



THE ACTS PRAYER MODEL

The ACTS Prayer Model is a tool to help guide you into the Presence of God during your personal devotional time. To use this tool, pray through each section and use the “Launching Pad” Scriptures to lead you to other passages.

Summary of ACTS Prayer Model

- A – Adoration:** proclaiming who God is and the attributes of His character
- C – Confession / Proclamation:** personal cleansing, repentance, putting on of Christ's nature
- T – Thanksgiving:** praise offering, remembering the works of the Lord, meditation
- S – Supplication:** asking, intercession, and petitioning according to His will

Adoration

Take time to adore the Lord and give Him the affection of your heart. Do *not* ask anything. Focus on the attributes of God and declare who He is. Pray through the scriptures (specifically Psalms) to give yourself language for your adoration.

TIP: Use a tool like the ABC's of adoration to focus yourself. (See additional handout for more info.)

Launching Pad Scriptures

- Psalm 46:1 – *“God is our refuge and strength... ever-present help in times of trouble...”*
Praying the Verse: You are the abundantly available God. You are always there when I need you.
- Romans 8:38 – *“neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers can separate me from your love.”*
Praying the Verse: You are the loving “for me” God. You are constantly by my side in every walk of life. Wherever I go, You are there waiting to show Yourself to me.

Additional Scriptures

Confession

The ultimate act of warfare is that which we do against our own sinful nature. By lingering in the place of repentance, we militantly advance against the kingdom of darkness. In this step, rid yourself of sinful nature and take on the nature of Christ.

TIP: When you repent of a specific area, ask the Lord to clothe you in the opposite (i.e. ask for joy instead of depression, humility instead of pride, pure love in the place of lust).

Launching Pad Scriptures

- Galatians 2:20 – *“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.”*
Praying the Verse: Jesus, I deny my sinful nature and ask that you would live in me. Let my life be a living example of You, teach me to be an ambassador of Your Kingdom.

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

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

- Philippians 3:8 – *“I consider everything as loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in Him...”*

Praying the Verse: Father, I leave behind anything that stands in my way of loving You. Loving You is the joy of my life, and desire You more than anything. You are the one thing I desire, O God.

Additional Scriptures

Thanksgiving

Speak to the Lord of the times He showed His faithfulness, or journal in a notebook about the times you saw Him move. This is a time of reflection and meditation.

TIP: Do not ask the Lord for anything yet, just thank Him for what He has already done and remember the work of the Lord in every area of life (i.e. your home, work, business, family, church, etc)

Journal / Thank God for the Following:

- 1 – God’s Promises for your life
- 2 – People, family, co-workers and friends
- 3 – Circumstances, miracles, experiences and adventures with God

Supplication

As you enter the posture of intercession, ask the Lord to give you the desires of His heart. Base each prayer request from Scripture. By praying the Word, we align our will with His, and remind the Lord of His promises.

TIP: Use apostolic prayers, or the prayers of Jesus, to give you language for your prayers. (A downloadable guide these prayers is available at www.ihop.org)

Launching Pad Scriptures

- Psalm 110:1 – *“Do not keep silent, O God of my praise!”*
- Ephesians 4:13 – *“...till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ...”*

Person Prayer Requests
