SUPPLICATION means asking. A supplication prayer is one in which you ask God for something for yourself or for someone else. Here is an example of a prayer of supplication:

Lord, help me do well on tomorrow's test. I have studied and done all my homework, but I need your help to get me through the test and do my best. Amen.

ADORATION means loving, praising, showing awe, adoring. An adoration prayer is one where you tell God how great he and his works are. Here is an example of a prayer of adoration:

Son of God, I am so happy with the way you have made this day go for me. You calmed my nerves so I could get through the test. I looked up from my paper and saw the teacher smiling at me and I felt as if you, Jesus, were encouraging me to do well. You amaze me, God. Amen.

THANKSGIVING means thanking. A thanksgiving prayer is one where you thank God for something for yourself or for someone else. Here is an example of a prayer of thanksgiving:

Father, thank you for answering my prayer for help on that test. My mind was clear and I was able to remember all I studied. I know you were with me. Amen.

©ONFESSION means feeling sorry and doing something about it. A confession prayer is one where you apologize to God and ask his forgiveness. Here is an example of a prayer of confession:

Holy Spirit, I am sorry that I did not help my friend study for the test when he asked me for help. I wouldn't help him because I was afraid he might do better than I. I know that was selfish of me. I have apologized to my friend, and now I am apologizing to you. Jesus told us to treat other people the way we would like to be treated. I am sorry I forgot that when I said no to my friend's request for help. Amen.

Adapted from we Belive 2006

