**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

***“Come, let us worship and bow down. Let us kneel before the LORD our maker, for he is our God. We are the people he watches over, the sheep under his care.” (Psalm 95:6-7, NLT)***

***“Sing a new song to the LORD, for he has done wonderful deeds. He has won a mighty victory by his power and holiness.” (Psalm 98:1, 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.

***“So get rid of all the filth and evil in your lives, and humbly accept the message God has planted in your hearts, for it is strong enough to save your souls.” (James 1:21, NLT)***

***“Peter's words convicted them deeply, and they said to him and to the other apostles, "Brothers, what should we do?" Peter replied, "Each of you must turn from your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit.” (Acts 2:37-38, 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

***“Let us come before him with thanksgiving. Let us sing him psalms of praise.” (Psalm 95:2, NLT)***

***“Since we are receiving a Kingdom that cannot be destroyed, let us be thankful and please God by worshiping him with holy fear and awe.” (Hebrews 12:28, NLT)***

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

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

***“Dear brothers and sisters, I urge you in the name of our Lord Jesus Christ to join me in my struggle by praying to God for me. Do this because of your love for me, given to you by the Holy Spirit.” (Romans 15:30, NLT)***

***“So we have continued praying for you ever since we first heard about you. We ask God to give you a complete understanding of what he wants to do in your lives, and we ask him to make you wise with spiritual wisdom. (Colossians 1:9, 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)***