

ACTS – pray the acronym

Sometimes when we sit down to pray, we just aren't sure how to pray or for what to pray. By using the ACTS outline for prayer, you can get yourself back into regular and meaningful communication with God.

ACTS stands for *Adoration, Confession, Thanksgiving, and Supplication*. God's Word gives us many examples of these four aspects of prayer, but you can use your own words as well. This is what it means for prayer:

A – Adoration. This is where you begin your prayer by praising God for who He is and for the things He has done in your life. All praise is part of your worship, admiration, wonder, awe, exaltation, glorification. Many of the Psalms in the Bible fall under this way of prayer, but is found all throughout Scripture. Ps 117, Ps 150, Jer 10:6-7, Rom 11:33-36, Rev 4:11

C – Confession. This is the part of the prayer where you acknowledge your sins. It doesn't just have to be sins of today or even just the sins of which you are aware. Confess your sins and He will forgive you. This is a prayer God answers immediately. We have His forgiveness through what Jesus did for us whenever we ask for it. Ps 51:1-10, 78:9, Isa 64:5-9, Mic 7:18-19, Luke 18:13

T – Thanksgiving. This is pretty much what it says. Give God the thanks and the glory for the good and bad in your life. God has blessed us richly without us deserving any of it. We are God's grateful people. Prayers of thanksgiving are the expression of this heartfelt appreciation. Ps 100, 118:19-21, Ps 136, Ps 139:14, Psev 11:17-18

S – Supplication. This is the part most people think of when they pray. Supplication is where you ask God for things like patience, intervention on someone's behalf, strength for a difficult task, etc. Any and everything that you need/want God's help for falls under supplication. Our first request should be that God would keep our hearts turned toward Him. Ps 119:36-37, Eph 1:17-19, Ps 86:11, Mat 6:11-13, Ps 25:4-5, Eph 3:14-21, Luke 23:42, Rev 22:20

The reason the ACTS-outline is so good is because it forces us to do something we are not used to doing: that is taking time to *thank* and *praise* God and *admit* when we have sinned and fallen short of the glory of God. It's too easy to just pray for what we want and treat prayer as God's vending machine. Using the ACTS way to pray helps keep our minds on prayer and communication with God and remember the awesomeness of God.