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Pray with A.C.T.S.

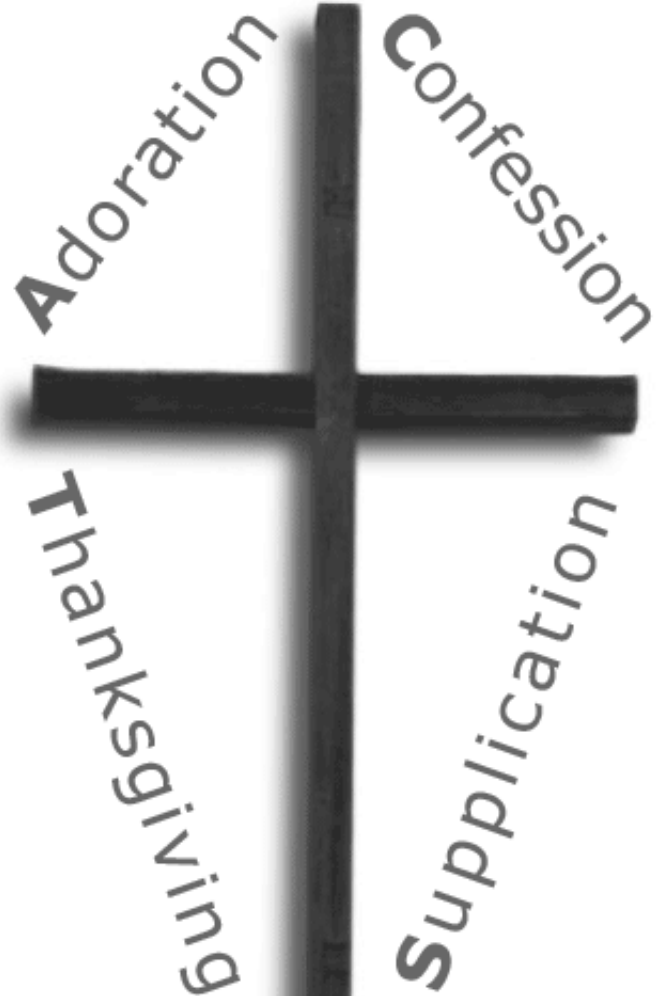
Posted By On June 15, 2009 @ 2:00 pm In Ways to pray | [37 Comments](#)

A.C.T.S. is an easy way to remember key elements of prayer. It's simply prayer in four parts:

Adoration – *"Praise be to God!" -Psalms 68:35*
Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time. Sometimes I watch the sun rise, and praise God for the beauty of His creation. You should never run out of praise. *"How awesome are your deeds!" -Psalms 66:3*

Confession – *"If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness." -1 John 1:9*
Tell Him where you have fallen short. Be specific. I thank Him for the forgiveness I have in Christ, and ask for help and strength to turn away from future temptations.

Thanksgiving – Always *"glorify him with thanksgiving" -Psalms 69:30*
You have plenty of reasons to be thankful. Thank God for His love, His faithfulness, His patience and a million other things. Express gratitude for what He's doing in your life. Thank Jesus for dying on the cross for you. Thank the Holy Spirit for indwelling you, and never leaving. Thank Him for being your conscience, your counselor and that "still small voice."



Supplication – *"Make your requests known to God."* -Philippians 4:6

Tell God what you want, no matter how small it seems to you. Do you really think any of your requests are big to God the Creator? You should have lots of intercessory prayer here. Remember: As a Promise Keeper, you are committed to pray for your pastor and your church every day.

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