



PRAYER TOOL

ACTS Method

Prayer is our direct line of communication with God, fostering a deeper connection and intimacy with Him. Just as we would share with our closest friend, God longs for us to talk to Him and listen to His voice in return. The ACTS method helps by providing a structured approach to prayer, focusing on Adoration, Confession, Thanksgiving, and Supplication (Requests). Continue reading to discover how this method can enrich your prayer life and strengthen your relationship with God.

Adoration - Psalm 145:3 / Psalm 34:1

Start by praising God for who He is—His character, attributes, love for you and others, and His goodness. Example: “Lord, I praise You for your unfailing love and faithfulness, which sustain me each day.”

Confession - 1 John 1:9 / Psalm 32:5

Ask God for forgiveness for your mess-ups. Honestly acknowledge any sins or areas where you’ve fallen short, seeking His forgiveness.

Example: “Father, I confess my impatience with you and my family, and ask for Your forgiveness and grace to grow in patience.”

Thanksgiving - 1 Thessalonians 5:18 / Psalm 100:4

Express gratitude to God for His blessings, both big and small. Example: “Thank You, God, for my family, health, and the opportunities You’ve given me to serve others.”

Supplication - Philippians 4:6-7 / Matthew 7:7-8

Tell God what you need and ask Him for those things, no matter how small. Pray for your family, friends, community, your church, job, any personal situations going on, and even those you don’t like that much. Example: Lord, please guide my decisions at work today and bring healing to my friend who is sick.”