



Pray Like Jesus Taught with the ACTS Prayer Method

The ACTS prayer model uses the acronym A.C.T.S. to help you remember four key topics for your own prayers. It closely models the topics outlined in the Lord's Prayer. This model provides that outline to help you find the words to pray and reminds you to cover these four key topics.

A is for Adoration

"Our Father, who art in heaven, hallowed be thy name."

Start your prayers with praise. Praise God for who he is. Worship him and acknowledge his greatness. This step is important not only to shower God with praise but to align your heart with his. Praise keeps your eyes fixed on God. Starting with a heart full of worship reminds you just who you're praying to and what great power he has to answer your prayers.

C is for Confession

"forgive us our debts, as we also have forgiven our debtors"

Tell God you're sorry for where you've fallen short, where your actions haven't lived up to God's expectations, where haven't done something you should have. Then, ask God's forgiveness and help to do better next time.

T is for Thanksgiving

"For thine is the kingdom and the power and the glory forever"

Tell God "thank you" for his work in your life. Give thanks for all the blessings of this life.

Make sure to keep your eyes open for all the blessings God has given you. If you aren't seeing them, start small – thank God for the sunrise, for a pretty flower you see, for the food on your table. As you begin to look for blessings, you'll be amazed at just how many you'll find.

S is for Supplication

"Give us this day our daily bread... Lead us not into temptation, but deliver us from evil"

“Your kingdom come, Your will be done, on earth as it is in heaven”

Ask God for your specific requests for yourself and other. Share what’s on your heart and where you need God’s help, guidance, and healing. Pray about the needs others have shared with you and come along beside them in prayer. This is the time to lay it all with God and fully open your heart.

As you pray, though, prepare your heart to accept God’s response to these prayers. Know he may not answer in the way you expect or wish, but he will answer in his way, in his timing, and to his glory. Submit your heart to God – “not my will, God, but yours be done.”