

A.C.T.S. Prayer Tool



This acrostic is a simple tool to help bring order to your prayers around four different acts or postures of prayer. In Psalm 46:10 God invites us to be still and know that he is God. This prayer tool can give focus and serve as a guide to center your life around the goodness and truth that is in Jesus Christ. Try practicing with this tool either by praying briefly through all four acts or by focusing on one per day. Through practice, we can mature in our ability to pray, worship God, and align our lives with his will.

Adoration

Start by worshipping God, not for what he gives to you, but for who he is.
Psalm 100; Psalm 103:1-5; Psalm 117

Confession

Acknowledge that we are broken, needy people. A step toward getting our hearts open to God is to be honest about our shortcomings, including our intentional sins against God and others.
1 John 1:9; Matthew 6:9-13; Luke 18:13-14

Thanksgiving

Thank God for his faithfulness, his mercy, and forgiveness, and for what he has done in your life.
Philippians 4:6-7; 1 Thessalonians 5:16-19

Supplication

God is open to our bringing specific requests before him. Our prayer requests are best filtered first by adoration, confession, and thanksgiving.
Daniel 9:18; Matthew 7:7-12; Hebrews 10:19-25