

How to Pray - A.C.T.S. Model

Right up there with Bible reading, we honestly don't pray enough. Studies have shown the medical benefits of prayer and most of us definitely know the spiritual benefits. One of the reasons we don't pray is because sometimes we just aren't sure how to pray.

Scripture: Isaiah 40:28-31 *ESV*

Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
29 He gives power to the faint,
and to him who has no might he increases strength.
30 Even youths shall faint and be weary,
and young men shall fall exhausted;
31 but they who wait for the Lord shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

One of the great ways we "wait" on God and renew our strength is by praying. Here is a model that can give your personal prayer life structure and a boost:

A.C.T.S. PRAYER MODEL

- **ADORATION** - worshipping God for who He is. Begin by praising God for His character and telling Him how much He means to you. You might use a Psalm(s) for inspiration or to pray out loud. *Psalms 8:1 - "LORD, our Lord, how majestic is your name in all the earth!"*
- **CONFESSION** - confessing our sins to God with a repentant heart. Ask Him to remind you of any sins you may not be aware of so that you may repent and confess. *1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."*
- **THANKSGIVING** - thanking God for all He has done for you and others. Thank Him now for hearing your prayers and answering. *Psalm 9:1 - "I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds."*
- **SUPPLICATION** - asking God for your needs and for the needs of others. Be specific. If you feel the Lord leading you to pray for someone but you don't know their need ask Him to show you how to pray for them. *James 5:16 - Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.*

CLOSING - LISTEN - take some time to sit quietly for the Lord to speak to you after you've finished praying.

PRAYER JOURNAL - consider keeping a list of requests for which you are praying. Record any answers you see to those prayers over time. It will encourage you to pray even more.

PRACTICE: Use the form below to prep for prayer time.

A.C.T.S. PRAYER MODEL

- **ADORATION** - What are some of the great things about who God is:

- **CONFESSION** - What are any sins or wrong attitudes or thoughts you need to ask for forgiveness from:

- **THANKSGIVING** - What are some of the great things God has done for you? What are some prayers He has answered?

- **SUPPLICATION** - What are your prayer requests? What are things you need to pray about for others?

Now take the time to spend some time in prayer together or on your own.

CLOSING - LISTEN - take some time to sit quietly for the Lord to speak to you after you've finished praying. What do you think that Lord is saying to you?
