



# ACTS PRAYER GUIDE

CONVERSATIONS WITH GOD



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**PRAYING THE ACTS METHOD**

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# ACTS PRAYER GUIDE

## Introduction

Prayer is a vital spiritual discipline that helps us communicate with God and grow in our relationship with Him. The ACTS method provides a simple yet profound structure for prayer that ensures a balanced approach to our conversations with God

### WHAT IS ACTS

ACTS is an acronym that represents four key elements of prayer:

- Adoration - Praising God for who He is
- Confession - Admitting our sins and asking forgiveness
- Thanksgiving - Expressing gratitude for God's blessings
- Supplication - Presenting our requests to God

### BENEFITS OF THE ACTS METHOD

- Helps maintain balance in your prayer life
- Prevents prayer from becoming solely request-focused
- Creates a natural flow from focusing on God to our needs
- Encourages regular confession and gratitude
- Provides structure for both new and experienced believers



# ADORATION

Beginning prayer with **ADORATION** helps us focus on who God is rather than immediately diving into our needs. It sets the right perspective for our prayer time.

## What is Adoration

Adoration is the act of praising and worshiping God for His character, attributes, and nature—not just for what He has done for us. It's acknowledging His greatness, holiness, power, love, and other divine qualities.

When we adore God, we recognise who He truly is, which helps us approach Him with reverence and awe.

## Why Start with Adoration

- Sets a God-centered tone for prayer
- Establishes proper perspective of God's greatness
- Reminds us who we're talking to
- Aligns our hearts with God's character

## Scripture for Adoration

- "Great is the LORD and most worthy of praise; his greatness no one can fathom." – Psalm 145:3
- "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." – Isaiah 6:3
- "To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!" – Revelation 5:13





# ADORATION

## Adoration Prompts

Use these prompts to guide your adoration of God:

- God, I praise You for Your infinite wisdom...
- I adore You for Your unfailing love...
- Lord, I worship You for Your perfect justice...
- I exalt You for Your unlimited power...
- Father, I praise You for Your faithful presence...

## Names of God

- Jehovah-Jireh: My Provider
- El Shaddai: God Almighty
- Jehovah-Rapha: The Lord Who Heals
- Jehovah-Shalom: The Lord is Peace
- El Roi: The God Who Sees

## Example Adoration Prayer

*"Heavenly Father, I come before You in awe and wonder. You are the Creator of the universe, holding all things together by Your power. Your wisdom is beyond comprehension, Your love is without limit, and Your holiness is perfect. I praise You for being unchanging in a changing world, for being perfectly just and merciful at the same time. There is no one like You, Lord—You are worthy of all praise and adoration. I worship You not just for what You've done, but for who You are: the Alpha and Omega, the Beginning and the End, the great I AM."*





# CONFESSION

After focusing on God's holiness in adoration, we naturally become more aware of our own sinfulness. **Confession** is acknowledging our sins before God and seeking His forgiveness.

## What is Confession

Confession is honestly acknowledging our sins and failures before God. It's not just listing our wrongdoings but genuinely repenting—turning away from sin and toward God. Confession includes admitting specific sins, accepting responsibility, and desiring change. Regular confession keeps our relationship with God clear of barriers and helps us grow in holiness.

## Why is Confession Important

- Restores fellowship with God
- Removes guilt and shame
- Promotes spiritual growth and transformation
- Prevents small sins from becoming larger issues

## Scripture for Confession

- "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
- "Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin." – Psalm 51:1-2
- "As far as the east is from the west, so far has he removed our transgressions from us." – Psalm 103:12





# CONFESSION

## Adoration Prompts

Use these prompts to guide your time of confession:

### Areas for Self-Examination:

- Thoughts: pride, envy, lust, bitterness
- Words: gossip, criticism, dishonesty, anger
- Actions: selfishness, laziness, unfaithfulness
- Relationships: unforgiveness, conflict, neglect
- Omissions: neglected responsibilities, missed opportunities
- Spiritual life: prayerlessness, Bible neglect
- Motives: serving for wrong reasons
- Heart: loving things more than God

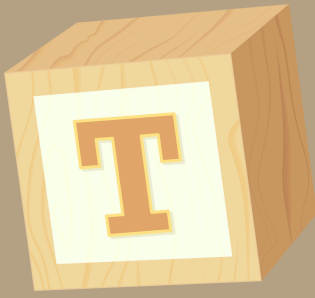
### Questions for Reflection:

- Have I loved God with all my heart, soul, mind, and strength?
- Have I loved my neighbor as myself?
- What sins have I committed in thought, word, or deed?
- Are there areas where I've been dishonest with myself or others?
- Have I neglected any spiritual disciplines or responsibilities?
- Is there anyone I need to forgive or ask forgiveness from?

## Example Adoration Prayer

*"Heavenly Father, I come before You acknowledging my sins. I confess that I have been impatient with my family and colleagues this week. I've spoken harsh words out of frustration rather than responding with love and grace. I've allowed worry to dominate my thoughts instead of trusting in Your provision. I've neglected time with You, prioritizing lesser things. Lord, I'm sorry for these sins and others I may not even recognize. Thank You that because of Jesus' sacrifice, I can receive Your forgiveness. Cleanse me and help me to walk in new obedience by the power of Your Spirit. Amen."*





# THANKSGIVING

After experiencing God's forgiveness through confession, **thanksgiving** follows naturally. We express gratitude for all that God has done for us.

## What is Thanksgiving?

Thanksgiving is expressing gratitude to God for His blessings, provisions, and work in our lives. Unlike adoration, which focuses on who God is, thanksgiving focuses on what God has done—His gifts, answers to prayer, and interventions in our lives.

Cultivating a thankful heart is both a command and a blessing that transforms our perspective.

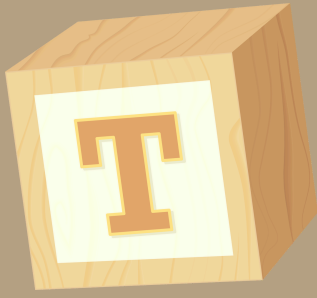
## Benefits of Thanksgiving

- Shifts our focus from problems to blessings
- Increases our awareness of God's activity
- Cultivates contentment and joy
- Builds faith by remembering God's faithfulness

## Scripture for Thanksgiving

- "Give thanks to the LORD, for he is good; his love endures forever."  
– Psalm 107:1
- "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." – 1 Thessalonians 5:16-18
- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." – Philippians 4:6





# THANKSGIVING

## Thanksgiving Prompts

Use these categories to guide your thanksgiving prayer:

### **Spiritual Blessings to Thank God For:**

- Salvation through Jesus Christ
- Forgiveness of sins
- The gift of the Holy Spirit
- God's Word and its guidance
- Spiritual growth and transformation
- The church community and fellowship

### **Physical/Material Blessings:**

- Health and strength
- Provision of daily needs
- Home and shelter
- Work and income
- Food and clean water
- Beauty in creation

### **Relational Blessings:**

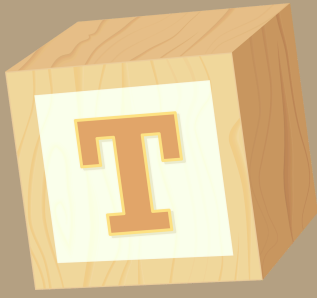
- Family and loved ones
- Friends and mentors
- Reconciled relationships
- People who have helped you grow

### **Specific Answers to Prayer:**

- Healing received
- Guidance in decisions
- Provision in times of need
- Protection from harm







# THANKSGIVING

## Example Thanksgiving Prayer

*"Heavenly Father, thank You for Your amazing grace and the gift of salvation through Your Son Jesus Christ. I'm grateful for Your forgiveness that I just received through confession. Thank You for my family—for my spouse's support and my children's love. I'm thankful for the provision of a job and the ability to work. Thank You for answering my prayer about that difficult situation at work last week. I'm grateful for the beauty of creation I saw on my walk today, reminding me of Your creativity. Thank You for Your faithfulness even when my faith has been weak. Lord, I count my blessings and realize how much You've given me. My heart overflows with gratitude."*





# SUPPLICATION

**Supplication** is bringing our requests and petitions to God. After adoring Him, confessing our sins, and giving thanks, we're now in the right heart posture to present our needs and the needs of others.

## What is Supplication?

Supplication means humbly asking God to meet needs—both our own (personal requests) and those of others (intercessory prayer). It's recognising our dependence on God and trusting His wisdom in how He chooses to answer.

While many people think of prayer primarily as asking for things, in the ACTS model, supplication comes last—after we've focused on God's character, dealt with sin, and expressed gratitude.

## Guidelines for Supplication

- Pray specifically rather than generally
- Submit to God's will ("Your will be done")
- Pray with faith, believing God hears
- Balance personal needs with others' needs

## Scripture for Thanksgiving

- "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." – Matthew 7:7
- "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." – 1 John 5:14
- "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." – 1 Timothy 2:1





# SUPPLICATION

## Supplication Categories

### Personal Needs:

- Spiritual growth and character development
- Guidance for decisions and life direction
- Physical health and healing
- Emotional and mental well-being
- Relationships and family matters
- Work and career challenges
- Financial needs and provision
- Personal struggles and temptations

### Intercessory Prayer

- Family members and their specific needs
- Friends facing challenges
- Church leaders and ministries
- Government leaders and authorities
- The unsaved and those far from God
- Missionaries and global workers
- Those experiencing suffering or persecution
- Your local and global community

## Example Supplication Prayer

**Personal requests:** "Father, I come before You with my needs. I ask for wisdom as I face the decision about my job opportunity. Please guide me clearly through Your Word, wise counsel, and the peace of Your Spirit. I also pray for healing for the ongoing pain in my shoulder—if it's Your will, please restore my health in this area. Help me grow in patience, especially with my children, and give me strength to overcome the temptation to worry about finances."

**Intercession:** "Lord, I lift up my sister who is struggling with depression. Bring her Your comfort and healing, and lead her to the right support. I pray for my pastor and church leaders—give them wisdom, protection, and renewed vision. I ask for my neighbour John to come to know You personally. Be with those suffering from the recent natural disasters and those in war zones Give wisdom to our government leaders. Help the missionaries to effectively share Your love. In all these requests, Lord, I trust Your wisdom and timing. Your will be done. Amen."





THE ACTS PRAYER METHOD

# **DAILY PRAYER TEMPLATES**

Use these structured  
templates to guide your daily  
prayers using the ACTS  
method.

Feel free to print these pages  
for your regular use.

# Daily ACTS Prayer Worksheet

Date: \_\_\_\_\_

## ADORATION

Praise God for who He is. Focus on His attributes and character.

## CONFESSION

Confess your sins to God. Be specific about thoughts, words, and actions that need forgiveness.

## THANKSGIVING

Express gratitude for specific blessings, answered prayers, and God's work in your life.

## SUPPLICATION

Present your requests to God, for yourself and others.

PERSONAL:

OTHERS:

# Weekly Prayer Planning Guide

Use this template to organise your intercessory prayers throughout the week.

**MONDAY:** Focus: FAMILY

**TUESDAY** Focus: CHURCH & MINISTRY

**WEDNESDAY** Focus: FRIENDS & CO-WORKERS

**THURSDAY** Focus: GOVERNMENT & LEADERS

**FRIDAY** Focus: THE LOST & MISSIONS

**WEEKEND** Focus: WORLD ISSUES & PERSONAL GROWTH

**ONGOING PRAYER CONCERNS**

# SPECIAL PRAYER GUIDES

## CRISIS PRAYER GUIDE

When facing personal crises or emergencies, this abbreviated ACTS framework can help focus your prayers:

- A** - Acknowledge God's sovereignty  
*"Lord, You are in control even when things seem chaotic."*
- C** - Come honestly with your feelings  
*"Father, I'm afraid and overwhelmed by this situation."*
- T** - Trust in God's promises  
*"I hold onto Your promise that You work all things for good."*
- S** - Seek specific help  
*"Please provide wisdom for the doctors, comfort for my family, and healing if it's Your will."*

## FAMILY PRAYER GUIDE

Use this simplified ACTS approach to pray with children and families:

- A** - Awesome things about God  
*"God, You are amazing! You made the whole world and You love us so much."*
- C** - Clean our hearts  
*"Please forgive us when we do wrong things like arguing or disobeying."*
- T** - Thank You for blessings  
*"Thank You for our family, our home, our food, and our toys."*
- S** - Special requests  
*"Please help Grandma feel better. Help us at school. Keep our family safe."*

## SCRIPTURE-BASED PRAYER GUIDE

Use Bible passages to structure your ACTS prayers:

- A** - Adoration (Psalm 145)  
*"I will exalt you, my God the King; I will praise your name for ever and ever."*
- C** - Confession (Psalm 51)  
*"Have mercy on me, O God, according to your unfailing love..."*
- T** - Thanksgiving (Psalm 100)  
*"Enter his gates with thanksgiving and his courts with praise..."*
- S** - Supplication (Philippians 4:6-7)  
*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

## INTERCESSORY PRAYER GUIDE

Specific guidance for praying effectively for others:

How to Intercede:

1. Be specific about needs (health, relationships, spiritual growth)
2. Pray Scripture over the person (use Bible promises)
3. Pray with empathy (put yourself in their situation)
4. Listen for the Holy Spirit's guidance
5. Follow up on prayers (continue praying consistently)

*"Father, I lift up my friend [Name] who is [battling cancer.] Please give her doctors wisdom for her treatment tomorrow. Strengthen her body to respond well to the medication. I pray Psalm 91 over her, that You would be her refuge and fortress. Comfort her family who are worried. Help me know how to support them practically this week. I'll continue praying for her complete healing. Amen."*



# PRAYER JOURNALING GUIDE

Recording your prayers and God's answers can be a powerful spiritual practice.  
Use this guide to help structure your prayer journal.

## Prayer Journal Template

Date: \_\_\_\_\_ Scripture Reading: \_\_\_\_\_

**ACTS Prayer:**

Adoration: \_\_\_\_\_

Confession: \_\_\_\_\_

Thanksgiving: \_\_\_\_\_

Supplication: \_\_\_\_\_

**Insights from Prayer Time:**

**Prayer Request Tracking**

Date	Prayer Request	Scripture	Answer/Update

**Benefits of Prayer Journaling:**

- Creates a record of your spiritual journey
- Helps you recognise patterns in your prayer life
- Provides evidence of God's faithfulness over time
- Increases focus during prayer time
- Serves as a reminder to follow up on prayer requests

**Tips for Consistent Prayer Journaling:**

1. Set aside a specific time each day for journaling
2. Keep your journal in your regular prayer spot
3. Start with just 5-10 minutes daily
4. Don't worry about perfect writing—it's between you and God
5. Periodically review past entries to see God's work



# GROWING IN YOUR PRAYER LIFE

The ACTS prayer method is a starting point, not a rigid formula. As you grow in your prayer life, allow the Holy Spirit to guide you. Sometimes you may spend more time in adoration, while other times confession may be your focus.

## Signs of Growth in Prayer:

- Increased desire to pray
- Greater awareness of God's presence
- More honesty and transparency with God
- Improved listening (not just talking)
- Growing confidence in God's character

## Overcoming Common Prayer Challenges:

- Distractions: Write down distracting thoughts
- Dryness: Pray scripture when words won't come
- Inconsistency: Link prayer to existing habits
- Unanswered prayers: Study God's promises
- Doubt: Be honest with God about your doubts

## A Final Encouragement:

**"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." — Ephesians 6:18**

Remember that prayer is fundamentally about relationship with God. While structure can help, the most important aspect is coming to God with a sincere heart. Keep showing up, keep being honest, and watch how God works in and through your prayers.