**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

 ***“The LORD is my strength and my song; he has become my victory. He is my God, and I will praise him; he is my father's God, and I will exalt him!” (Exodus 15:2, NLT)***

***“The LORD is kind and merciful, slow to get angry, full of unfailing love. The LORD is good to everyone. He showers compassion on all his creation (Psalm 145:8-9, NLT).***

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.

***“Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin.” (Psalm 51:1-2, NLT)***

***“But I confess my sins; I am deeply sorry for what I have done.” (Psalm 38:18, 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

***“Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done. (1 Chronicles 16:8, NLT)***

***“Give thanks to the LORD, for he is good! His faithful love endures forever.” (Psalm 107:1, NLT)***

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

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

***“But while Peter was in prison, the church prayed very earnestly for him. (Acts 12:5, NLT)***

***“Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere.” (Ephesians 6:18, 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)***