

A.C.T.S. Prayer

OVERVIEW

The *ACTS Prayer* is a simple tool to learn to pray. If you are having a difficult time knowing how to pray, where to begin, or what to cover, this can be helpful to keep you focused and centered on the heart of prayer. This is a great way to pray alone or in a group setting.

Jesus' disciples approached him and requested, "Lord, teach us to pray, just as John taught his disciples" (Luke 11.1b). John probably taught his disciples differently and used a different approach, but Jesus taught what has come to be called The Lord's Prayer. The *ACTS Prayer* is only one tool to learn to pray.

ACTS is a simple acronym to remember the four steps in this prayer: Adoration, Confession, Thanksgiving, and Supplication.

ADORATION

Begin by *adoring* God. Take a few minutes to simply praise God for who He is. It is not that God has forgotten who He is and needs reminding, it reminds us of who God says He is and of His faithfulness. Praise Him for...

1. His **Person** (i.e. as Father, King, Provider)
2. His **Character** (i.e. holy, powerful, all-knowing)
3. His **Mighty Works** (i.e. in the story of Israel, through the work of Jesus, in our own lives)

Oftentimes, we want to praise God in relation to the pains or blessings that we are experiencing at the moment. If we are struggling with needing guidance about a difficult decision, we can adore God for His infinite wisdom. If we receive a promotion, we can adore Him for His provision.

(Read through the [Names of God](#))

CONFESSION

Next, move into a time of confession. **Confession simply means 'to agree'**. It is when we come before God and acknowledge our sin, agreeing with Him that sin is not the way He has made us to live.

Spend a moment thinking about your previous day, let the Spirit reveal anything that needs to be brought to light, and confess to Him those things.

This is not a time to beat yourself up, nor is it a rote agreement. The hope is for confession to lead to repentance—the turning away from sin *and to the truth of God*.

(Read the [Confession of Sin](#) the below)

THANKSGIVING

After acknowledging sin, move into a time of thankfulness. **Gratitude is the heart of faith in God because thankfulness moves us beyond ourselves to another—in this case God**. Thank God for things like blessings and trials (Jam. 1.2-4, Rom. 5.3-5); gifts and losses; kindness and persecution (Acts 5.40-41; 2 Tim. 3.12); Jesus and the Spirit. We have so much to be thankful for!

(Read a Thanksgiving Psalm—i.e. [34](#), [95](#), [100](#), [136](#))

SUPPLICATION

Finally, enter a time of praying for your needs and those around you. **Supplication means to humbly come before God and make requests**. Spend time thinking through your relationships where you church, live, work, and recreate—who do you know in those spaces that have needs?

It can be good to take time to write down prayer requests—both yours and others. As you, or your group, pray, cross the ones off that are answered!



Confession of Sin

From the Daily Morning Prayer in the Book of Common Prayer

Leader:

Let us humbly confess our sins to Almighty God.

(Time to confess sins silently or aloud)

Everyone:

Almighty and most merciful Father,

we have erred and strayed from your ways like
lost sheep.

We have followed too much the devices and
desires of our own hearts.

We have offended against your holy laws.

We have left undone those things which we ought
to have done,

and we have done those things which we ought
not to have done.

and apart from your grace, there is no health in us.

O Lord, have mercy upon us.

Spare all those who confess their faults.

Restore all those who are penitent, according to
your promises declared to all people in Christ
Jesus our Lord.

And grant, O most merciful Father, for his sake,

that we may now live a godly, righteous, and
sober life,

to the glory of your holy Name. Amen.

Leader:

Almighty God, the Father of our Lord Jesus Christ,
desires not the death of sinners, but that they may
turn from their wickedness and live. He has
empowered and commanded his ministers to
pronounce to his people, being penitent, the
absolution and remission of their sins. He pardons
and absolves all who truly repent and genuinely
believe his holy Gospel. For this reason, we
beseech him to grant us true repentance and his
Holy Spirit, that our present deeds may please him,
the rest of our lives may be pure and holy, and that
at the last we may come to his eternal joy; through
Jesus Christ our Lord. **Amen.**

Psalm 136

- 1 Give thanks to the Lord, for he is good.
His love endures forever.
- 2 Give thanks to the God of gods.
His love endures forever.
- 3 Give thanks to the Lord of lords:
His love endures forever.
- 4 to him who alone does great wonders,
His love endures forever.
- 5 who by his understanding made the heavens,
His love endures forever.
- 6 who spread out the earth upon the waters,
His love endures forever.
- 7 who made the great lights—
His love endures forever.
- 8 the sun to govern the day,
His love endures forever.
- 9 the moon and stars to govern the night;
His love endures forever.
- 10 to him who struck down the firstborn of Egypt
His love endures forever.
- 11 and brought Israel out from among them
His love endures forever.
- 12 with a mighty hand and outstretched arm;
His love endures forever.
- 13 to him who divided the Red Sea[a] asunder
His love endures forever.
- 14 and brought Israel through the midst of it,
His love endures forever.
- 15 but swept Pharaoh and his army into the Red Sea;
His love endures forever.
- 16 to him who led his people through the wilderness;
His love endures forever.
- 17 to him who struck down great kings,
His love endures forever.
- 18 and killed mighty kings—
His love endures forever.
- 19 Sihon king of the Amorites
His love endures forever.
- 20 and Og king of Bashan—
His love endures forever.
- 21 and gave their land as an inheritance,
His love endures forever.
- 22 an inheritance to his servant Israel.
His love endures forever.
- 23 He remembered us in our low estate
His love endures forever.
- 24 and freed us from our enemies.
His love endures forever.
- 25 He gives food to every creature.
His love endures forever.
- 26 Give thanks to the God of heaven.
His love endures forever.

