

ACTS Prayer Method

Adoration, Confession, Thanksgiving & Supplication

Adoration	Who God is and His Character “God”	Reflect on God Himself and adore Him for who He is. Express your love for Him and worship Him. Ex: God, Creator, Majesty.
Confession	Our Sins “Us”	Tell Him of our sins and wrongdoing in seeking forgiveness Ex: Idolatry, Hardness of heart, selfishness
Thanksgiving	What God has done and is doing “God to Us”	Thank Him for all that He has done and is doing in your life Ex: Life, forgiveness, & family
Supplication	What we ask of Him: needs, wants, needs of others, church and the world “Us to God”	Ask Him your needs and wants according to His will. Pray for others around you as well. Ex: Specific job you need, health of a loved one, world peace

ACTS Prayer Method Worksheet

Adoration, Confession, Thanksgiving & Supplication

Adoration

Confession

Thanksgiving

Supplication
