

A.C.T.S. Prayer Model

Adoration: to worship and praise God. To exalt Him in your heart, mind and with your lips. Reading aloud Psalms of praise and other similar portions of Scripture can greatly enrich your prayer time.

Psalm 48:1

➔ *“Great is the Lord, and greatly to be praised.”*

Confession: the way to be restored to fellowship with Christ. If you begin your prayer time with worshipful adoration of God, any sin in your life will be revealed by the Holy Spirit.

1 John 1:9

➔ *“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”*

Thanksgiving: If you recognize that God controls all things, you can thank God not only for the blessings of each day, but for the problems and adversities He strengthens you with. Giving thanks demonstrates that you really do trust God.

1 Thessalonians 5:18

➔ *“In everything give thanks, for this is God’s will for you in Christ Jesus.”*

Supplication: This includes intercession for others and petition for your own needs. We should pray for each other and for those who have not yet come to know Christ as Savior and Lord.

Philippians 4:6,7

➔ *“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.”*