

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 *thanksgiving* and *supplication*)...

Thanksgiving

Remember, thanksgiving is giving thanks to God for *what He has done*. When you come before God with thanksgiving, you are thanking Him for the ways that He has already answered your prayers (and met your needs). In this way, thanksgiving naturally flows into supplication. And, it does it in a way that gets your focus off of yourself and directly on God.

Praise God for what He has done! The Bible declares that He made us and that we are His people. Think of all the things He had to do for this to be true, and thank Him! How has the LORD been good to you this past week? How has His love for you been unfailing? How has He been faithful? (Psalm 100) Thank Him for these things together and praise Him for what He has done in prayer.

Supplication

Perhaps you have understood supplication as simply asking God for things. But, it is far more than that! Prayer is really an opportunity for us to get our lives in proper spiritual alignment with God. That is why the Bible tells us to ask "according to His will." (1 John 5:14-15) True supplication happens when we surrender our needs (and wants) to God and entrust Him with those things. It's coming to Him in humility and seeking His will, believing that He cares and knows what's best for us. (1 Peter 5:6-7)

What do you need to surrender to God in prayer today? How might praying for these things "according to His will" impact how you bring your requests to Him? Take some time now to pray for yourself and others, trusting that His kingdom will come and His will will be done through your prayers.

(To go deeper, look up Colossians 3:1-4, Psalm 100, 1 John 5:14-15, 1 Peter 5:6-7, & 1 Thess. 5:17-18)