

A.C.T.S. PRAYER MODEL

The ACTS prayer model is a simple approach to prayer that focuses on God's glory. This is more than a prayer checklist. It presents an opportunity for renewed gospel-focus and true heart-change.

ADORATION

n. the act of paying honor, as to a divine being; worship

We praise what we love. Over the decades many have written, "we become what we love." To love God is to praise God. As we praise Him, we experience Him more deeply, we love Him more and become more like Him. That brings Him glory! Adoration of God motivates all other aspects of prayer. When we see God's holiness, we see our sin, which leads to confession.

DEUT. 10:20-21

1 CHRON 16:23-25

PSALM 9:1-2

PSALM 66:1-4

DEUT 32:4

NEHEMIAH 9:5-6

PSALM 57:9-11

PSALM 71:14-24

2 SAMUEL 7:22

PSALM 7:17

PSALM 63:1-7

PSALM 146:1-6

CONFESSION

n. A formal acknowledgement or admission of guilt

Confession admits that sin is first and foremost against a holy God. With godly sorrow, the Holy Spirit moves us into repentance. Repentance is the way to spiritual maturity and transformation. True transformation comes from God alone. It's rooted in the gospel, God's just payment for our sin. Understanding the depth of the gospel leads us to thanksgiving.

2 SAMUEL 24:10

PSALM 38:17-18

PSALM 130:1-4

JONAH 2:1-10

PSALM 25:6

PSALM 51:1-10

ISAIAH 1:18-20

1 JOHN 1:8-10

PSALM 32:3-5

PSALM 103:8-14

ISAIAH 59:12-13

THANKSGIVING

n. A celebration of divine favor or kindness

When we realize all we have is a gift from God, thanksgiving pours from our lips. Even in suffering, the early Church was marked by a spirit of thanksgiving that was fueled by eternal hope in the gospel. When we approach God with a thankful heart, we're prepared to offer God-centered requests.

2 SAMUEL 22:48-50

PSALM 23:6

PSALM 69:30

COLOSSIANS 4:2

1 CHRON 16:8-12

PSALM 50:14

PSALM 95:1,2

ROMANS 1:21

1 CHRON 16:23-26

PSALM 50:23

PSALM 118:28-29

HEBREWS 13:15

SUPPLICATION

n. An act or instance of humble prayer, entreaty or petition

Rather than seek our own will and self-interest, the practice of adoration, confession and thanksgiving prepare us to seek God's glory before our own. We root our requests in the knowledge of God and His ways. Offering our supplication to God draws us closer to Him as we intimately reveal the desires of our hearts. Offering supplication on another's behalf binds us closer to our brothers and sisters in Christ and promotes unity within the Church.

1 CHRON 4:10

PSALM 62:7-8

PSALM 142

ROMANS 15:30

2 CHRON 20:9

PSALM 116:1-7

PSALM 143:7-12

EPHESIANS 3:14-21

PSALM 18:16-19

PSALM 119:169-170

MATTHEW 6:9-13

PHILIPPIANS 4:6-7