infinitely great and glorious Being, as those that are filled with a full belief of His presence, and a holy awe and reverence of His Majesty; which we may do in such expressions as these:

- Holy, holy, holy Lord God Almighty, who was, and is, and is to come. (Rev. 4:8)
- You, whose name is the LORD—you alone are the Most High over all the earth! (Ps. 83:18)
- O God, You are my God, earnestly I seek You (Ps. 63:1); You are my God, and I will praise You, my father's God, and I will exalt You. (Ex. 15:2)
- You who are the true God; the living God, the only living and true God, and the eternal King (Jer. 10:10), The Lord our God, who is one Lord. (Deut. 6:4)

*And we may thus distinguish ourselves from the worshippers of false gods.*

- The idols of the nations are silver and gold, they are vanity and a lie, the work of men's hands; they that make them will be like them, and so is every one that trust in them (Ps. 115:4,8). But He who is the Portion of Jacob is not like these, for He is the Maker of all things, including Israel, the tribe of his inheritance - the LORD Almighty is his name (Jer. 10:16); who is God over all, forever praised! (Rom. 9:5)
- Their rock is not like our Rock, as even our enemies concede; for He is the Rock of ages (Deut. 32:31), for the LORD, the LORD, is the Rock eternal (Isa. 26:4), Whose name endures forever, and His renown, through all generations (Ps. 135:13), after the gods who did not make the heavens and the earth, perish from off the earth, and from under these heavens. (Jer. 10:11)

2. We must reverently adore God, as a Being transcendently bright and blessed, self-existent, and self-sufficient, and infinite and eternal Spirit that has all perfections in Himself, and give Him the glory of his title and attributes.

- O Lord our God, You are very great; You are clothed with splendor and majesty; You wrap Yourself in light as with a garment (Ps. 104:1-2) and yet as to us made darkness Your covering (Ps. 18:11 ); for we cannot think correctly because of our darkness. (Job 37:19)

- This is the message which we have heard of You and we declare that it is true, that God is light, and in Him is no darkness at all (I John 1:5). And that God is love, and whoever lives in love lives in God and God in them. (I John 4:16)
- You are the Father of the heavenly lights, who does not change like shifting shadows, there is no variableness or shadow of turning with You, and from You comes every good and perfect gift. (James 1:17)
- You are the blessed and only Ruler; the King of kings, and Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To You be honor and glory forever. (I Tim. 6:15-16)

*We must acknowledge his Being to be unquestionable and past dispute.*

- The heavens declare Your glory, O God, and the skies proclaim the work of Your hands (Ps. 19:1), because You have made it plain to them. For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen (Rom. 1:19). So that they are fools without excuse, who say there is no God (Ps. 14:1); for surely there is a reward for the righteous, surely there is a God who judges the earth, and heaven too. (Ps. 58:11)
- We therefore come to You believing, that You exist, and that You are the powerful and bountiful rewarder of those who earnestly seek You. (Heb. 11:6)

*Yet we must acknowledge his nature to be incomprehensible...*

- We cannot fathom the mysteries of God, we cannot probe the limits of the Almighty. (Job 11:7)
- Great is the Lord and most worthy of praise, his greatness no one can fathom. (Ps. 145:3)
- Who can proclaim the mighty acts of the Lord? Who can fully declare His praise? (Ps. 106:2)

*-And his perfections to be matchless, and without compare.*

- Who among the gods is like You, O Lord, majestic in holiness, awesome in glory, doing wonders? (Ex. 15:11)
- Who in the skies above can be compared with the Lord? Who is like the Lord among the heavenly beings? O Lord God Almighty, who is like You? You are mighty and Your faithfulness surrounds You. (Ps. 89:6,8)
- Among the gods there is none like You, O Lord; no deed can compare with yours; for You are great, and do marvelous deeds; You alone are God. (Ps. 86:8, 10)
- There is not any creature that has an arm like God's, or can thunder with a voice like You. (Job 40:9)

*-And that he is infinitely above us and all other beings.*

- You are God, and not man; having not eyes of flesh, nor seeing as a mortal sees. (Job 10:4-5); Your days are not as the days of a mortal, nor your years like those of a man's. (Job 10:4-5)
- As heaven is high above the earth, so are Your thoughts above our thoughts, and Your ways above our ways. (Isa. 55:9)
- The nations are like a drop in a bucket, they are regarded as dust on the scales; and You weigh the islands as though they were fine dust; they are nothing, and are regarded by You as worthless and less than nothing. (Isa. 40:15, 17)

*Particularly in our adorations we must acknowledge*

2.1 That he is an eternal God, immutable (unchanging), without beginning of days or end of life, or change of time.

- You are the King eternal, immortal, and invisible (I Tim. 1:17). Before the mountains were born, or You had formed the earth and the world, from everlasting to everlasting You are God (Ps. 90:2); the same yesterday, today and forever. (Heb. 13:8)
- In the beginning You laid the foundation of the earth, and the heavens are the works of Your hands; they will perish, but You remain; they will wear out like a garment, like clothing you will change them and they will be discarded; but You remain the same, and your years will never end. (Ps. 102:25-27)
- You are the Lord and do not change; therefore we are not destroyed (Mal. 3:6). Are You not

from everlasting, O Lord our God, our holy one? (Hab. 1:12) The everlasting God, the Lord the Creator of the ends of the earth, He will not grow tired or weary; and His understanding no one can fathom. (Isa. 40:28)

2.2 That He is present in all places, and there is no place in which he is included, or out of which he is excluded.

- You are a God nearby, and not a God far away; none can hide in secret places that You cannot see him, for You fill the heaven and earth. (Jer. 23:23-24)
- You are not far from each one of us. (Acts 17:27)
- We cannot go anywhere from Your Spirit, or flee from Your presence. If we go up to the heavens, You are there; if we make our bed in the depths, You are there; if we rise on the wings of the dawn, and settle on the far side of the sea, even there your hand will guide us, and Your right hand will hold us fast. (Ps. 139:7-10)

2.3 That He has a perfect knowledge of all persons and things, and sees them all, even that which is most secret, at one clear, certain, and unerring view.

- Everything is uncovered and laid bare before the eyes of him with whom we must give an account; even the thoughts and attitudes of the heart. (Heb. 4:12-13)
- Your eyes are everywhere, keeping watch on the wicked and the good (Prov. 15:3): they range throughout the earth to strengthen those whose

hearts are fully committed to You. (2 Chron. 16:9)

- You search the heart, and examine the mind, to reward a man according to his conduct, according to what his deeds deserve. (Jer. 17:10)
- O Lord, you have searched us, and know us, You know when we sit and when we rise; you perceive our thoughts from afar: You discern our going out and our lying down, You are familiar with all our ways: Before a word is on my tongue, You know it completely, O Lord. Such knowledge is too wonderful for us, too lofty for us to attain. For even the darkness will not be dark to you; the night will shine like the day. (Ps. 139:1-4,6,12)

2.4 That His wisdom is unsearchable, and the counsels and designs of it cannot be fathomed.

- Your understanding, O Lord, has no limit, for You determine the number of the stars, and call them each by name. (Ps. 147:4-5)
- You are wonderful in counsel, and magnificent in wisdom (Isa. 28:29). Your wisdom is profound, Your power is vast. (Job 9:4)
- How many are your works, O Lord! In wisdom You made them all; (Ps. 104:24) all in conformity with the purpose of Your will. (Eph. 1:11)
- Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable are his judgments, and his ways beyond finding out. (Rom. 11:33)

2.5 That His sovereignty is incontestable, and he is the owner and absolute Lord of all.

- The highest heavens belong to the Lord, and all the hosts of them. The earth is Yours, and everything in it; the world, and all who live in it (Ps. 115:16, 24:1). In Your hand are the depths of the earth, and the mountain peaks belong to You also: The sea is Yours, for You made it, and Your hands formed the dry land (Ps. 95:4-5); For every animal of the forest are Yours, and the cattle on a thousand hills (Ps. 50:10); You therefore are a great God, and a great King above all gods. (Ps. 95:4)
- In Your hand is the life of every creature and the breath of all mankind. (Job 12:10)
- Your dominion is an eternal, everlasting dominion; Your kingdom endures from generation to generation: You do as You please with the powers of heaven and the peoples of the earth. No one can hold back Your hand or say to you: "What have you done?" (Dan. 4:34-35)

2.6 That His power is irresistible, and the operations of it cannot be controlled.

- We know, O God, that You can do every thing, and that no thought can be withheld from You (Job 13:2); Power belongs to You (Ps. 62:11); and with You nothing is impossible. (Luke 1:37)
- All power and authority is Yours, both in heaven and on earth. (Matt. 28:18)

- You put to death and You bring to life, You wound and You heal, no one can delivery out of Your hand. (Deut. 32:39)
- What You have promised You are able to do. (Rom. 4:21)

2.7 That He is a God of unspotted purity and perfect righteousness.

- You are the Holy One, You are the praise of Israel (Ps. 22:3), Holy and awesome is Your name; (Ps. 111:9) and we give thanks as we remember Your holy name. (Ps. 30:4)
- Your eyes are too pure to look on evil (Hab. 1:13), neither will evil dwell with You. (Ps. 5:4)
- You are the Rock, Your works are perfect, and all Your ways are just; a faithful God who does no wrong, upright and just are You (Deut. 32:4). You are our Rock, and there is no wickedness in You. (Ps. 92:15)
- You are righteous in all Your ways (Ps. 145:17), and holiness adorns your house, O Lord, for endless days. (Ps. 93:5)

2.8 That he is just in the administration of his government; and never did, nor ever will do wrong to any of his creatures.

- You are always righteous, O LORD, when we bring anything before You (Jer. 12:1): and will be proved right when You speak and justified when You judge. (Ps. 51:4)

- Far be it from God to do evil, and from the Almighty to do wrong; for He repays a man for what he has done, he brings upon him what his conduct deserves. (Job 34:10-11)
- Your righteousness is like the mighty mountains, your justice like the great deep! (Ps. 36:6) And though clouds and darkness surround You, righteousness and justice are the foundation of Your throne. (Ps. 97:2)

2.9 That his truth is invariable, and the treasures of his goodness inexhaustible.

- You are good, and Your love endures forever (Ps. 136:1). Your love is great toward us, (Ps. 117:2) and Your faithfulness continues through all generations. (Ps. 100:5)
- You have proclaimed Your name, The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness: maintaining love to thousands, and forgiving wickedness, rebellion and sin (Ex. 34:6-7). And this name of Yours is our strong tower. (Prov. 18:10)
- You are good, and what You do is good (Ps. 119:68); good to all, and Your tender mercies are over all Your works. But surely God is good to Israel, to those who are pure in heart. (Ps. 73:1)
- O that You would cause Your goodness to pass before us (Ex. 33:19), that we may taste and see that the Lord is good; and Your love is ever before us. (Ps. 34:8, 26:3)

Lastly, that when we have said all we can of the glorious perfections of the Divine nature, we fall infinitely short of the merit of the subject.

- And these are but outer fringe of his works; how faint the whisper we hear of Him! Who can understand the thunder of his power? (Job 26:14)
- The Almighty is beyond our reach and exalted in power; in his justice and great righteousness, he does not oppress (Job 37:23), He is exalted above all blessing and praise. (Neh. 9:5)

3. We must give to God the praise of that splendor and glory wherein he is pleased to manifest himself, in the upper world.

- You have established Your throne in heaven (Ps. 103:19); and it is a throne, high and exalted; and before You the seraphs cover their faces (Is. 6:1-2). And it is in compassion to us that You hold back the face of that throne, and spread Your clouds over it. (Job 26:9)
- You make winds Your messengers, and flames of fire Your servants (Ps. 104:4). And thousands of thousands of angels minister unto You, and ten thousand times ten thousand stand before You, encircling Your throne, to do Your will (Rev. 5:11). They are mighty ones who do Your bidding and Your servants who do Your will (Ps. 103:20-21). And we come by faith, hope, and holy love into a spiritual communion with that innumerable company of angels, and the spirit of the righteous made perfect - the assembly of the firstborn who are enrolled in the heavenly Jerusalem. (Heb. 12:22-23)

4. We must give glory to him as the Creator of the world, and the great Protector, Benefactor, and Ruler of the whole creation.

- You are worthy, our Lord and God, to receive glory and honor and power; for you created all things, and for your pleasure, and for your praise, they were created. (Rev. 4:11)
- We worship him that made heaven and earth, and the sea and the fountains of waters; (Rev. 14:7); who spoke, and it came to be; who commanded, and it stood firm (Ps. 33:9); who said, let there be light, and there was light, let there be an expanse between the waters to separate water from water, and he made the expanse; and he made all very good (Gen. 1:3, 6-7); and your laws endure to this day, for all things serve you. (Ps. 119:91)
- The day is Yours, and yours also the night; You established the sun and moon. It was you who set all the boundaries of the earth, you made both the summer and winter. (Ps. 74:16-17)
- You sustain all things by Your powerful word (Heb. 1:3), and by You all things are held together. (Col. 1:17)
- The earth is full of Your creatures, so is the vast and spacious sea (Ps. 104:24-25). The eyes of all look to you, and you give them their food at the proper time: You open your hand and satisfy the desires of every living thing. (Ps. 145:15-16) Man and beast You save O Lord, (Ps. 36:6), and give food to all creatures (Ps. 136:25)

- You alone are the Lord. You made the heavens, even the highest heavens, with all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and multitudes of heaven worship You (Neh. 9:6), Your kingdom rules over all. (Ps. 103:19)
- Not one sparrow falls to the ground apart from Your will. (Matt. 10:29)
- You formed man at first from the dust of the ground, and breathed into him the breath of life, and so he became a living being. (Gen. 2:7)
- And You made every nation of men, that they should inhabit the whole earth; and have determined the times set for them and the exact places where they should live. (Acts 17:26)
- You are the Most High who is sovereign over the kingdoms of men, and gives them to anyone You wish (Dan. 4:25); for it is from You that man gets justice. (Prov. 29:26)
- Hallelujah, the Lord God Almighty reigns, (Rev. 19:6) and works out everything in conformity with the purpose of his will, for the praise of his glory. (Eph. 1:11-12)

5. We must give honor to the three persons in the Trinity distinctly, to the Father, the Son, and the Holy Spirit, that great and sacred Name, into which we were baptized, and in which we assemble for religious worship, in communion with the universal church.

- We pay our homage to three that bear record in heaven: the Father, the Word, and the Holy Spirit, for these three are one. (1 John 5:7-8)
- We adore and praise You, O Father, Lord of heaven and earth (Matt. 11:25); and the eternal Word, who was in the beginning with God, and was God, by whom all things were made; without whom nothing was made that has been made, and who in the fullness of time became flesh, and made his dwelling among us, and showed his glory, the glory of the One and Only, who came from the Father, full of grace and truth. (John 1:1-3, 8, 14)
- And since it is the will of God, that all may honor the Son, just as they honor the Father (John 5:23), we adore him as the radiance of his Father's glory, and the exact representation of his being; joining with the angels of God, who worship Him. (Heb. 1:3,6)
- We pay homage to the exalted Redeemer, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth (Rev. 1:5) confessing that Jesus Christ is Lord, to the glory of God the Father. (Phil. 2:11)
- We also worship the Holy Spirit, the Counselor and Comforter, whom the Son has sent from the Father, the Spirit of truth, who goes out from the Father (John 15:26), and who was sent to teach us all things, and to remind us of everything the Son has said (John 14:26); who composed the scriptures, holy men of God writing them, as they were carried along by the Holy Spirit. (2 Peter 1:21)

6. We must acknowledge our dependence upon God, and our obligations to him, as our Creator, Preserver, and Benefactor.

- You, O God, made us, and therefore we are not our own but Yours; we are Your people, and the sheep of Your pasture (Ps. 100:3); Let us therefore bow down in worship, and kneel before the Lord our Maker. (Ps. 95:6)
  
- Lord You formed our bodies, and I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place. Your eyes saw my unformed body, and all the days ordained for me were written in Your book, before one of them came to be. (Ps. 139:14-16)
  
- You have clothed us with skin and flesh, you have knitted us together with flesh and bones: you have given us life and showed us kindness, and Your providence preserves our spirit. (Job 10:11-12)
  
- You are the Father of our spirits (Heb. 12:9), for you formed the spirit of man within him (Zech. 12:1), and gave us breath (Jer. 38:16). The Spirit of God has made us, and the breath of the Almighty has given us life (Job 33:4). You endowed the heart with wisdom and, and gave understanding to the mind. (Job 38:36)
  
- You are God our Maker, who teaches more to us than the beasts of the earth, and makes us wiser than the birds of the air. (Job 35:10-11)

- We are the clay, and You are our potter; we are the work of Your hands. (Isa. 64:8)
- You brought us out of the womb, and made us trust in You even when we were at our mother's breasts; from birth we were cast upon You, from our mother's womb You have been our God (Ps. 22:9-10), from birth we have relied on You; You brought us forth from our mother's womb, and therefore we will ever praise You. (Ps. 71:6)
- In You, O God, we live and move, and have our being; for we are Your offspring. (Acts 17:28)
- In Your hand You hold our life and all our ways (Dan. 5:23); for a man's life is not his own, it is not for man to direct his steps (Jer. 10:23); but our life is not our own. (Ps. 31:15-16)
- You are the God who has been my shepherd all my life to this day, and redeemed us from all evil. (Gen. 48:15)
- It is of Your great love that we are not consumed, because Your compassions never fail; they are new every morning; great is Your faithfulness. (Lam. 3:22-23)
- If You take away our breath we die, and return to the dust, out of which we were taken. (Ps. 104:29)
- Who is He that can speak and have it happen, if the Lord has not decreed it? Is it not from Your mouth, O Most High, that both calamities and good things come? (Lam. 3:37-38)

7. We must acknowledge this God to be our God, and affirm our relation to him, his dominion over us, and propriety in us.

- We have said to You, O God, You are our Lord, we have no good thing apart from You (Ps. 16:2). Even if we are righteous, what can we give You? (Job 35:7)
- You are my King and my God (Ps. 44:4); Other lords besides You have ruled over us, but Your name alone do we honor. (168 – Isa. 26:13)
- We declare this day that the Lord is our God, and we will walk in his ways, and to keep his decrees, commands and laws, and obey his voice, and give ourselves to him, to be his treasured possession as he promised, that we may be a people holy to the Lord our God (Deut. 26:17-19): and may be unto him for His renown, and for His praise, and for His honor. (Jer. 13:11)
- O Lord, truly we are Your servants, we are Your servants, born in Your house, and You have freed me from our chains (Ps. 116:16): we were bought with a price, and therefore we are not our own (1 Cor. 6:20); but yield ourselves unto the Lord (173 – 2 Chron. 30:8), and bind ourselves unto You in an everlasting covenant, that will not be forgotten. (Jer. 50:5)
- We are Yours, save us, for we seek our Your precepts (Ps. 119:94); All of it belongs to You, O Lord, it comes from Your hand. (1 Chron. 29:16)

8. We must acknowledge it an unspeakable favor, and an inestimable privilege, that we are not only admitted, but invited and encouraged to draw nigh to God in prayer.

- You have commanded us not to be anxious about anything, but in everything, by prayer and petition, with thanksgiving, to keep on praying for all the saints (Phil. 4:6). To continue in prayer; on all occasions with all kinds of prayers and requests to present our requests to God. (Eph. 6:18)
- You have directed us to ask, and seek, and knock and have promised that we shall receive, we shall find, and it shall be opened to us. (Matt. 7:7)
- You have appointed us a great high-priest, in whose name we may come boldly to the throne of grace, so that we may receive mercy and find grace to help us in our time of need. (Heb. 4:16)
- You have assured us, that while the sacrifice of the wicked is an abomination to the Lord, the prayer of the upright is His delight (Prov. 15:8); And that he that offers praise glorifies You (182 – Ps. 50:23), and the sacrifice of thanksgiving pleases the Lord more than that of an ox or bull with its horns and hoofs. (Ps. 69:31)
- You art He that hears prayer, and therefore all men will come. (Ps. 65:2)
- You say, “Seek my face”, and our hearts answer, ‘Your face, Lord, we will seek’ (Ps. 65:2, 27:8). For should not a people seek their God? (Isa. 8:19) To whom shall we go but to You? You have the words of eternal life. (John 6:68)

9. We must express the sense we have of our own meanness and unworthiness to draw near to God, and speak to him.

- But God will really dwell on earth with men. The heavens, even the highest heavens cannot contain God (2 Chron. 6:18), and how much less is man, who is but a maggot, who is only a worm! (Job 25:6)
- Who are we, O Lord God, and what is our Father's house, that You have brought us here, to present ourselves before the Lord, that we have through Christ access to the Father by one Spirit? (Eph. 2:18) And as if this were not enough in your sight, O Sovereign Lord, you have also spoken about the future of the house of your servant. Is this your usual way of dealing with man, O Sovereign Lord? (2 Sam. 7:18-19)
- What is man that You are mindful of him, and the son of man that you care for him (Ps. 8:4), and thus magnify him?
- May the Lord not be angry, though we are nothing but dust and ashes, as we speak unto the Lord of glory. (Gen. 18:27, 30)
- We are not worthy of all the kindness and faithfulness you have shown your servants (Gen. 32:10); for it is not right to take the children's bread and toss it to their dogs; but even the dogs eat the crumbs that fall from their master's table (Matt. 15:26-27); and You richly blesses all who call to You. (Rom. 10:12)

10. We must humbly profess the desire of our hearts towards God, as our felicity and portion, and fountain of life and all good to us.

- Whom have we in heaven but You; and earth has nothing I desire besides You: When our flesh and our heart fail, You are the strength of our heart, and our portion forever (Ps. 73:25-26); the portion of our inheritance in the other world, and of our cup in this, and then we will say that the boundary lines have fallen for me in pleasant places, and that surely we have a delightful inheritance. (Ps. 16:5-6)
- The desire of our hearts is Your name and Your renown; our souls yearn for you in the night, and our spirits long for You only. (Isa. 26:8-9)
- As the deer pants for the water, so my soul pants for You, O God; our soul thirsts for God, for the living God, by day the Lord directs his love, at night his song is with me, and our prayers to the God of our life. (Ps. 42:1-2,8)
- O that we may hunger and thirst for righteousness (Matt. 5:6); for You fill the hungry with good things, but the rich thou send away empty. (Luke 1:53)
- O how our souls thirst for You, and our bodies long for You in this dry and weary land, where there is no water; that we may behold Your power and Your glory, and see You in the sanctuary. Your love is better than life; our souls shall be satisfied with You and our lips will praise and glorify You. (Ps. 63:1-3,5)

11. We must likewise profess our believing hope and confidence in God, and his all-sufficiency, in his power, providence, and promise.

- In You, O Lord, have we taken refuge, let us never be put to shame (Ps. 31:1); yes, let no one whose hope is in You will ever be put to shame. (Ps. 25:3)
  
- Truly our souls find rest in God alone; our salvation comes from Him: He alone is our Rock and our salvation; in him our honor depends, our strength, our rest, our refuge, and our hope comes from him. (Ps. 62:1-2, 5-7)
  
- When we have no refuge, and no one cares for our lives, we cry to You, O Lord and say, “You are our refuge, our portion in the land of the living.” (Ps. 142.4-5)
  
- Some trust in chariots, and some in horses, but we will trust in the name of the Lord our God (Ps. 20:7). We will trust in Your mercy and unfailing love, O God, for ever and ever, and will praise You in the presence of your saints. (Ps. 52:8-9)
  
- We have put our hope in Your word; Remember Your word to Your servants, for You have given me hope. (Ps. 119:81,49)

12 We must earnestly seek God’s favourable acceptance of us, and our poor performances.

- There are many that are asking, “Who can show us any good?” But we say, “Let the light of Your face shine upon us, O Lord: for You have filled our hearts with greater joy than when our grain and new wine abound.” (Ps. 4:6-7)
- We have sought Your face with our whole heart (Ps. 119:58), for it is our goal to please You, whether we are at home in the body or away from it. (2 Cor. 5:9)
- Hear our prayer, O Lord, listen to our cries for mercy; in Your faithfulness and righteousness come to our relief (Ps. 143:1). And be near to us whenever we pray to You and call upon Your name (Deut. 4:7); for You never said to Jacob’s descendants, “You seek me in vain.” (Isa. 45:19)
- You hear the young ravens when they call (Ps. 147:9), do not turn a deaf ear to us, for if You remain silent, we will be like those who have gone down to the pit. (Ps. 28:1)
- May our prayer be set before you like incense; and the lifting up of our hands be like the evening sacrifice. (Ps. 141:2)

13. We must beg for the powerful assistance and influence of the blessed Spirit of grace in our prayers.

- Lord, we do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. (Rom. 8:26)
- O pour upon us the Spirit of grace and supplication (Zech. 12:10); the Spirit of sonship teaching us to cry, ‘Abba, Father’ (Rom. 8:15);

that we may find in our hearts to pray this prayer.

- O send forth Your light and Your truth; let them guide us, let them bring us to Your holy mountain, to the place where You dwell; to You O God, our exceeding joy. (Ps. 43:3)
- O Lord, open our lips, and our mouths will declare Your praise. (Ps. 51:15)

14. We must make the glory of God our highest end in all our prayers.

- This is what You, O Lord, spoke of when You said, that among those who approach You, You will show Yourself holy; in the sight of the people You will be honored.' (Lev. 10:3); we therefore come and worship before You, O Lord, and glorify Your name (Ps. 86:9); and therefore we call upon You, that You may deliver us, and we may honor and glorify You. (Ps. 50:15)
- For of You and through You and to You, are all things. To You be the glory forever! (Rom. 11:36)

15. We must profess our entire reliance on the Lord Jesus Christ alone for acceptance with God, and come in his name.

- We do not make requests of You because we are righteous (Dan. 9:18); for we are before You in our guilt (Ezra 9:15), and cannot stand before You because of our sins (Ps. 130:3): But we make mention of Christ's righteousness, His name

only, who is the Lord our righteousness.  
(Jer. 23:6)

- We know that our spiritual sacrifices are acceptable to God only through Jesus Christ (I Pet. 2:5), and we cannot hope to receive anything but what we ask of You in His name (John 16:23). Therefore make me blessed in the Beloved, in the grace of which You have freely given by the One You love (Eph. 1:6), the Angel, who offers much incense with the prayers of all the saints on the golden altar before the throne. (Rev. 8:3)
- We come in the name of the great High Priest, who has gone through the heavens, Jesus the Son of God, who sympathizes with our weaknesses, (Heb. 4:14-15 ), and is therefore able to save all those who come to God through him because he always lives, making intercession for them. (Heb. 7:25)
- Behold, O God, our shield, look with favor on your anointed one (Ps. 84:9), in whom You, by a voice from heaven declared Yourself to be well pleased; Lord, be well pleased with us in him. (Matt. 3:17)