

# How Do I Pray?

## *ACTS Prayer Model*

### **A**DORATION

Adoration is an act of praise and worship. Adoring the Lord means offering him the affections of your heart and paying honor to him for his mighty power, wisdom, strength, goodness, mercy and love.

Deut 10:20-21	1 Chron 16:23-25	Psalms 9:1-2	Psalms 66:1-4
Deut 32:4	Nehemiah 9:5-6	Psalms 57:9-11	Psalms 71:14-24
2 Samuel 7:22	Psalms 7:17	Psalms 63:1-7	Psalms 146:1-6

*“Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers can separate me from your love.” Romans 8:38*

Praying the verse – You are a loving God. You are constantly by my side in every walk of life. Wherever I go, you are there waiting to show yourself to me.

### **C**ONFESSION

In the act of confession you are asking God to remove your old, sinful ways of living. God is faithful and just to forgive sins. Through confession we are made new and more like Jesus. When you repent of a specific area, ask God to clothe you in the opposite (ie-ask for joy instead of depression)

2 Samuel 24:10	Psalms 38:17-18	Psalms 130:1-4	Jonah 2:1-10
Psalms 25:6	Psalms 51:1-10	Isaiah 1:18-20	1 John 1:8-10
Psalms 32:3-5	Psalms 103:8-14	Isaiah 59:12-13	

*“Do not be conformed to this world, but be transformed by the renewing of your mind.” Romans 12:2*

Praying the verse – O God, would you renew my mind. Transform my desires to match that which you desire.

## THANKSGIVING

Thank God for what he has already done in your life and reflect on the many blessings in your life. Thank him for his faithfulness in keeping promises in your life, those of your family and friends, and the circumstances in your life.

2 Samuel 22:48-50	Psalm 23:6	Psalm 69:30	Colossians 4:2
1 Chron 16:8-12	Psalm 50:14	Psalm 95:1,2	Romans 1:21
1 Chron 16:23-26	Psalm 50:23	Psalm 118:28-29	Hebrews 13:15

*“You are my God, and I will give you thanks; you are my God, and I will exalt you.”*  
Psalm 118:28-29

Praying the verse – Thank you God, that you are faithful in keeping your promises to me. Thank you for the many blessings you have provided in my life.

## SUPPLICATION

Ask the Lord to give you the desires of your heart. Align your heart with His will through reading and praying Scripture. Remind God of his promises to you.

1 Chron 4:10	Psalm 62:7-8	Psalm 142	Romans 15:30
2 Chron 20:9	Psalm 116:1-7	Psalm 143:7-12	Ephesians 3:14-21
Psalm 18:16-19	Psalm 119:169-170	Matthew 6:9-13	Philippians 4:6-7

*“Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”* Hebrews 4:16

Praying the verse – I offer up my will to be in line with yours, God. Grant me the desires of my heart, that they may serve your purposes for my life.