

## **The A.C.T.S. Method of Prayer**

One structure for prayer is given by the acronym "ACTS", representing adoration, confession, thanksgiving and supplication (or intercession.) In this model, we start off focusing on who God is, and praising him for that.

**Adoration:** Adoration is to adore God, to worship him and to fulfill the commandment to love him with all of our heart, mind and soul. As we spend time in adoration, we praise God for who He is - our Creator, our Sustainer and our Redeemer. By starting a time of prayer with adoration and praise, we focus first on God, rather than on ourselves. We think of who God is, and what He has done. In his summary of the Law, Jesus teaches us to first of all love God with all our heart, mind and soul (Matthew 22:37).

**Confession:** Confession allows us to clear away the things in the relationship between you and God, which are displeasing to Him. All of us have sinned. St John writes in his epistle "If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (I John 1:8, 9).

**Thanksgiving:** From childhood we are brought up to say "Thank You" when someone does something for us, or gives us a gift. Each moment God is blessing us, every minute we can recall the wonderful things that God has done for us, and the gifts that we have been given. And so, we need to be constantly thanking God for his blessings. In writing to Timothy, Paul makes it clear that we also need to be giving thanks for every day, worldly things "I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness." (I Timothy 2:1).

**Supplication:** Supplication or intercession is when we come to ask God for our needs and the needs of others. There are many demands on our prayer time - many topics and issues that we could pray for, so we need to choose, and to be specific. Pray for others (individuals, groups, countries, leaders); pray for world issues; pray for needs of the church.