

PRAYER

A.C.T.S PRAYER

ADORATION

WITH MY
WHOLE
HEART I
BOW IN
WONDER
AND LOVE

SUPPLICATION

CONFESSION

THANKSGIVING





WHAT & WHY...

Where do I start with prayer? A.C.T.S. is a great, simple template to help you pray. This can take 2 mins (as you clean your teeth), can help you pray whilst on your commute, or in your devotional time for as long as you want!

ADORATION

A - Adoration

"With my whole heart, with my whole life, and with my innermost being, I bow in wonder and love before you, the holy God!" (Psalm 103:1 the Passion Translation)

Recognise the love of God and express to him (in words, or song!) your love for him.

CONFESSION

C - Confession

"God, give me mercy from your fountain of forgiveness! I know your abundant love is enough to wash away my guilt. Because your compassion is so great, take away this shameful guilt of sin. Forgive the full extent of my rebellious ways, and erase this deep stain on my conscience." (Psalm 51)

Take a moment to recognise times you have turned away from Jesus (in thought, word, action, desire, motivation, attitude) and confess to Him - recognising His great love and good grace.

THANKSGIVING

T - Thanksgiving

"I thank you, Lord, and with all the passion of my heart I worship you"
(Psalm 138)

"But if we freely admit our sins when his light uncovers them, he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness."
(1 John 1:9)

Because of Jesus' death and resurrection, we are entirely forgiven and accepted by God, and invited into life-overflowing in the Holy Spirit. Spend time thanking and celebrating God for his forgiveness, love and all the good gifts He has given us (James 1:17).

SUPPLICATION

S - Supplication

"Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life" (Philippians 4:6)

Ask God for His help - He loves to give His Holy Spirit to all who ask, alongside His wisdom, insight, strength, and boldness. Further, 'God intervenes when we intercede,' so, in faith, pray His "Kingdom Come" in your life, relationships, home, church, family, friends, workplace and neighbourhood.



A field of dahlia flowers is shown in a soft, warm light, creating a bokeh effect in the background. The flowers are in various stages of bloom, with some fully open and others as buds. The colors range from light pinks to deep purples, with a prominent white flower in the center. The overall mood is serene and peaceful.

**ADORATION
CONFESSION
THANKSGIVING
SUPPLICATION**

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