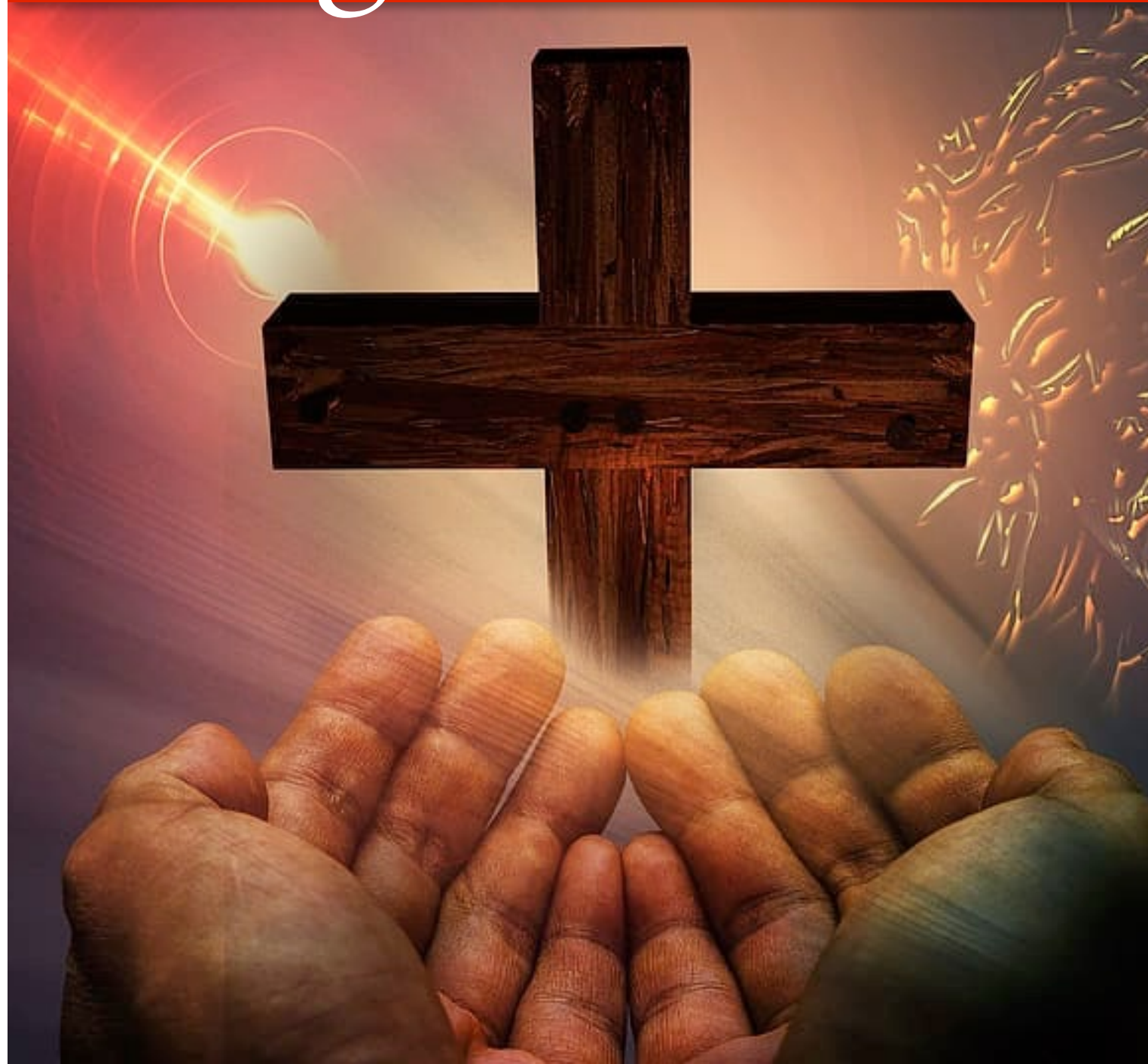


A New Christians Publication

How to Pray using TACOS



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Introduction

Matthew 21:21-22

And Jesus answered them, “Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, ‘Be taken up and thrown into the sea,’ it will happen. And whatever you ask in prayer, you will receive, if you have faith.”

Prayer. What is it?

Well, it can be a lot of things. And for new believers that have recently begun their walks with Christ, prayer may be something of an unknown.

How do I do it?

Why should I pray?

What are the types of prayers?

Well, fortunately, many churches have developed discipleship tools designed to assist you with answering these questions and helping you foster a closer relationship with God.

One such tool is the TACOS prayer system. TACOS is an acronym and is intended to help you remember a general sequence of

prayer that allows you to approach the throne of God with thanksgiving, with a clean heart, and with boldness.

Quite briefly, this approach to prayer encompasses the following:

T - Thanksgiving - Thanking God for what He’s given you and what He’s done for you.

A - Adoration - Adoring for God for who He is.

C - Confession - Confessing your sins and repenting so you can approach Him with your requests with a clean heart.

O - Others - Intercessory prayer for others. This is what many people think of when they think of prayer. It entails praying for other people based on their needs, and lifting up your requests on their behalf to the Lord.

S - Self - Finally, you lift up prayers for yourself. Do you need healing? Breakthrough? Wisdom? Guidance? Whatever you need, ask the Lord and He will hear you.


I hope this tool will help you understand a simple and easy to remember approach to prayer that you can share with others.

Derrick Rhayn

Paris, France - April 2020

Step 1:

Thanksgiving

A string of colorful paper flags hanging against a dark wooden background. The flags are in various colors (red, blue, yellow, green) and have the words 'THANK YOU' written on them in blue marker. Each letter is on a separate flag, and the flags are held up by small wooden clothespins.

This step entails **thanking** God for what He's given you and what He's done for you. This can be everything from giving you life, providing you with a house and food, for health and safety. Quite literally, there are thousands of things we can thank Him for.

Scriptures for Thanksgiving

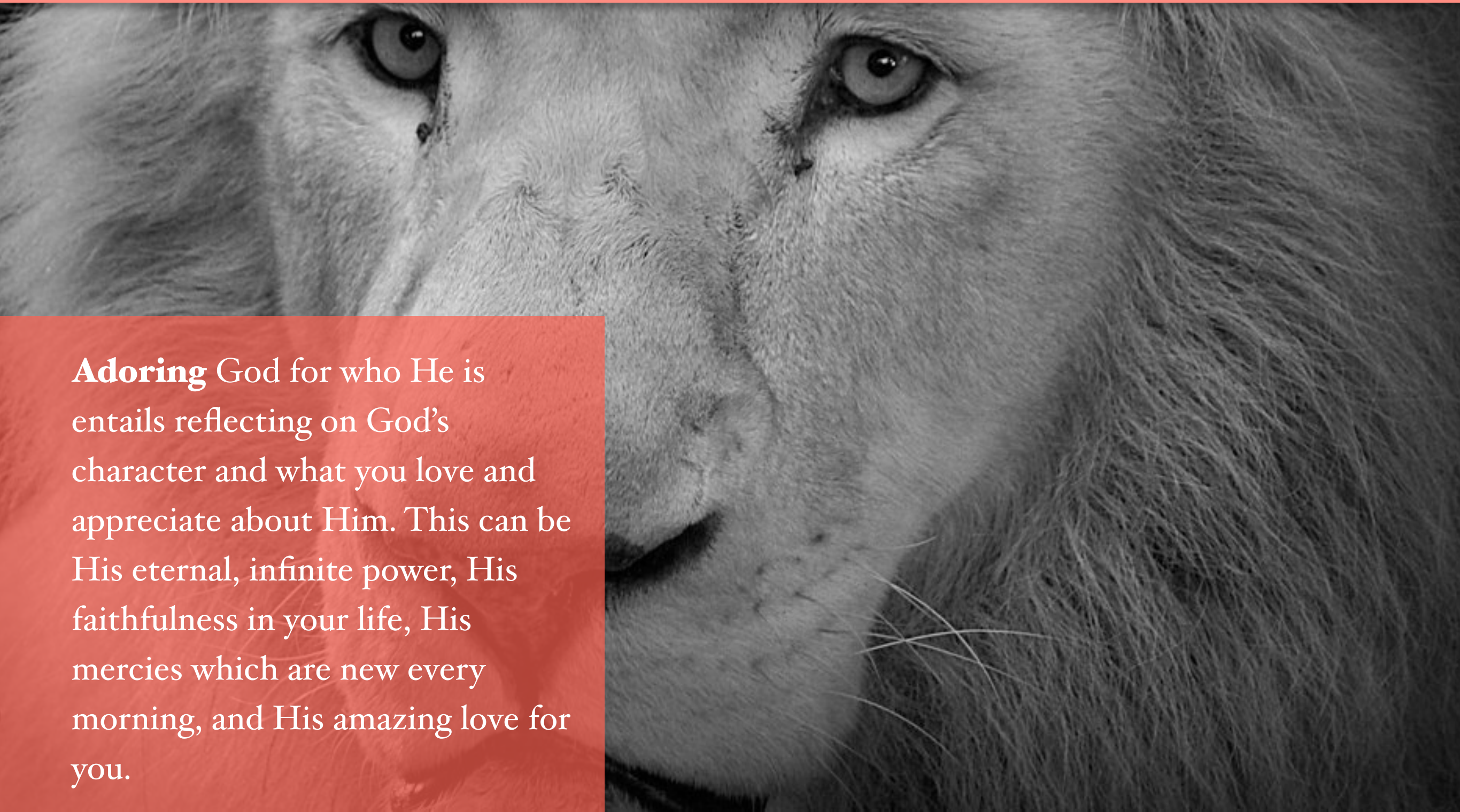
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Psalm 44:8	Psalm 107:1
Philippians 4:6-7	Ephesians 5:20
Psalm 106:1	Colossians 4:2
1 Chronicles 16:34	Psalm 69:30
1 Thessalonians 5:16-18	Colossians 3:17
Psalm 50:14	1 Corinthians 1:4
1 Timothy 4:4-5	Psalm 147:7
Hebrews 13:15	Daniel 6:10
Proverbs 18:20	Revelation 11:17
Psalm 107:8-9	Ephesians 5:4
Psalm 95:1-3	Psalm 75:1
Jonah 2:9	1 Timothy 4:4-5
2 Corinthians 9:11	1 Chronicles 23:30

Step2:

Adoration

Adoring God for who He is entails reflecting on God's character and what you love and appreciate about Him. This can be His eternal, infinite power, His faithfulness in your life, His mercies which are new every morning, and His amazing love for you.



Scriptures for Adoration

“For I know that the Lord is great, And our Lord is above all gods.” Psalm 135:5



Adoring God for Who He Is

Psalm 136:1	Job 42:2
Jeremiah 32:17	Genesis 1:25
Psalm 5:7	1 Corinthians 6:14
Ephesians 1:3-6	Zephaniah 3:17
Revelation 22:13	Psalm 62:11
2 Chronicles 16:9	John 3:16
Exodus 15:1-2	Isaiah 44:24
Psalm 99:5	Numbers 23:19
Jeremiah 23:6	2 Corinthians 9:8
Isaiah 6:3	1 Corinthians 4:20
Psalm 31:23	Romans 1:20
Lamentations 3:23	John 4:24
1 John 4:8	Mark 10:27

Step 3:

Confession

It's important to approach God with a clean heart, and to have a clean heart prior to asking Him for anything. In this step, you **confess** anything the Holy Spirit brings to mind, you repent, and you ask for and receive God's forgiveness.



Scriptures for Confession

“Therefore bear fruits worthy of repentance” Matthew 3:8



Approaching Him with a Clean Heart

Psalms 51:10

1 John 1:6-9

James 5:16

Romans 6:14

2 Peter 3:9

Isaiah 59:2

John 12:42

Luke 18:10-14

Hebrews 10:26

1 John 2:4

Acts 2:38

Psalms 32:5-6

Titus 3:5

Matthew 7:21-23

Proverbs 28:13

Acts 3:19

Luke 13:3

Acts 17:30

Matthew 26:41

2 Chronicles 7:14

Mark 1:15

Luke 15:7

Luke 5:32

Ezekiel 18:30-32

2 Corinthians 7:10

2 Timothy 2:25

Step 4:

Interceding for Others

Intercession is a vital part of anyone's prayer life. Sometimes referred to as "standing in the gap," intercession means praying to God on behalf of **others** for healing, guidance, and whatever else is going on in their lives. Praying for others is important and helps cultivate a heart of love for others.



Scriptures for Others

“Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men.”
1 Timothy 2:1



Interceding to God for Others

1 Thessalonians 1:2	Psalms 145:18-19
Ephesians 6:18	Luke 21:36
Romans 8:26-27	Acts 2:42
Hebrews 7:25	Matthew 5:44
Ezekiel 3:20-21	James 5:14
Exodus 34:8-9	Luke 22:31-32
1 Timothy 2:1-4	Psalms 122:6
Psalms 34:17	1 Samuel 12:23
Luke 18:1-8	Psalms 121:1-8
Luke 6:27-28	Psalms 55:22
Matthew 18:19-20	Psalms 91:1-16
Mark 1:35	Isaiah 59:16
Acts 1:14	Romans 8:34

Step 5:

Praying for Yourself



Finally, you pray for yourself. Prayer is the ultimate **self**-care, so ask God for what you need. He already knows your requests, and delights in you. Your health and wellbeing is important to God, and He eagerly awaits for you to ask Him for things that you need.

What the Word of God Says:

Scriptures for Self

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.” Philippians 4:6



Praying to God for Yourself

James 5:13	1 John 3:22
John 16:24	Proverbs 15:29
Romans 12:1-2	John 9:31
James 4:3	Romans 12:12
Proverbs 4:23	John 16:23-24
1 Corinthians 10:13	Psalms 141:2
John 15:6-7	James 1:5
Matthew 6:6-7	1 Chronicles 16:11
Luke 11:9	Hebrews 5:7
Jeremiah 33:3	Jude 1:20
Jeremiah 29:12	Psalms 18:6
1 John 5:14-15	Mark 11:25
Hebrews 4:16	1 Peter 5:7