

# The ACTS Prayer Model

**A.C.T.S** is an acronym or axiom that points us to the Lord's Prayer and other Scripture, and gives us precepts so we can divide up our time and purpose to engage in prayer with a correct devotion and attitude. "**ACTS**" refers to the precepts of prayer-the categories of **Adoration, Confession, Thanksgiving, and Supplication**.

The Lord's Prayer and this ACTS guide that is derived from it help center us and keep us on His track. This is not meant to be a rigid blueprint or for us to have canned prayers; rather, it is a method and guide to help us build our prayer time. The scripture references for the Lord's Prayer are: Mathew 7: 7-14 and Luke 11:1-4

A	C	T	S
Adoration/Praise	Confession	Thanksgiving	Supplication
Who God is; His Character  <i>"God"</i>	Our Sin; Personal/Corporate  <i>"Us"</i>	What God has done/ is doing  <i>"His Ministry to Us"</i>	A dialog; placing our will in submission to His Will for His Glory  <i>"Our Ministry for Him"</i>
Creator King Savior Holy Pure Faithful Trustworthy Good/Kind Patient Loving Just Merciful Compassionate Omnipresent Omniscient Forgiving Grace Prince of Peace Counselor Mighty/Great Omnipotent Name(s)	Idolatry Lust/Covetousness Power Prestige Pride Arrogance Vengeance Hate Murder Stealing Ignorance Hardness of heart Priorities (wrong) Tongue Selfishness	His Son Holy Spirit Redemption Answered Prayer Discipline Trails Boldness Direction Teaching/Training Scripture Illumination Comfort Patience Joy/Peace Understanding Forgiveness Provisions (daily) Family/Friends Vision Protection/Care Holy Spirit Deliverance	Focus on common ground Our spiritual growth His Kingdom growth His Glory's growth Growth in witness Fruit growth (love, com- passion, mercy, justice, peace, patience, etc.) Growth of His Will Daily needs Protection Sacrifice Work Benevolence Stewardship Vision/Dreams Priorities Wisdom Intercession

- **A**doration, means to worship and acknowledge the majesty of God-Praise be to God! *Our Father in heaven, hallowed be your name.* This is about the greatness of God, His incredible omnipresence, omnipotence and omniscience, His sovereign nature and rule, and His complete holiness. It also indicates the incredible, wonderful privilege that He cares for us and hear us. This means our prayer life is to recognize His Sovereignty so we can honor Him as LORD over all, over our lives and all that is around us. This helps us trust Him and place Him first in our lives. This is to be our duty and desire that comes from our gratitude for what He has done for us. We can see the awesome privilege we have to know Him and to commune with Him. We come to understand His love and grace for us, so we can have a greater delight in Him, not just as a necessity, a law, or a ritual, but living our life because of who He is. When we truly love the Lord, we will reverence Him and grow in our relationship to Him. This transfers to us in a prayer for further dedication. We are to be dedicated to God not just by our words, deeds, and promises but also by our will, heart, and mindsets and with our whole being. Knowing that God is in charge helps us realize we belong to God and we are not our own; we are in Him, a much greater purpose. This means when we pray, we should begin our time adoring and praising God. Praise Him for who He is! Then, look over all that is in your life (even if you think you do not have much) and all He has done for you. God delights in your praises!
- **C**onfession. *Forgive us our debts, as we also have forgiven our debtors.* This means we are to see our sins and agree with God about the things that we have done wrong. During our prayer times, things will come to our mind that will not be pleasant to recall. We will be convicted of our sins and failure, where we have not been truthful, or have exaggerated or missed His precious opportunities for doing good. We will have genuine sorrow for what we have done and left undone. Then, we are called to deal with it and make restitution where we can, seeking His forgiveness and going to others for forgiveness where we wronged them. Keep track of these items that God brings to us, our sins. Know that God will *forgive me all my sins.* Confess also means we are called to be accountable to one another, to state what we are going through and are struggling with to someone in confidence who will listen and help guide us by His Word. It is not about going to a pastor or priest, but to God directly, in and with accountability, with another trusted person, small group, or mentor. We cannot grow closer to God when we have unconfessed sin in our lives; these sins act as a barrier, cutting off our communion with Him. We cannot do the Christian life by ourselves; it is not a spectator or individual sport! Christianity is not for *lone rangers*; it is for community (1 John 1:9)!
- **T**hanksgiving-*for Thine is the Kingdom and the power and the glory forever.* This means in our prayer life, we are to be grateful for what He has done for us. We are to go over His mercies, all that He has done for us. They are more than you know! He truly and deeply loves you beyond your ability to fathom it. He provides, nurtures, and protects you and gives you hope and a purpose for life. Look at your family, friends, health, home, love, work, books, fun, a night of rest. In our times of prayer, we are to bring our attitude to His will. Remove your pride and seek Him first and foremost in all occasions so to live your life in gratitude to God for all things. Have the inward awareness that God has indeed been with you "all through the day."
- **S**upplication, *Give us today this daily bread . . . Lead us not into temptation, but deliver us from the evil one* is a fervent, personal petition, letting God know of our needs. This is called *petition*, our earnest, humble request before God. It is the seeking of not only personal needs, but for the needs of others as well. It is sharing our requests before God with the attitude that He does provide, but it may not be what we want or think we need. We need to learn how to depend upon Him and to express and develop real, impacting faith. This is only one small component of our prayer life, yet, most will spend most of their time and energies here while others, seeking to be humble, never venture here. It probably accounts for over 95% of all prayer requests. This is not to be our only aspect of prayer. We are to intercede for others, seek forgiveness of our sins, seek His will, and most importantly, we are to praise and adore Him! Petition is a vital component, but not the only piece. Make sure you have a well-balanced prayer life that is not selfish, but that does not ignore your needs either. In this component, we are also to make intercession for others-*Your kingdom come, Your will be done on earth as it is in heaven.*" To pray for others is **intercession**, the understanding of the needs of others and bringing those before God. This is exercising love and kindness, and showing our unity in the Body of Christ (John 17). Start to make a prayer list. Pray for others as their needs come to you; pray for your city, state and country, your leaders, missionaries, government officials, and persecuted Christians in the world, as well as God's for guidance, wisdom, and opportunities for you and your church and all that can come to you, and for you and them to grow and to serve. Be specific and be real!