

## Praying with A.C.T.S.

**Adoration** – We adore God and worship Him as we seek to fulfill the commandment to love him with all of our heart, mind, and soul. Praise God for who he is, for his character and his attributes. Read a Psalm or other Scripture back to God as praise.

**Confession** – Confession allows you to clear away anything that hinders your relationship with God. Ask Jesus to show you any areas of your life which displease him. Confess anything he shows you. Allow God’s spirit to clean you of any unconfessed sin. Consciously accept the Lord’s forgiveness.

**Thanksgiving** – Thankfulness is a constant command in Scripture. The Bible tells us to give thanks IN EVERYTHING. Find something to say “Thank you!” for in all areas in your life – the hard as well as the easy, the painful as well as the joyful.

**Supplication** – Finally we ask God for our needs and the needs of others. We call this “supplication” or “intercession.” Nothing is too big or too small for Christ Jesus to handle, so ask him anything and everything. Scripture says he knows what we need before we ask, SO ASK!

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