

Groups

A.C.T.S.

A Simple Acronym For Prayer



A.C.T.S. is an acronym that gives a basic model for how to pray. Each of the four letters stand for one of the key elements of prayer: Adoration, Confession, Thanksgiving, and Supplication. Use the model below as a guide.

Adoration

A deep love and respect paid to someone we revere; worship

Begin your time of prayer by adoring and praising God. Praise Him for who He is and for all that He has done for you. Adoring God focuses us on who God is as revealed in Scripture.

Confession

A formal acknowledgement or admission of guilt

Agree with God about the things that you have said, thought, or done that are not pleasing to him and ask him for forgiveness. God forgives us and restores our fellowship with Him (1 John 1:9).

Thanksgiving

A grateful acknowledgement of favor or kindness

Thank God for what he has done for you. Thanksgiving is a humble response to the generosity of God, acknowledging that every good and perfect gift comes from him. When we approach God with a thankful heart, we're prepared to offer God-centered requests.

Supplication

A request or petition; asking God for something

Pray for your needs and for the needs of others, such as friends, family, your pastor, missionaries, government leaders, and persecuted Christians around the world. Pray for God's guidance, wisdom, and opportunities to serve. God delights in giving good gifts to those who believe and ask him.

Things to Remember

- The A.C.T.S. model should serve as a guide to help you, not a rigid formula to mindlessly follow. If this model doesn't work for you, don't use it.
- Sometimes we need to talk to God in a way that doesn't fit in the A.C.T.S. model, and that is perfectly fine. Do not let this model restrict your communication with God.
- Not only does this acronym remind us of the elements of prayer, it shows us the priority we ought to give to each.
- Study the prayers recorded in the Bible and look to see if they follow the A.C.T.S. model. Identify the distinct points of adoration, confession, thanksgiving, and supplication. Incorporate some of the things they say into your own prayers.