

## **ACTS Prayer Model**

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 an outline to help you find the words to pray and also reminds us of specific postures that open us to connecting with Jesus.

### **Adoration**

Begin by reflecting on who God is. During this time, focus directly on God with admiration, awe, worship, and praise, adoring Him for Who He is-- His names, His character, His roles, etc. Worship and praise God with your heart, mind, and voice. Praise keeps your eyes fixed on God. Starting with a heart full of worship reminds you just who you're praying to

### **Confession**

Is the admission or acknowledgment of your sin. Talk to God about the areas where you've fallen short, where your actions haven't lived up to God's expectations and you've missed the mark. Be honest with God. Ask God for forgiveness and his help to continue to live into his best for your life by his power at work in you.

### **Thanksgiving**

Tell God "Thank you" for his work in your life. Give God thanks for all he has done. Be specific on where you see God working and doing both big and small. Thank him for breath, salvation, the numerous blessings in your life, protection, provision, open doors, opportunities, and the unique gifts he's given to you.

### **Supplication (Ask)**

Prayers of requests. Ask God for your specific requests for yourself and others. Share what's on your heart and where you need God's help, guidance, and healing etc. Ask humbly &/or earnestly as you open your heart to God, inviting him to do what only he can do.

As you pray, prepare your heart to accept God's response to these prayers. Prayer is communication with God. Communication requires both words and active listening.