PRAYING THE A.C.T.S. MODEL

The acronym A.C.T.S. has been used by Christians for well over a century to prompt prayer in 4 areas:

A — ADORATION (Praise God for who he is.)

- God, you are my God; earnestly I seek you; my soul thirsts for you. (Psalm 63:1)
- To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen. (1 Timothy 1:17)
- For you are great and do wondrous things; you alone are God. (Psalm 86:10)

C — CONFESSION (Acknowledge the sin in your life and ask for forgiveness.)

- Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. (Proverbs 28:13)
- For all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus. (Romans 3:23-24)
- If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

T — THANKSGIVING (Thank God for what he has done.)

- Oh give thanks to the Lord, for he is good; for his steadfast love endures forever! (1 Chronicles 16:34)
- Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise. (Psalm 95:2)
- Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! (Psalm 105:1)

S — SUPPLICATION (Make your requests known to God. Ask for yourself and for others.)

- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)
- [Pray] at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints. (Ephesians 6:18)
- First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. (1 Timothy 2:1-2)

Prayer is a conversation with God. When we pray, we speak and we listen as well. When you are ready to pray, then, find a setting and a moment that is free of distraction so that you can truly focus your attention on God. The A.C.T.S. model provides an easy to remember approach to prayer time. We encourage you to use this model, but don't feel confined to it. What's most important is that you take time to connect with God in a meaningful way. We pray that this approach helps you to do just that.

Note: All verses used above are from the English Standard Version (ESV).