

A.C.T.S Prayer

A = Adoration *Isaiah 25:1, Psalm 99:1-5, 100:1-5, Hebrews 13:15, Matthew 6:9*

Prayers of Adoration are prayers of praise for who God is, what He has done, is doing and will do.

You could pray prayers of adoration by:

- 1) **Praying words of the Bible back to God.** For example read 1 Chronicles 29:10-13. Now read the first verse and then pray it back to God saying something like:
"I praise You Father God for You are from everlasting to everlasting..... You never change.... You are faithful." Then move on to the next verse and pray it back to God and so on.
- 2) **Making a list of some of God's attributes** then using each attribute to spring board you into praise. Examples include: Goodness, Faithfulness, Kindness, Love, Power, Holiness, Merciful, Graciousness, Patience, Everlasting, Justice.....

C = Confession *1John 1:9, Psalm 66:18, 139:23-24, Matthew 6:12*

Prayers of Confession are prayers admitting before God our sins; asking for His forgiveness and His cleansing. In preparation for a time of Confession it can be helpful to pray the words of Psalm 139 verses 23-24, asking the Holy Spirit to bring to light the sins that you need to confess.

You could pray prayers of confession by:

- 1) **Using a biblical prayer to confess your sins.** Examples include Nehemiah 1:5-11 & Psalm 51
- 2) **Using a prayer like the following:** Heavenly Father, I confess to You that I have sinned by.....(be specific in naming the sin). I now repent of that sin and declare to You that I no longer want it in my life. Please forgive me and cleanse me with the blood of Jesus. Thank you Father, Amen.

T = Thanksgiving *1Thessalonians 5:16-18, Psalm 136, Colossians 4:2*

Prayers of Thanksgiving are prayers of thanks for all God has done for us in our lives and in the lives of others.

You could pray prayers of thanksgiving by:

- 1) **Singing a song of thanksgiving.** There are many songs that can express our thankfulness to God, for example: *"Give thanks to the Lord our God and King"* (Chris Tomlin), *"Give thanks with a grateful heart"* (Henry Smith), *"Thank you Jesus,"* *"Praise my soul the King of heaven"*
- 2) **Bringing to mind each day five things to give thanks for.** Each day find a different five things to give thanks for.
- 3) **Pray through one of the Psalms of thanksgiving** for example Psalm 136.

S = Supplication *Philippians 4:6-7, Matthew 6:10-11, 33, Ezekiel 22:30, John 15:7*

You could pray prayers of supplication by:

- 1) **Bringing before God your own needs.** In Matthew 7:11, Jesus says, *"If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him!"* Examples of needs include: daily provision, health needs, wisdom, resisting temptation, re-filling of the Holy Spirit and so on. As you pray you might like to imagine that you are handing over your needs into God's hands.
- 2) **Bringing before God other people's needs.** Ezekiel talks about *"standing in the gap"* on behalf of others. (Ezekiel 22:30). Make a list of five people you can pray for; people who need you to "stand in the gap" for them. These people may be members of your family, friends, members of your church, leaders in society. Next to their names, write down what their needs are. Examples of needs include: coming to know the Lord, health, fruitful work, life giving relationships, wisdom, strength and so on. Now pray for them.