

# Tips For Using the ACTS Prayer Method

The acronym ACTS stands for

- **Adoration,**
- **Confession,**
- **Thanksgiving, and**
- **Supplication (making requests)**

## How do we begin each section?

We begin each section with an appropriate verse or verses from Scripture. For example:

- **For adoration:** Psalm 100:5 or Isaiah 40:26
- **For confession:** Psalm 32:3-5 or 1John 1:9
- **For thanksgiving:** Psalm 9:1 or Ps. 28:7
- **For supplication** (making requests): Phil. 4:6

## How do we pray?

We pray in short phrases or very briefly.

## The 4 sections

**Adoration:** Praising God for Who He is.

**Confession:** Admitting to and acknowledging our sins to God.

**Thanksgiving:** To be thankful in everything – the good, the bad, and the ugly.

**Supplication:** Let your requests be made known to God.

## 4 things to consider

**Place:** A prepared place helps. This could be a specific place or while on your daily walk.

**Time:** The best times for prayer are simply daily, intentional and prioritized times freed from distractions.

**Atmosphere:** God doesn't compel us to pray but rather He invites us.

**Attitude** Job in the Old Testament presents us an excellent model of an attitude of deep respect and trust in God that is summed up in Job 42:1-6

- When we examine Job's example further,
  - he prayed in an attitude of desiring faith (Job 13:15)
  - he prayed in an attitude of expectant humility: (Job 40:3-5)
  - he prayed in an attitude which was transparent and confessional (Job 19:25-27)

*submitted by Eirene Wee*

