

# Praying Out Loud **4A's**

*These are the four A's to praying affirmatively in front of a group of people.*

**Red = Prayer Step**

**Blue = Prayer Out Loud Example**

## 1. Atmosphere

Set the stage for prayer any way you like.

**"I invite you to join hands and take a deep breath."**

## 2. Acknowledge

Acknowledge the presence of God.

**"As we breathe in we are reminded that God is in every breath we take and in every moment."**

## 3. Affirm

Affirm whatever it is that you are praying for.

**"We affirm that we have come here today in love to learn, share, and grow. We remember to be kind to one another and enjoy our time together."**

## 4. Appreciate

Appreciate the gifts that we know have already been given.

**"For this and all of our blessings we are so grateful and we say thank you God."**

End with **"Amen"** or **"And So It Is."**