

Pray Like a Pirate!

ARRR!

ARRR stands for:

Acknowledge

Relate

Receive

Respond

Acknowledge:

It is important that we prayerfully acknowledge what we're feeling in life. Often, we use our prayer time to offer petitions for other people, or to read Scripture, or do a particular devotion. While all of those things are good, they often hide what's *really* on our hearts. And so, it is important for us to begin prayer by acknowledging how we're feeling—how we're *really* feeling, not how we wished we felt.

Relate

Next, we need to relate those feeling to God. Rather than telling God what we think He wants to hear, we need to tell Him how we really feel, regardless of how irrational, unholy, or overemotional it might seem to us.

Receive

After we have related our feelings to God, we must take some quiet time to simply *receive* from Him. Prayer is a conversation and conversations are two-way. Since we have shared with God, it is now time to let Him share with us. We will receive whatever God wants to offer us. Maybe He is offering healing, or forgiveness, or love, or calling us to action or prayer. We need to be open to whatever He wants to give us.

Respond

Lastly, we must respond. Based on what we have received from God, how does He desire for us to respond? What will change in our lives based on what we shared with God and what He shared with us?