

# **2 x 4 PRAYER METHOD**

**A simple way to pray five  
minutes a day**

**By**

**Bruce A. Kugler**

## **2 X 4 PRAYER METHOD**

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Kugler, Bruce A, 1961 -

ISBN: 979-8-9941809-2-1

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Publisher's Cataloging-in-Publication Data

Names: Kugler, Bruce A., author.

Title: 2 x 4 prayer method: a simple way to pray five minutes a day /  
Bruce A. Kugler.

Description: Includes index. | Cameron, MO:  
BKM Publishers, 2026.

Identifiers: LCCN: 2026912657 | ISBN: 979-8-9941809-2-1  
(paperback) | 979-8-9941809-4-5 (ebook)

Subjects: LCSH Prayer--Christianity. | BISAC RELIGION /  
Christian Living / Prayer

Classification: LCC BV210.3 .K 2026 | DDC 248.32--dc23

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## Preface

“Do you think most Christians pray 5 minutes a day?” This is the question Bruce Kugler posed to me. I had to stop and think about it. I know every Christian prays, but do we deliberately stop and spend even 5 minutes in focused, meaningful prayer every day? What do you think? I began asking committed Christians this question and many times their honest answer was “No.” Why don’t Christians pray? Are we too busy? Do we know how to pray? Do we lack spiritual discipline? Do we not believe in prayer? Why do many not pray?

I think there are two main reasons. First, we have an enemy who is engaged in a spiritual battle to keep us from praying. Consider the brilliance of his evil plan! Without effective and meaningful prayer, we will be walking in the flesh, fall to temptation, and be easily defeated. We will not walk in God’s power or have His victory in our lives. Second, we do not have a plan. To be successful in prayer, like most other areas of our lives, we must follow a simple and effective plan like Jesus taught His disciples.

In the 2 x 4 Prayer Method, Bruce has designed an effective plan that will take about 5 minutes to pray for two things in four categories. By following this plan, I have personally experienced a renewal in my prayer life, drawn closer to God daily, and experienced the thrill of seeing Him often answer specific prayers.

You too can experience the power that comes through prayer if you will follow this simple plan.

Otis Nixdorf, Teaching Pastor  
River of Life Baptist Church of Cameron, MO

## A Very Important Question

I want to ask you a personal question. But I want you to be honest with yourself. In the last seven days, how many days did you talk to God for at least five minutes? Do not count thanking God before meals, “Now I lay me down to sleep” prayers, or “Lord please give me a parking spot.” If you did not pray for at least five minutes each day for the last seven days, you are part of a large group.

Most Christians do not actually pray at least five minutes a day. Perhaps it is just new Christians who struggle with prayer? Not really. It is people who have been a believer for five, ten, or even twenty years. Pastors, deacons, and church leaders also struggle with prayer. A pastor may have graduated from a seminary and have a master’s or doctorate degree, know Greek, work on a sermon for hours a week, but still struggles to pray five minutes a day. What in the world is going on? Everyone knows you should pray but many simply do not. Prayer seems to be the most talked about doctrine in the church, but least practiced.

If you are in this large group of people who do not pray five minutes a day, you need to make some changes. You need to make an immediate course correction for the following reasons:

1. You will not overcome sin bondages in your life, without prayer.
2. You will not make the best decisions in your finances or business, without prayer.
3. You will never have the peace of God or contentment, without prayer.
4. You will make dumb decisions in relationships which will have long-term consequences, if you do not pray.

5. You will never be conformed to the image of Jesus Christ or be used on earth to the extent God desires to use you, without prayer.
6. The powers of darkness will chew you up and spit you out. They will steal, kill, and destroy parts of your life, if you do not pray.

## **History of the 2 x 4 Prayer Method**

In the 1995, my son Joshua was six years old. I began to feel the need to teach him how to pray. But I needed to make it simple enough that a six-year-old could do it, but a method where I could also pray with him. Yet, it had to be more than just saying a routine prayer when tucking him into bed at night.

I took basic truths from the Bible regarding prayer and put them in a simple format. I call it the 2 x 4 Prayer Method. We used this method when we prayed together. I then started using this method with my other kids. I also used this method with all of my kids and wife when we prayed together as a family. It was so effective that I began teaching it to adults.

When some believers see the need to start praying daily, they often try to hit a home run. For example some may attempt to pray thirty minutes a day, but that often lasts only for a week. They then regress to praying sporadically or completely stop. Frankly, I am not interested in you hitting a home run. I just want you to get on first base. Praying five minutes a day will get you on first base.

## Description of 2 x 4 Prayer Method

The 2 x 4 Prayer Method is an easy way to have a daily time of prayer. It is simple enough that a six-year-old can do it, but powerful enough to transform your life when used daily. It will take about five minutes.

As you begin your quiet time, you need to deal with your past unrepented sins. “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9). Thus, you need to start out:

“Dear God, I ask the Holy Spirit to convict me of any known sin in my life. I want to be pleasing to you.”

You should immediately repent after sinning. This prayer allows you to come before the Lord, once a day, and ask Him to reveal anything that you may have forgotten, or because of your busy schedule, you have ignored. This prayer helps you to be a clean “vessel for honor.” (2 Tim. 2:21).

In my opinion, the number one reason Christians do not get their prayers answered is because of unrepented sin. “If I regard wickedness in my heart, the Lord will not hear” (Ps. 66:18). It is as if you are trying to talk to God about that new job, a car, a relationship, or some other issue. And God perhaps is saying, “I do not want to discuss that issue, until we have first resolved your unrepented sin issue.” Of course, God is sovereign and can answer any prayer that He wants to. But this verse is a warning to believers with unrepented sin in their hearts.

Imagine a fast-moving raging river, but it is dammed up with tree trunks, construction debris, and metal drums. It is now only a trickle. Sin blocks the goodness of God from flowing into your life. Repentance pulls this junk out of the river so it can begin to flow again.

After taking about a minute to repent of your sins, you are then going to pray two prayers each, in four categories. Hence the name, the 2 x 4 Prayer Method.

### Category No. 1 - Temptation

The first category is temptation. “No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it” (1 Cor. 10:13). Ask God to strengthen you against two sins that you will probably be tempted to commit in the future.

Have you noticed that you keep tripping up on the same temptations over and over again? The solution is to be proactive. Each day you are going to pray to be strengthened against two temptations. How do you know which two temptations to pray against? Just look at how you stumbled within the last few days and pray against those temptations. This is important because resisting temptation is God’s Plan A. Repentance of sin is Plan B, if you yielded to the temptation.

Someone may ask, do I just pray against the same two temptations each day? Not necessarily. You first start with the temptations that you have identified as your major weaknesses. Then vary it. I guarantee there are more than two areas in your life where you are susceptible to temptation. By the way, when you begin to overcome those temptations, Satan will change his strategy. He is not stupid. Satan will pivot and begin to tempt you in areas that you never thought you were vulnerable to.

The closer you get to God the temptations you experience may actually increase. If you thought that as you grew spiritually you would get to the point where you are no longer tempted – Not a chance! You just get better at quickly rejecting the sinful thoughts. In the appendix,



I have provided three example prayers that will assist you in overcoming temptation.

While we are on the subject, let me answer a basic question. Why is overcoming temptation important anyway when we are under grace and we have been forgiven of our sins? There could be many correct answers to this question. One answer requires us to consider Jesus Christ's love language as described in the Gospel of John. The following statements made by Jesus Christ reveal an important truth. "If you love Me, you will keep My commandments" (John 14:15); "He who has My commandments and keeps them is the one who loves Me ..." (John 14:21).

How would you feel if your spouse or significant other told you they loved you regularly. However, in private and public they disrespected you. They are critical, insulting, constantly finding fault, selfish, and self-centered. You would probably come to the point where their words do not matter when they are not backed up by actions. You would eventually question whether they really loved you. This is because you need words and actions.

Jesus Christ's love language is obedience to the commandments. It is not enough to tell Jesus Christ that you love Him or sing worship songs. That can just be noise. It is important that you strive to obey Jesus Christ by showing Him by your actions that you really love him. Praying against two temptations will move you in the right direction toward obedience. Obedience to the commandments communicates to Jesus Christ that you love Him.

### *Category No. 2 - Praise*

The second category is praise. "Enter His gates with thanksgiving and His courts with praise. Give thanks to Him, bless His name" (Ps. 100:4). Praise God for two things in your life.

Praise God for who He is or what He has done. Praising daily results in an attitude adjustment. It helps you focus on the glass half full, not half empty. If you cannot think of anything to praise God about, review the list of suggested praises I have provided in the appendix.

### *Category No 3 – Petition (prayer for yourself)*

The third category is petition. “You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask” (Jam. 4:2). Ask God to provide two needs or wants in your life.

This category includes committing specific areas in your life to God. In the appendix, I have provided a list of areas that you need to regularly submit and surrender to the Holy Spirit. In essence, you will be asking God to actively work to heal, restore, or transform these areas in your life.

You should not assume that God will transform an area in your life or provide a need if you did not ask Him. Do not be presumptuous with God. For example, if you are going to buy a car and you have not asked God to give you wisdom or help, you should assume that you are on your own. But God wants to help you and give you wisdom. He wants to provide your needs.

You should not only ask God to provide your needs but also your wants. Praying for your wants is not always sinful. Just be careful to examine your motives. Many view God as a miser who will only provide a slice of stale moldy bread, just barely enough to sustain you. This is a lie.

The truth is that God is gracious and often provides even our wants. For example, if you have been thinking about buying a new car for years, bring that request before God. He might just say “Yes.” Alternatively, by talking with God, He may change your heart where you are no longer constantly daydreaming about buying that new car.

Lastly, be content if God answers “No” to your request or reveals that you are to patiently wait for Him to grant the request in a different season.

#### *Category No. 4 – Intercession (praying for others)*

The fourth category is intercession. “For this reason also, since the day we heard *of it*, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding” (Col. 1:9). Ask God to provide a need or want for two other people. You need to regularly pray for friends, family members, and others to accept God’s offer of a pardon, that is, to be saved. In the appendix, I have provided a list of items to bring before God when praying for a person’s salvation. I have also included an example prayer to accept God’s offer of a pardon.

You need to be sensitive about the problems and concerns of other people. Praying for others takes your eyes off yourself. You also need to pray for your children by name. If you are not praying for your kids or grandkids, it is likely no one else is praying for them, unless they have a godly Sunday school teacher.

#### *Summary of the 2 x 4 Prayer Method*

When using the 2 x 4 Prayer Method, begin with repentance of past sins. Then pray about two future temptations, two praises, two requests for yourself, and two other people. This should take about five minutes. If you start implementing this method, over time you will see a significant difference in your life. It is a starting point for developing a daily time of prayer with God.

## **Practical Suggestions**

Many believers experience that their mind wanders when they pray. Thus, it may be helpful to write out a list. Take a blank piece of paper and fold it in quarters. Place headings on the top of each section: Temptation, Praise, Petition, and Intercession. Then write out your prayer list. Two or three words for each entry is sufficient. It should take about a minute.

It is helpful to start a new list each day. This is what I typically do. This will give you time to examine your life and ask God to intervene in new or relevant areas associated with that particular day. There may be unique things that will come to your mind and different people to pray for each day.

Developing a prayer life requires discipline. It often takes thirty days to form a good habit and two days to break that habit. Be disciplined and make praying five minutes a day a priority and a habit. Do not wait for the movement of the Holy Spirit to prompt you or the flutter of angel wings to motivate you to pray. Praying five minutes a day requires grunt discipline. Do not wait to have subjective feelings to motivate you or you will never start.

## **Conclusion**

There are many excellent methods on prayer. If you have prayed for the last seven days, for at least five minutes each day, continue using your method. However, if you are in the large group of believers who do not pray each day, the 2 x 4 Prayer Method is a simple and practical method to have a daily prayer.

Prayer is a lifeline to God. It is one of the ways God imparts peace, power, and provision. By having a consistent daily time of prayer, you will develop a deeper relationship with God. Prayer not only impacts

loved ones, but also the world. Only eternity will reveal the great things that were accomplished and only could have been accomplished by prayer. The 2 x 4 Prayer Method is a simple way to begin your journey.

## ***APPENDIX***

## 2 x 4 Prayer Method (Quiet Time Form)

*“Dear God, as I begin my quiet time, I ask the Holy Spirit to convict me of any sin in my life. I want to be pleasing to you.”*

### **Temptation**

(1 Cor. 10:13)

Ask God to strengthen you against two sins that you may be tempted to commit.

1. \_\_\_\_\_

2. \_\_\_\_\_

Example: *“Dear God, I pray against the sin of bitterness. I know that when I am with \_\_\_\_\_ today, I will be tempted with bitterness because of things that happened in the past. Please give me strength so that I will not yield to this sin today.”*

### **Praise**

(Ps. 100:4)

Praise God for two things in your life.

1. \_\_\_\_\_

2. \_\_\_\_\_

Example: *“Dear God, I praise you for my family.”*

## Petition

(Jam. 4:2)

(A personal petition is requesting God to fill a need or want in your life)

Ask God for two needs or wants in your life.

1. \_\_\_\_\_

2. \_\_\_\_\_

Example: *“Dear God, I pray for a new job. I ask that you open up the doors so I can have the job to provide for my family and one that will honor you.”*

## Intercession

(Col. 1:9)

(Intercession is requesting God to fill a need or want for another person)

Ask God to meet a need or want for two other people.

1. \_\_\_\_\_

2. \_\_\_\_\_

Example: *“Dear God, I pray for my pastor. I pray that you would give him wisdom to lead our church.”*



# PRAYERS TO OVERCOME TEMPTATION

## ***Prayer to reject the lie that you have no power to resist temptation***

“Heavenly Father, I reject the lie that I have no power to resist temptation. I thank you that my sin nature was crucified with Christ on the cross and I no longer need to be controlled and dominated by sin. I praise you that I no longer need to be controlled by the sin of \_\_\_\_\_.” (Rom. 6:6).

## ***Prayer to be dead to sin***

“Heavenly Father, I reckon (claim) that I am ‘dead to the sin’ of \_\_\_\_\_. I pray that you would deaden my response to temptations that are presented to my mind. I pray that I would not give into temptation. As a dead person would not respond to a pin pricking his hand, so I pray that I would be as a dead man to the pin prick of temptation.” (Rom. 6:11).

## ***Prayer for strength in your will to resist temptation***

“Heavenly Father, I acknowledge that I cannot in my own strength overcome all sinful temptations. Yet, I know my will is involved in this process. I pray that you will give me supernatural strength in my will to resist and reject sinful temptations.” (Phil. 2:13 & Gen. 4:7).

## SUGGESTED PRAISES

1. Praise God that He is all powerful.
2. Praise God that He knows everything.
3. Praise God that no problem is too big or too small for Him to handle.
4. Praise God that He is in control of every circumstance in your life, even when you feel confused, fearful, or uncertain.
5. Praise God that He is in control when you are faced with a medical problem or financial problem.
6. Praise God that He is with you and will never leave you or abandon you.
7. Praise God that your name is written in the Book of Life.
8. Praise God that He has forgiven you of all your sins.
9. Praise God that one day He will bring you to heaven.
10. Tell God that you love Him with your whole heart.

*“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will Praise him again— my Savior and my God!” (Ps. 42:11) (NLT)*

*“Praise Him for His mighty deeds; Praise Him according to His excellent greatness” (Ps. 150:2).*

# AREAS TO SURRENDER TO THE HOLY SPIRIT

The believer should submit and surrender every area of his life to the Holy Spirit including the following areas:

|                       |                                |
|-----------------------|--------------------------------|
| Past hurts            | Tongue                         |
| Future dreams & goals | Emotions                       |
| Family                | Self-Esteem                    |
| Thought life          | Pride                          |
| Time                  | Sexuality                      |
| Church involvement    | Health                         |
| Finances              | Eating habits                  |
| Offerings             | Job and/or school              |
| Material possessions  | Talents and gifts              |
| Relationships         | Evangelistic opportunities     |
| Will                  | Attitude toward spouse/parents |
| Fears                 | Relaxation & entertainment     |

*"You shall seek Me and find Me when you search for Me with  
all your heart" (Jer. 29:13);*

*"Submit therefore to God, resist the devil and he will flee  
from you" (Jam. 4:7).*

## **PRAYING FOR THE SALVATION OF OTHERS**

- 1. Pray that the person would hear and understand the Gospel.**

"How will they believe in Him whom they have not heard?"  
(Rom. 10:14).

- 2. Pray that the person would be convicted of sin, righteousness, and judgment.**

"And He [the Holy Spirit], when He comes, will convict the world concerning sin and righteousness and judgment" (Jn. 16:8).

- 3. Pray that the person would believe the Gospel.**

"That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved" (Rom. 10:9).

- 4. Pray that the Holy Spirit would draw the person to Jesus Christ.**

"No one can come to Me unless the Father who sent Me draws him; and I will raise him up on the last day" (John 6:44).

**5. Pray that God would prevent Satan from blinding the person's mind from the Gospel.**

"And even if our gospel is veiled, it is veiled to those who are perishing, in whose case the god of this world has blinded the minds of the unbelieving so that they might not see the light of the gospel of the glory of Christ, who is the image of God" (2 Cor. 4:3-4).

**6. Pray that God would stop the evil one from stealing the Word of God.**

"When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what has been sown in his heart" (Matt. 13:19).

**7. Pray that God would send the holy angels to battle for the person.**

"Are they not all ministering spirits, sent out to render service for the sake of those who will inherit salvation?" (Heb. 1:14).

**8. Pray that God would show the person the brevity of life.**

"Yet you do not know what your life will be like tomorrow. You are *just* a vapor that appears for a little while and then vanishes away" (Jam. 4:14).

## **EXAMPLE PRAYER TO ACCEPT GOD'S OFFER OF A PARDON**

“God, I admit that I have sinned. I believe the penalty of my sin is eternal punishment. I believe that Your Son Jesus Christ died on a cross, shed His blood to pay the penalty for my sin, and arose from the dead. I commit my life to Jesus Christ. I submit to Jesus Christ as the boss and authority of my life. I repent of my sin. I confess Jesus Christ as my Lord. I accept Your offer of a pardon. Thank you. Amen.”

## About the Author

Bruce Kugler assists churches with spiritual growth, revival and evangelism. He is widely known for his message, “God’s Courtroom,” which presents the Gospel from a legal perspective. His presentation was the basis of an evangelistic film that has been broadcast in the United States on major Christian networks.

Bruce has presented the Gospel and assisted numerous churches both in the United States and internationally in Nicaragua, India, Argentina, Taiwan, Palestine, and the People’s Republic of China. Bruce’s heart is to present the Gospel to local churches, conferences, and events both in the United States and around the world. He is a member of the Fellowship of Missouri Baptist Evangelists and Conference of Southern Baptist Evangelists.

Bruce and his wife Marjorie have been married for more than 35 years, they have four children. Bruce was formerly a Trial Lawyer with the United States Department of Justice and an Attorney with the Illinois State Police. He has written several books including, *“Warfare in the Spiritual Realm – Recognizing and Resisting the Work of the Enemy in Your Life”*; *“Sinventory – A Sin Guide for the Believer”* and *“Next Steps – After You Accept God’s Offer of a Pardon.”*

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