**A.C.T.S. Prayer Model**

The A.C.T.S. prayer model is one that has been used by Christians for many years as a way of maintaining a balanced prayer life. If you don’t have a regular prayer model you follow, I would invite you to use this model in your prayer life. There are lines to write on to guide your prayers and to reflect on how God has been faithful in answering your prayers. You might consider printing off a new sheet every day for your daily prayer time. Whatever model you use, I pray that God grows and strengthens your prayer time.

**Adoration** – Praising God for who He is and what He has done

***“Praise the LORD, I tell myself; with my whole heart, I will praise his holy name. Praise the LORD, I tell myself, and never forget the good things he does for me (Psalm 103:1-2, NLT).***

***“I will proclaim the name of the LORD; how glorious is our God! He is the Rock; his work is perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!” (Deuteronomy 32:3-4)***

What will you praise and adore God for? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Confession** – Admitting honestly and humbly where you have failed and sinned against God.

***Then I said, "My destruction is sealed, for I am a sinful man and a member of a sinful race. Yet I have seen the King, the LORD Almighty!" (Isaiah 6:5, NLT)***

***“And the person who keeps all of the laws except one is as guilty as the person who has broken all of God's laws (James 2:10, NLT).***

What sins do you need to honestly and humbly confess to God? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Thanksgiving** – Thanking God for what He has done and the blessings He provides

***“The LORD is my strength, my shield from every danger. I trust in him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving (Psalm 28:7, NLT).***

***“We thank you, O God! We give thanks because you are near. People everywhere tell of your mighty miracles” (Psalm 75:1, NLT).***

What are you thankful for today? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Supplication** – Appealing for God’s help on behalf of others and yourself

***“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and heal their land. (2 Chronicles 7:14, NLT).***

***“Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak!" (Matthew 26:41, NLT).***

Prayers for others: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Prayers for yourself: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***“Devote yourselves to prayer with an alert mind and a thankful heart.” (Colossians 4:2, NLT)***