

## **A.C.T.S Prayer**

*A Prayer Model To Follow*

### **A = Adoration**

Prayers of adoration for God. Consider His names: Almighty King, Lord of Lords, and Most High God. Consider His character: loving, protecting and guiding. Consider His roles: creator, comforter and provider.

1 Chronicles 29:10-13 Psalm 63:2-4

### **C = Confession**

Prayers of confession. Things you've thought, said or done that aren't of God OR things you should think, say or do but haven't. This could include lustful thoughts, harsh words spoken to family or friends or seeking comfort and fun in drugs and alcohol. It may also include not caring for or doing anything about people struggling with poverty, addictions or homelessness. Find freedom from guilt and be transformed from the inside out.

Proverbs 28:13 1 John 1:9 2 Corinthians 7:9-11

### **T = Thanksgiving**

Prayers of thanks. Thanks for blessings in your life, who the Lord is and what He is doing in your life and for you. Things like good health, provision for your family, a job, comfort through painful life stuff...

1 Chronicles 16:34 1 Thessalonians 5:16-18

### **S = Supplication**

Prayers of request. Things you'd like to bring to God or ask the Lord for yourself or others. Things like healing for physical sickness, food, clothing and shelter for you or someone else you know, restoring a broken relationship...

Philippians 4:6 Ephesians 6:18

**Throw prayer bombs**  
See Revelation 5:8 & Revelation 8:3-5



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