

A.C.T.S. Prayer Model

Adoration: to worship and Praise God. To exalt him in your heart, mind and with your lips. Reading aloud Psalms of praise and similar portions of Scripture can enrich your prayer time. *Psalms 104:1-2*

Confession: the path to being restored to fellowship with Christ when sin has moved us away. The Greek word for “confess” literally means “to speak the same,” It means to agree with God about our sin. *1 John 1:9*

Thanksgiving: When we recognize that God is in control of all things, we can thank God not only for the blessings of each day, but the challenges he uses to strengthen us. Giving thanks for all things demonstrates that we really do trust God. *Philippians 4:6-8*

Supplication: This includes prayer for others as well as requests for our own needs. We should pray for each other, and for those who have not yet experienced God’s Amazing Grace. *1 John 5:15*

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