Iglesia Morada de Dios

How Do I Pray?

ACTS Prayer Model

Prayer: *When you pray, you are communicating with God. Often you ask yourself the question: "How should I pray?" One thing you can do is look at prayers that are recorded in the Bible and use them as models for your own prayers. Many Biblical prayers follow a format that is known as the ACTS format for prayer. Each letter in the word "ACTS" stands for a different portion of prayer, in the order in which they should be prayed: Adoration, Confession, Thanksgiving, and Supplication. When you follow this model, your own prayer life will be greatly enriched.*

Adoration

This is praising God for who He is. With adoration, you praise God. The purpose of adoration is not to remind God about Himself; instead, the purpose of adoration is to help remind yourself of the wonderful majesty of who God is. By reviewing God's majesty, it helps to put you in a prayerful frame of mind. Examples of adoration include statements like *"God, you are the creator of the universe"* or *"Great and awesome God...."*

Confession

This is when you tell God about the sins that you have committed and ask for forgiveness. It is important to take the time and recall specific sins instead of simply asking for a blanket forgiveness for your sins in general. Listen to the Holy Spirit, who will help remind you of your sins. Approach God in a humble manner and reflect on the consequences of your sin. An example of confession is a statement *like "God, please forgive me for lying at work today."*

Thanksgiving

This is when you thank God for what He has done. Like adoration, thanksgiving helps to remind you of the things that God has done for you. It pleases God when you thank Him for the blessings He gives you. During thanksgiving, you show that you are attentive to the work that God is doing in your life, and that you are grateful. An example of thanksgiving is a statement like *"God, thank you for providing my needs today."*

Supplication

This is "asking for stuff" (both material and spiritual) in a humble manner. After you go through the other steps in this method of prayer – adoration, confession, and thanksgiving – you will be in a humble state of mind when your requests to God will be more meaningful. It is also important that your requests not simply be requests for yourself, but that you ask God for things for others as well. For example, you might ask something *like "God, please comfort Aunty Maria during her grief"* as well as something like *"God, please help me to be a better spouse."*

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