**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

***“I look up to the mountains-- does my help come from there? My help comes from the LORD, who made the heavens and the earth!” (Psalm 121:1-2, NLT)***

***“O LORD, you are righteous, and your decisions are fair. Your decrees are perfect; they are entirely worthy of our trust.” (Psalm 119:137-138)***

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.

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

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***“Remember, it is sin to know what you ought to do and then not do it.” (James 4:17, NLT)***

***“LORD, we confess our wickedness and that of our ancestors, too. We all have sinned against you.” (Jeremiah 14:20, NLT)***

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

***“And let the peace that comes from Christ rule in your hearts. For as members of one body you are all called to live in peace. And always be thankful.” (Colossians 3:15, NLT)***

***“But thanks be to God, who made us his captives and leads us along in Christ's triumphal procession. Now wherever we go he uses us to tell others about the Lord and to spread the Good News like a sweet perfume.” (2 Corinthians 2:14, NLT)***

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

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

***“And the Holy Spirit helps us in our distress. For we don't even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words. (Romans 8:26, NLT)***

***"Keep on asking, and you will be given what you ask for. Keep on looking, and you will find. Keep on knocking, and the door will be opened.” (Matthew 7:7, 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)***