ACTS Prayer Plan

**How to pray**

What is prayer? Do you ever struggle to feel that it is more than a laundry list of requests you bring to God? How often do you pray through your list, then sit in awkward silence and wonder what more to say to God? This resource provides a simple structure that can help you gain a more holistic understanding of prayer and how to better form your prayer life.

To begin, try to spend 3 minutes praying according to the pattern modeled by each of the following four sections. Pay attention to which areas are more difficult and which are easier. Over time, it should get easier to spend more time in each section as you develop these habits of prayer.

A - Adoration

C - Confession

T - Thanksgiving

S - Supplication

# **A** Adoration

Have you ever “adored” someone or something? Maybe a person, or a pet, or your favorite video game? To “adore” is to worship and love with great devotion. When we pray, we take time to adore God because of his amazing character and attributes.

* Tell God who he is; praise him for his attributes.
* Pray scriptures out loud which speak of God’s awesome character.
* Some scriptures to read:

Revelation 4:8

Revelation 4:11

Psalm 117

Psalm 99:5

# **C** Confession

Confession is like taking out the garbage. It is a time to be honest before God

about the sin that has accumulated in your life, and to ask for his help to overcome that sin. Sin hinders our relationship with God, but when we confess our sins and repent, God gives us grace to change from our habits of sin to habits of righteousness.

* Ask God to show you areas of sin in your life that you need to confess.
* Confess specific sins; don’t just lump your faults together.
* Receive God’s grace and strength to overcome.
* Some scriptures to read:

Psalm 103

Psalm 139:23-24

Hebrews 4:15-16

1 John 1:9

# **T** Thanksgiving

Thanksgiving is our expression of gratitude for all God has done for us. It put into perspective God’s goodness and how blessed we truly are!

* Thank God for answered prayers in the following areas:
  + Answered prayers
  + Spiritual blessings
  + Relational blessings
  + Material blessings
* Some scriptures to read:

Psalm 118

Psalm 136

Psalm 103:2

1 Thessalonians 5:18

# **S** Supplication

Supplication means asking God for help. It is an expression of our dependence on God’s grace, strength, and divine intervention in our lives. Ask God to move on behalf of your family, the lost, authorities, and your own spiritual life.

* Some scriptures to read:

Philippians 4:6-7

James 4:2