

### **A model of prayer to consider (ACTS)**

As we continue this series on prayer, we would like for you to consider using the ACTS model of prayer as you pray in your homes together. Here is a brief look at what that could look like:

A = Adoration (Begin by praising God for who He is.)

C = Confession (Continue by confessing your sin to God, recognizing your need for forgiveness.)

T = Thanksgiving (Give thanks to God for what He has done for you.)

S = Supplication (Bring your requests to God, both for yourself and for others.)

As you use this model of prayer, note the order. As Christians, it is far too easy to start with asking God for things (supplication) without truly recognizing who He is and what He has done (adoration and thanksgiving), and also who we are as we come into His presence (sinners who need to confess).

### **A time to pray together**

Let's take what we just learned about **how we pray** from Pastor Phil and use this model of prayer and the prompts below to pray together in our homes (focusing this week on *adoration* and *confession*)...

#### **Adoration**

When we start with praising God for who He is in prayer, it puts the rest of our prayer in the right perspective. We begin by taking the focus off of ourselves and putting it directly on Him. He is God, and we are not. When we recognize that first, we see who we are more clearly—sinners saved by grace.

Praise God for who He is! The Bible declares Him to be *our rock, our salvation, our fortress, our hope, and our refuge* (Psalm 62). How has God been those things for you this past week? Praise Him for that together and declare who He is in prayer.

#### **Confession**

If adoration is what exalts God in our prayers, then confession is what humbles us. When we confess our sin to God, we are declaring who we are and trusting in who He is.

Confess your sins to God in prayer! The Bible declares Him to be *compassionate, merciful, slow to anger, and full of unfailing love* (Psalm 103:8). When have you needed God's mercy, forgiveness, and grace this past week? Confess those times to Him in prayer.

(To go deeper, look up Colossians 3:1-4, Psalm 62, and Psalm 103:8-18)