**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

***“How amazing are the deeds of the LORD! All who delight in him should ponder them. Everything he does reveals his glory and majesty. His righteousness never fails.” (Psalm 111:2-3, NLT)***

***"I am the Alpha and the Omega-- the beginning and the end," says the Lord God. "I am the one who is, who always was, and who is still to come, the Almighty One." (Revelation 1:8, 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.

***“For all have sinned; all fall short of God's glorious standard” (Romans 3:23, NLT).***

***“The sacrifice you want is a broken spirit. A broken and repentant heart, O God, you will not despise” (Psalm 51:17, 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

***“I will thank the LORD because he is just; I will sing praise to the name of the LORD Most High” (Psalm 7:17, NLT).***

***“I will thank you, LORD, with all my heart; I will tell of all the marvelous things you have done” (Psalm 9:1, NLT)***

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

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

***“Give all your worries and cares to God, for he cares about what happens to you” (1 Peter 5:7, NLT).***

***“And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love really is” (Ephesians 3:17-18, 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)***