

# A . C . T . S

## ADORATION • CONFESSION • THANKSGIVING • SUPPLICATION

This method of prayer serves as an outline and guide for your personal prayer time with the Lord. ACTS will help you organize your thoughts and requests while prioritizing the different parts of prayer.

### A - Adoration

Start your time of prayer focused on God. Adore Him for who He is; His attributes, character, and works. Worship and praise God with your whole heart and mind. Many of the Psalms contain praise and adoration.

Through adoration, we acknowledge His greatness and grandeur. Focus your heart and mind upon the full majesty and glory of God.

*Psalm 8:1 O Lord, our Lord, how majestic is your name in all the earth!  
You have set your glory above the heavens.*

*1 Chronicles 29:11-13 Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O Lord, and you are exalted as head above all.12 Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all.13 And now we thank you, our God, and praise your glorious name.*

*Psalm 63:3-4 Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name, I will lift up my hands.*

### C - Confession

Confession is admitting and agreeing with God that we disobeyed Him in our thoughts, speech, actions, or motivations of the heart.

Once you confess your sin, remember that God forgives you (1 John 1:9). Sometimes, we struggle with repeated sin, so ask God to help you overcome those sins. Constantly seek His help and be strong in the Lord and in the strength of His might by putting on the whole armor of God (Ephesians 6: 10-18).

*Psalm 51:1, 10-12 "Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit."*

*1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

*Proverbs 28:13 "Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."*

## T - Thanksgiving

Giving thanks to God for everything. Purposefully remember and record God's sovereign care and provisions for your life and the lives of others. Scripture tells us to give thanks in all circumstances (1 Thessalonians 5:16-18). Giving thanks amidst trying circumstances can be difficult, but we must nurture the habit of gratitude.

While we don't always welcome difficult circumstances, giving thanks to God expresses trust in His plan for you.

*1 Thessalonians 5:18 "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

*Psalm 17:7 "I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High."*

*Philippians 4:6-7 "Do not be anxious about anything, 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 understanding, will guard your hearts and your minds in Christ Jesus."*

## S - Supplication

Supplication is humbly yet boldly seeking God and laying your requests before Him. Your requests should include prayers for yourself and the lost, your church, missions, workplaces, family, and our nation. This type of prayer is also known as intercession. Consider spreading your requests out over the course of a week.

Here is a verse from Matthew 7:7-11 that will encourage you to come to your loving Father God and present your requests:

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!"*

Praying scripture is a powerful way to lift up others to God. Try inserting their name into a verse. When you do this, you are praying God's Words and will to Him.

*I pray that \_\_\_\_\_ will enjoy good health and that all will go well with him/her. 3 John 2.*

*Thank you, God, You have redeemed \_\_\_\_\_ and called him/her by name. She/he is yours. When she/he passes through the waters (trials, temptations), be with him/her. When she/he passes through the rivers, do not let them sweep over him/her. When she/he walks through the fire, do not let him/her be burned. Isaiah 43:1-2.*

*I pray that \_\_\_\_\_'s identity will be firmly rooted and established in Christ's love and that \_\_\_\_\_ may have power, together with all the saints, to grasp how wide and deep is the love of Christ, and to know this love that surpasses knowledge, that she/he may be filled to the measure of all the fullness of God. Ephesians 3:17-19.*

*Let \_\_\_\_\_ be filled with the joy given by the Holy Spirit. Let \_\_\_\_\_ be joyful always, pray continually, and give thanks in all circumstances, for this is your will for him in Christ Jesus. 1 Thessalonians 1:6-8.*