

# THE **A.C.T.S.** METHOD OF PRAYER



## ADORATION

Adoration is a word that means to show a strong love and respect. As you start your prayer take a minute to show love and respect for God for who he is and the things he has done in your life or others over the last couple of days.

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*Praise be to God!*  
—Psalm 68:35



## CONFESSION

Confession is a time of sharing with God about feelings, attitudes, and actions you probably haven't shared with anyone else. Reflect on the last couple of days and make a confession but then be specific with God about why you're sharing this. Find something specific to focus on regarding your relationships, character, challenges, or attitudes.

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*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



## THANKSGIVING

Thanksgiving is a time to express gratitude to God. Often, we forget to thank God. Reflect on the last couple of days and thank God for anything you believe he has done for you.

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*Glorify him with thanksgiving.*  
—Psalm 69:30



## SUPPLICATION

Supplication is an older word that means to ask. This is the time to pray for your needs and the needs of others

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*Make your requests known to God.*—Philippians 4:6

DISCIPLINES  
FOR EVERY  
MAN

A resource by  
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