



ACTS Prayer Plan

How often do we sit down to pray, and this happens: we think of our family; we pray for our family; we think of all we have to do that day; we pray God would bless all we do; we sit some more, and then we say Amen. Our prayer life should be more than a laundry list of prayer requests. This resource gives us more structure and more holistic themes for prayer. To start, try spending 3 minutes in each of the four sections. Notice which sections were easiest and most difficult for you. With practice, each area will become easier and more natural.

Adoration

The purpose of adoration is to enter into holy space with God. This time sets the tone for our entire prayer, reminds us of God's identity and character, purifies our hearts as we pray, and declares to God that He is *worthy* of our praise. In this time, you can thank God for specific attributes, like His mercy and compassion, His character, and His personality. Did you see God's goodness yesterday? Praise Him for His goodness! For examples of adoration, read Psalms 19, 84, and 103.

Confession

In confession, we name our faults before God and confess our sin, asking Him for forgiveness based in His righteousness alone. As you pray, try to confess as specifically as possible. After confession, pray for God's grace and the Spirit's power to walk in freedom from these sins, knowing that they are atoned for by Jesus' death and resurrection. Psalms of confession include Psalm 31, 50, and 130.

Thanksgiving

In thanksgiving, we express our gratitude to God for the ways He answers prayers, and for His spiritual, relational, and material blessings in our lives. Use this time to thank God for what He's done and for sending His Son because He loves us! Psalms 34, 95, and 100 are all psalms of thanksgiving.

Supplication

Lastly, in supplication, we are asking God for His help in our lives. This could include praying over relationships in your life, family situations, decision-making, personal growth, or tangible needs. Pray that the Lord would provide these needs, knowing that His character is blameless, and that He is the God who provides for His people. For examples, turn to Psalms 25, 86, and 143.

