

# A.C.T.S. PRAYER MODEL

## A – ADORATION

*Psalm 96:1-4*

Begin your prayer with just telling God how awesome He is. Use this time to fix your mind on God and who He is. Remembering who God is will encourage us, direct our prayers, and give us hope. Sometimes our problems and world can seem like the biggest thing and it's easy to get discouraged, but when compared to our awesome God, they are nothing. He's got this! He is so awesome and worthy of praise. Adoration is a time to focus on God's character. If you are unsure on what to say, think of His attributes: His unfailing love, His mercy, His grace, His beauty, etc.

## C – CONFESSION

*Psalm 66:18, 1 John 1:8-10, Proverbs 28:13*

Use this time to confess any sin that you have in your life. Go through your day or past couple of days. Ask for Him to show you your sins. Ask forgiveness for sins that you may be unaware of. This helps correct our hearts and take away things that we might feel are between us and God. Sin can be something that makes us want to stay away from God, but he promises forgiveness of sins when we ask him and strength to walk how he wants us to walk.

## T - THANKSGIVING

*1 Thes 5:16-18, 1 Chronicles 16:34*

Use this time to thank Him for whatever is going on in your life. Thank Him for answered prayers, for daily provisions, or for whatever is going on in your life. If you can't think of anything, His sacrifice will always be reason for thankfulness. Thankfulness helps calm our anxious hearts and remember the power of God, what he has done in the past and what he is doing in the now!

## S – SUPPLICATION

*Philippians 4:6-7, 1 Timothy 2:1-4*

Supplication is a fancy word for requests or the things you ask God. Ask God for provision and for the things on your heart. These requests can be for yourself or for others. Pray for daily needs, for others' needs, for the salvation of friends/family, for world situations, etc.