**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 will tell of the LORD's unfailing love. I will praise the LORD for all he has done. I will rejoice in his great goodness to Israel, which he has granted according to his mercy and love.” (Isaiah 63:7, NLT)***

***“The LORD lives! Blessed be my rock! May the God of my salvation be exalted!” (Psalm 18:46, 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.

***“But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.” (Colossians 3:8, NLT).***

***“As surely as I live, says the Sovereign LORD, I take no pleasure in the death of wicked people. I only want them to turn from their wicked ways so they can live. (Ezekiel 33:11, 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

***“Every time I think of you, I give thanks to my God. (Philippians 1:3, NLT)***

***“How we thank God for you! Because of you we have great joy in the presence of God. (1 Thessalonians 3:9, NLT)***

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

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

***“But I say, love your enemies! Pray for those who persecute you!” (Matthew 5:44, NLT)***

***“And so we keep on praying for you, that our God will make you worthy of the life to which he called you. And we pray that God, by his power, will fulfill all your good intentions and faithful deeds. (2 Thessalonians 1:11, 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)***