

## The ARTSA Model of Prayer

In Hebrew, the word “*Artsa*” means “Toward the Promised Land!”

### Aadore

- Praise G-d for His attributes (i.e. mercy, power, knowledge). Recount God’s deeds (i.e. salvation, deliverance).

### Rrequest

- Commence with internal personal requests (i.e. wisdom, repentance, forgiveness).
- Continue with external personal requests (i.e. deliverance through trials, salvations of loved ones, healings).
- Close with broader corporate requests for God’s ultimate purposes (i.e. the peace of Jerusalem, the Body of Messiah).

### Tthank

- Thanksgiving for all G-d has done, for His peace, and in an anticipatory manner, expecting His answers to your requests.

### Sstillness

- Be still before the L-rd. Reflect on a Scripture you’ve been reading. How is G-d directing you today? Are you sensing any leadings concerning the requests you’ve brought before the L-rd?

### Aask

- While still before the L-rd, ask G-d specific questions, i.e., “What is the next step in my vocation?” “How should I handle this situation?”

\*Note that the first three parts of this model are consistent with the prayer structure that Yeshua taught his disciples in Matt 6:9-13:

Adore: “Our Father in Heaven, hallowed be Your Name...”

Request: “Your kingdom come, your will be done...”

Thank: “For yours is the kingdom and the power and the glory...”