

## The ACTS Prayer Method

The ACTS prayer method is simply an acronym for four elements of prayer that can keep you focused on God and what you are praying about.

The acronym ACTS stands for *adoration, confession, thanksgiving, and supplication*. This model of prayer prioritizes our time with God so that we first approach Him with reverence (adoration), then repent of the sin in our life (confession), then express our gratitude to Him for all He has done (thanksgiving), and finally submit to Him our requests (supplication).

Hebrews 4:16 provides us with this method of prayer, "So let us come boldly to the throne of our gracious God. (A) There we will receive his mercy, (C) and we will find grace (T) to help us when we need it most" (S) (NLT).

**ADORATION:** Start your prayer adoring God for Who He is. Adoration is different from thanksgiving (which comes later in this prayer) because adoration is praising God for Who He is, whereas thanksgiving is thanking God for what He has done. Scripture says God is worthy of our praise, regardless of what He has given to us or withheld from us. He is worthy simply because He is God. You can use a scripture like Psalm 100:5 "For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation" (NLT). The prayer Jesus taught His disciples in Matthew 6:9 starts with this idea of adoration: "Pray like this: Our Father in heaven, may your name be kept holy" (NLT).

**CONFESSION:** Confession is not about beating yourself up in public but more of naming your woundedness and wickedness in the presence of God and a loving community. It's about not only the confession of sin but the confession of what is true, who you are, who Christ is, and who you truly are in Christ. In Psalm 32:5, "Finally, I confessed all my sins to you and stopped trying to hide my guilt, I said to myself, "I will confess my rebellion to the Lord. And you forgave me! All my guilt is gone" (NLT). Yes, God already knows about our sins, but by confessing them, we are admitting to and acknowledging that our sins are offensive to God and that we need His Son, Jesus, to cleanse us from all unrighteousness. God loves it when we come out of hiding and communicate all of us with Him.

**THANKSGIVING:** Scripture is very clear on our command to be grateful, and not just for what God has given us. 1 Thessalonians 5:18 encourages: "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus" (NLT). Notice the verse doesn't say, "Only in good things give thanks," rather, it commands us to be thankful in everything – the good, and even the not so good. As you pray this way, you are living out "This is God's will for you who belong to Christ Jesus." This habit of thanksgiving will put a smile on your face and fill you with joy.

**SUPPLICATION:** This is a big word that means to ask with passion and a heartfelt desire. James 5:16b says..." Pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results" (NLT). We are to ask God for our particular needs and for those we know who also have needs. Nothing encourages people more than when someone lets them know they are praying for them.

The ACTS prayer method ensures that you are praising God for who He is, confessing sin in your heart and thanking Him for all He is doing in your life before asking Him for all that you want and need, for you and for others.