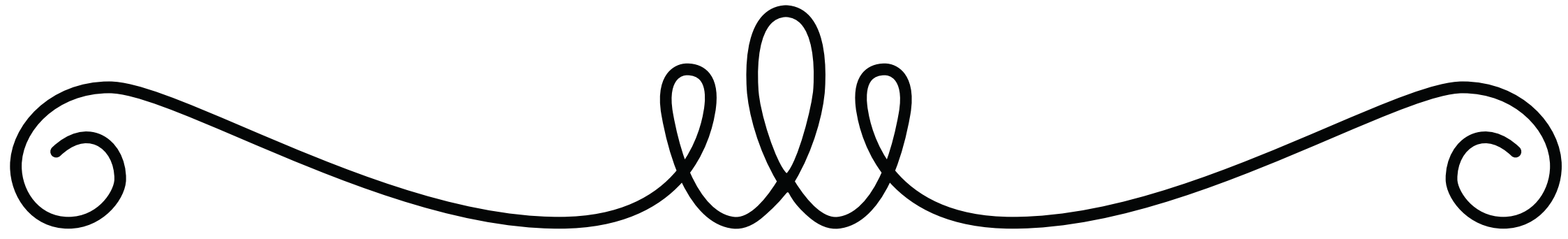




WONDHERFUL

Prayer Journal

The A.C.T.S. Prayer Method



A

Adoration

Praise Him!

C

Confession

I'm sorry for...

T

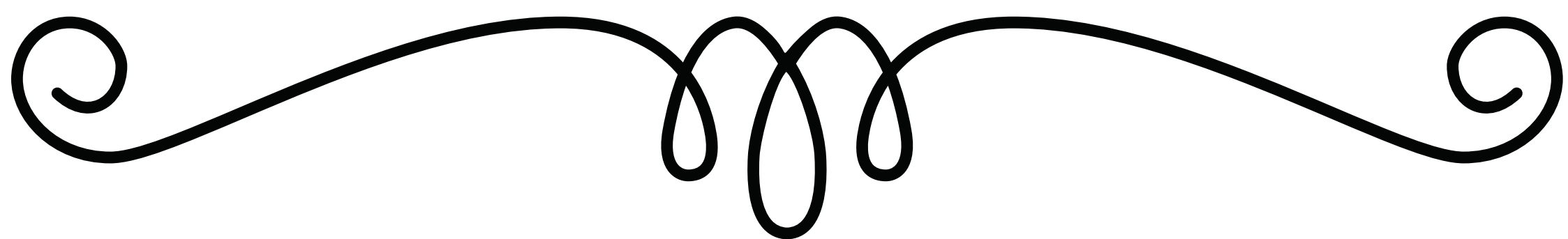
Thanksgiving

For my blessings

S

Supplication

Please...



Following this process keeps our communication with God simple, straightforward, and consistent.

A.C.T.S. is an easy way to remember key elements of prayer. It's simply prayer in four parts:

(A)doration – “Praise be to God!” -Psalms 68:35

Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time. You should never run out of praise. “How awesome are your deeds!” -Psalms 66:3

Examples - Awesome; Beautiful; Creator; Divine; Eternal; Forgiving; Giving; Holy; Incredible; Jehovah; King of Kings; Loving; Majesty; Noble; Omnipotent; Prince of Peace; Quiet; Redeemer; Savior; Trustworthy; Unfailing; Victory; the Way; X-celence; Yahweh; Zealous.

(C)onfession – “If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness.” -1 John 1:9

Tell Him where you have fallen short. Be specific. Thank Him for the forgiveness you have in Christ, and ask for help and strength to turn away from future temptations.

Examples - Lack of love; judging; bitterness; unforgiveness; selfishness; pride; boasting; stubbornness; disrespect; rebellion; disobedience; impatience; ungratefulness; covetousness; discontent; complaining; jealousy; anger; hatred; gossip; lying; critical spirit; evil thoughts; wrong motives; worry; hypocrisy; fear.

(T)hanksgiving – Always “glorify him with thanksgiving” -Psalms 69:30

You have plenty of reasons to be thankful. Thank God for His love, His faithfulness, His patience and a million other things. Express gratitude for what He's doing in your life. Thank Jesus for dying on the cross for you. Thank the Holy Spirit for indwelling you, and never leaving. Thank Him for being your conscience, your counselor and that “still small voice.”

Examples - for the cross; for loving me; for my family; for my friends; for my church; for my salvation; for my eternal security; for sunny days; for answered prayers; for trials; for teaching me; for health; for financial blessings; for my spiritual gifts; for Earth; for air; for rest; for growth; for setting me free; for giving up your life for me.

(S)upplication – “Make your requests known to God.” -Philippians 4:6

Tell God what you want, no matter how small it seems to you. Do you really think any of your requests are big to God the Creator? You should have lots of intercessory prayer here.

Examples - our spouses; our children; our parents; our neighbors; our friends; our pastor; our missionaries; our country; our church; our church leaders; the salvation of others; opportunities to witness; our own spiritual needs; our own physical needs; our own mental needs; the spiritual; physical; mental needs of others.

My Prayer:

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