

## A.C.T.S. Prayer Model WAYNE ALCORN

The A.C.T.S. prayer model is one simple way to spend quality time in prayer, to build a devotional prayer life.

### ADORATION:

In this model, prayer begins with adoration. The psalmist wrote: 'Because Your love is better than life, my lips will glorify You. I will praise You as long as I live, and in Your name I will lift up my hands' (Psalm 63:3-4) The Lord is worthy of all praise, so we begin prayer by opening our heart to Him in love and adoration. We're not asking God for anything at this stage, nor are we thanking Him for anything He may have done. We are simply focusing on who He is and allowing our hearts to get lost in the wonder and beauty of Jesus. King David, the Warrior-Poet, revealed that this was the number one priority of his heart: 'One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of life, to gaze upon the beauty of the Lord... (Psalm 27:4) In our adoration we learn to gaze upon the beauty of the Lord.

### CONFESSION:

Confession is the natural next step from adoration for the follower of Jesus. In loving Jesus, we also long to be more like Him. The psalmist invited the Lord to 'Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting' (Psalm 139:23-24) Notice that we invite the Lord to search our hearts and lifestyle. This may seem like a scary step for some. What will the Lord find? The answer is nothing He doesn't already know! Jesus doesn't search us to create fear or anxiety in us and it's best to leave the searching to Him. Self-introspection may lead to condemnation. Jesus searches our heart to shine His light upon whatever may be limiting our freedom or causing us to stumble in our walk with Him. Remember, He gives grace to the humble (1Pet 5:5) and 'if we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness' - 1Jn 1:9.

### THANKSGIVING:

We then turn our heart towards giving thanks to the Lord for the many things He has done. 'I will praise God's name in song and glorify Him with thanksgiving' (Psalm 69:30). We take time to express our gratitude:

- His mercies are new every morning.
  - His faithfulness is great.
  - His love is unconditional.
  - He provides our every need.
    - He answers prayer.
- He has clothed me in the garments of salvation.
- I am a child of God. I have a destiny. I have a hope and a future.



## A.C.T.S. Prayer Model Cont. WAYNE ALCORN

- He never leaves me or forsakes me.
- I am filled with the Holy Spirit.
  - He forgives all my sin.
  - He heals all my sicknesses.
- He gives me the desires of my heart.
  - He is my best friend.
- He is my loving heavenly Father. He is generous to me. He is patient with me.
  - He continually blesses my life.

The list goes on and on. I thank you Lord, you are so good to me! Expressing gratitude and thankfulness to God aligns my heart and mind with His will and transforms me into the person He desires me to become. (See 1Thess 5:18).

### SUPPLICATION:

This is when we bring all our requests to God, whether large or small. The scriptures encourage us to: 'not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God' (Phil 4:6). And to 'pray in the Spirit on all occasions with all kinds of prayers and requests' (Eph 6:18). Pray for your family and loved ones. Pray for those in need of salvation. Pray for the sick and the suffering. Pray for your leaders both civil and church. Pray for the current COVID-19 crisis. Pray about anything that is on your heart.

Throughout the Bible, we have the record of people praying long prayers, short prayers, and silent prayers. And we have the testimony that God hears and responds to them all. Whether you pray long prayers or short prayers, vocal prayers or silent prayers, pray! For in the well-known words of Edward Bouds, 'God shapes the world through prayer'. A.C.T.S. is easy to remember. Why not schedule regular ACTS appointments into your weekly schedule? It will be the beginning of an exciting prayer adventure with Jesus.

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