

The **A.C.T.S.** Method of Prayer

Adoration (take a look up): Praise God for who He is.–

Revelation 4:11

You are worthy, O Lord, to receive glory and honor and power; for You created all things, and by Your will they exist and were created.

Confession (take a look in): Admit your sins and acknowledge the Lord's grace and mercy in your life. –

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Thanksgiving (take a look back): Thank God for all the wonderful things He has already done.–

1 Thessalonians 5:16–18

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Supplication (take a look around): Pray for your need and the needs of others-keep a prayer journal.–

Philippians 4:6

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.