



## Navigators Discipleship Tool



# ACTS Prayer Model

The ACTS prayer model consists of an acronym that creates an easy to follow method on how to pray: **A**doration, **C**onfession, **T**hanksgiving, and **S**upplication.

### Adoration:

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The **A** in the ACTS model allows us to focus on praising the Lord, adoring Him for who He is and what He is like. God Himself is worthy of our praise, and making Him the first focus of our time in prayer is giving Him the glory He deserves. Adoration leads you to begin your time in prayer with a heart of worship, deep love, and reverence for the Lord.

If you've never done this before, it may feel awkward at first or you may not know what to say. There are plenty of passages in the Bible that can help you begin to learn how to give words to your adoration of God, and Psalm 95:1-6 is a great place to start!

### Confession:

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The **C** in the ACTS model is for confession of any sins that you have not already confessed to Him.

1 John 1:9 declares, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (NIV)"

Because of the blood that Jesus shed for us on the cross, by faith in Him we receive the gift of salvation, including the cleansing and purification of all our sins for all time. This is what the gospel, "the good news," is all about!

There's no need to re-confess sins from last week or last year, but confessing our sins to God allows us to breathe a sigh of relief as we receive His forgiveness and move on.

### Thanksgiving:

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The **T** in the ACTS model is for thanksgiving, as God has called us to "rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Giving thanks to the Lord is important regardless of what season of life we're in or what storms of life we're experiencing, as it allows our heart to soften and to trust Him in everything. While adoration focuses on who God is, thanksgiving is all about what God has done, is doing, and will do for us.

Thanking the Lord for all the blessings He provides in our lives doesn't just mean physical or worldly things, but can also include salvation, protection, provision, eternal love and blessings, and so much more.

### Supplication:

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The **S** in the ACTS model is to "supplicate," which means to ask earnestly or humbly for your needs and requests on behalf of yourself or others.

One of God's promises is that He answers our cries for help (Isaiah 30:19), and the beautiful thing about having a relationship with God through Jesus Christ is that we are His children and can ask Him for anything we need.

You might ask God for His help with your latest project, for patience with your coworker, or for eyes to see your day the way the Lord sees it. Trust God's sovereignty, including His timing and will for your life.