A HIDDEN MANNA SERIES™



TABLE PRAYERS / NO. 01

Build a Prayer
and Bring It to the Cross

Gaining clarity and learning to surrender through prayer

01 WHY I WRITE MY PRAYERS

I don't always write my prayers. Sometimes I simply talk to Jesus throughout the day. But when my thoughts feel tangled or my words begin to run together, writing helps me slow down and understand what is really on my heart.

As I write, I become more clear about what I am thankful for, where I need forgiveness, and what I need to entrust to Him. Often, I picture myself bringing those words to the foot of the cross. I imagine laying them there before Jesus and entrusting them to Him. For me, that intentional act of surrender has brought healing and clarity to my prayer life.

Jesus does not require written prayers or perfect words. This is simply one way I have learned to come to Him honestly—and you are welcome to try it, too.

02 A SIMPLE WAY TO BEGIN: P.R.A.Y.

P.R.A.Y. gives my prayers a gentle structure. It is not a formula or a checklist; it is one way I begin when I'm struggling to find the words. It also reminds me of what I am thankful for and helps align my heart with Jesus.

P — PRAISE
Tell Jesus what you admire about Him—His love, goodness, mercy, or faithfulness.

R — REPENT
Speak honestly about sin or what you need to turn away from. Ask for His forgiveness.

A — ASK
Share your needs and the needs of others. You may ask for help knowing and following Him.

Y — YIELD
Release the outcome into His hands. Trust Him with what you cannot control.

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03 BUILD A PRAYER WITH ME

Here is an example of a prayer using P.R.A.Y. If you are seeking Jesus, you can use this as a starting point and speak to Him in your own words. The words do not have to be perfect.

PRAISE

Dear Jesus, You are loving, merciful, and faithful. I praise You as the Son of God who welcomes me to come to You.

REPENT

I confess that I have sinned and tried to walk through life on my own. Please forgive me and turn my heart toward You.

ASK

I believe You died for my sins and rose again. Help me know You, trust Your grace, and learn to follow You.

YIELD

Today, I place my fears, my questions, and my future at the foot of Your cross. I entrust them to You. Teach me to walk with You, one day at a time. In Jesus's name, amen.

BRING IT TO THE CROSS

When I finish writing a prayer, I sometimes pause and picture myself kneeling at the foot of the cross before I pray the words. I want to remind myself that I can trust Jesus with my burdens instead of carrying them alone.

Take a moment now. What will you place in His hands?

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04 NOW IT'S YOUR TURN

Use the prompts below to build your own prayer. Write as much or as little as you wish. Begin with a date, take your time, and bring your honest thoughts to Jesus.

DATE: _____

PRAISE *Jesus, I praise You for...*

REPENT *Lord, please forgive me for...*

ASK *Jesus, today I ask You to...*

YIELD *Lord, I surrender...*

MY PRAYER TODAY — PUTTING P.R.A.Y. TOGETHER

05 A GLIMPSE OF WHAT'S NEXT

There is more than one way to give our prayers structure. Next time, we'll explore A.C.T.S.—another simple way to gather our thoughts and bring them honestly before God.

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