
ACTS Prayer

ENJOYING & ENGAGING GOD IN PRAYER

The Lord's Prayer and Psalms generally fall into four "categories" of conversation. Adoration, confession, thanksgiving, and supplication. Use this guide to talk with God in prayer, lingering a few minutes in each of area.

ADORATION – Praising God for Who He Is

- What have you learned about His character lately? Praise Him
- What ways has God been _____ to you? Praise Him.
- Where do you need God to be who He is in your life? Praise Him.
- Read through the Psalms if necessary as a guide to help praise Him.

CONFESSION – Things Done, Not Done, Motives, Etc.

- What do you need to confess to Him about your thoughts?
- What do you need to confess to Him about your motives?
- What do you need to confess to Him about your attitude?
- What do you need to confess to Him in your work?
- What do you need to confess to Him in your relationships?

THANKSGIVING – Things God has Given or Done

- What relationship can you thank Him for?
- What tangible things has He provided that you can thank Him for?
- What in your work can you thank Him for?
- What has he done in you, for you, in spite of you, through you?

SUPPLICATION – Requests for Yourself, Family, Work, Leaders, Lost People, Etc.

- Pray that He would change (you or a situation).
- Pray that He would meet (you or someone).
- Pray that He would give (tangibly or intangibly).
- Pray that He would save (neighbor/coworker/friend/family).