

ACTS Method

Adoration is simply focusing on who God is and expressing awe and worship. Sometimes this is the hardest thing for us to do, but it is a necessary part of praying because it focuses us on who God is and gives us the opportunity to glorify Him.

Ex. God, I praise you for how good you are. You are holy and good, you are worthy of all my worship. I love you and ask you to help me love you more.

Confession is our response to the uncovering of who we are and what we have done. It is simply asking God for forgiveness and asking Him to change us in response to His forgiveness. Confession is a great privilege, because it allows us to lay hold of the grace and forgiveness offered to us in Jesus. We may walk in feeling guilty, but we can leave feeling joyful, loved, and forgiven!

Ex. God, I ask you to forgive me for _____ today. I thank you that me being forgiven is not based on _____, but is based on your love for me through Christ. Help me to not desire to _____, keep me away from situations that tempt me to _____, and change my heart to desire you.

Thanksgiving is a humble response to the generosity of God, acknowledging that every good and perfect gift comes from him. It is reflecting upon and thanking God for the big things and little things in your life. In spite of who we are as sinners, God has been and continues to be good to us. An attitude of gratitude puts us in the right frame of mind to ask, because it leads us to consider what God has done and what he is able to do through us and for us.

Ex. Thank you God for providing me with my job that has provided for our family's needs. God, thank you for getting me to work on time even though I woke up late. Thank you for giving me patience with my kid when I could have reacted in anger.

Supplication is just the practice of asking. Jesus told us to ask, but he also modeled for us an asking that was submissive and surrendered. He delights to give and bless. Asking glorifies him. Asking humbles us. Asking opens the door for greater faith and draws us deep into the arms of our good God whose faithfulness and love never end.

Ex. God please heal my mom as she takes another round of chemo today. God help me to wake up tomorrow morning refreshed so that I can be in your Word ready to be spiritually nourished by you. God give me guidance as I make a decision on whether or not to buy a new car or fix the one I have that keeps breaking down, and provide for me the resources I need.

ACTS Method Through Scripture – Colossians 2:6-7

⁶ Therefore, as you received Christ Jesus the Lord, so walk in him, ⁷ rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

The example below is how to use the ACTS Method when you are going through a specific Scripture, and how to let Scripture guide how you pray.

Adoration – *I praise you God for sending your Son Jesus as the Christ to come save me and receive me. For that, you deserve all glory and my worship.*

Confession – *Lord, I did not walk well with you today when I was impatient on the road and in line at the store. I repent of my impatience and ask you to forgive me. Help me to be more patient as Christ is patient with me so that I may reflect the patience of Jesus to the watching world around me.*

Thanksgiving – *Thank you God for receiving me because of what Jesus did for me despite my sin. I just want to say thank you for all you have done for me, and I ask you to help me abound in thanksgiving toward you every day all the more. Thank you for saving me, for blessing me with my family, for providing for me.*

Supplication – *Lord, build me and root me in the Word of God and in the faith that identifies me. I pray nothing else would take the place of your Holy Spirit having the time to build me and root me spiritually in the Word and in building my faith in you. Lord, remove things that tear me down in my faith. Lord, I feel my son is starting to be influenced by things at school that could take him away from the faith you have established him in. Lord, help my son to be rooted and built up in his faith, remembering how Christ has established him in the faith.*