A.C.T.S Prayer

Message Handout

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1. Adoration

Adoration is the first part of this type of prayer. Spend time praising the Lord and adoring Him for who He is. Love and cherish His presence and allow Him to work through your life. You may choose to praise Him by praying Scripture or singing hymns to Him. (Matthew 6:9, Matthew 22:32, Psalm 84, Revelation 4:8,, Revelation 5:9-10 NLT Translation)

2. Confession

Confession comes next. Spend time asking Jesus to search your heart for areas that aren't pleasing to Him and allow Him to cleanse you of any unconfessed sin. Accept His forgiveness and cleansing. (Psalm 139:23-24, Psalm 51:10-13, Jeremiah 31:34 NLT Translation)

3. Thanksgiving

Thanksgiving is next. Give God thanks for specific things He has done for you, such as certain blessings, people, open doors, guidance, etc. Also, give Him thanks for His goodness, loving-kindness, faithfulness, and for being a wonderful Savior. (Psalm 100:4-6, Psalm 103 NLT Translation)

4. Supplication

Supplication is the final part of this prayer. Come to the Lord on behalf of others. Spend time praying for specific people, events, states, countries, missionaries, etc. (Hebrews 10:19-25, Acts 12:5, Romans 10:1 NLT Translation)