

A.C.T.S.

A.C.T.S. is a simple framework that takes you through Adoration, Confession, Thanksgiving and Supplication. Dedicate a period of time to each aspect and get creative with how you do each one.

Adoration

Praising, worshiping, singing, reading Psalms, recognizing God for who he is. Play a worship song. Write down who God is. Behold His holiness and majesty.

Confession

Asking the Lord to search us and reveal our rebellion, disobedience, and sin. Admitting, agreeing, surrendering and allowing God to speak forgiveness and healing.

Thanksgiving

Listing out loud or on paper our gratitude and thanks for everything the Lord has done and given. Be specific and be grateful.

Supplication

Asking, seeking, and knocking for any requests on our hearts, for us or on behalf of others. God asks us to ask, so ask away.