

The ACTS Prayer

Adoration

"Because Thy lovingkindness is better than life, My lips will praise Thee." Psalms 63:3

Adoration is to adore God, to worship him and to fulfil the commandment to love him with all of our heart, mind and soul. As we spend time in adoration, we praise God for who He is - our Creator, our Sustainer and our Redeemer.

When we focus our attention on the One who can meet our needs, it takes our eyes off circumstances and allows us to experience God's sufficiency and peace.

“Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet... harp and lyre... tambourine and dancing... strings and flute... clash of cymbals resounding. Let everything that has breath praise the Lord. PRAISE THE LORD.”

Confession

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." I Jn 1:8-9

Confession allows us to clear away the things in the relationship between you and God which are displeasing to Him. All of us have sinned, and the Holy Spirit will reveal areas in our life that are not pleasing to Him. Take some time to confess those sins. If the Spirit reveals sin in your life, name that sin specifically and repent. This involves a change in your attitude and an active move on your part to no longer indulge in that sin.

Then thank God for forgiving your sin on the basis of His promise in I John 1:9, "If we confess our sins He is faithful and righteous to forgive our sins and cleanse us from all unrighteousness."

Finally, and most importantly, ask God to fill (control and empower) you by His Holy Spirit. Sometimes confession involves restitution or making things right with friend you have wronged. If the Holy Spirit reveals this in your life, do not hesitate to obey.

Thanksgiving

"In everything give thanks, for this is the will of God in Christ Jesus concerning you." 1 Thess. 5:18

Thanksgiving allows us to thank God for what he has done for us, and through us, right now, just as Adoration is to praise God for who he is, in his pre-existent and eternal Being. Whereas adoration is to praise him for his character, thanksgiving is thanking him for his actions toward us.

Each day God is blessing us! Every moment we can recall the wonderful things that God has done for us, and the gifts that we have been given. We need to be constantly thanking God for his blessings.

"He who offers a sacrifice of thanksgiving honors Me." Psalm 50:23

Supplication

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” Phillipians 4:6

Finally we come to ask God for our needs and the needs of others.

PRAY FOR OTHERS. In the epistles of St Paul, we read of him praying for those he has led to faith, and asking them also to pray for him. So, you too can pray for other Christians, and encourage them to pray for you. Pray for your family members, and for neighbours and friends. It's also good to pray for those who don't know Jesus to come to faith - many Christians have come to believe in Christ through the prayers of others.

PRAY FOR WORLD ISSUES. For peace in difficult situations, for leaders and those in influential positions, for global issues such as care of God's environment, justice for the poor, relief of suffering in less developed countries, and other issues that come to you.

PRAY FOR YOUR OWN NEEDS. It's easy to neglect this, but Jesus encourages us to do so in the Lord's Prayer - the model for prayer that He gave us.

"No good thing does He withhold from those who walk uprightly." Psalm 84:11

Practical Helps for God time

- * Set a time. The same time every day is the best way to establish a lasting habit. When will you devote time to your relationship with Jesus every day?
- * Set a place. The same place each day is also instrumental in establishing a disciplined time with God. Where will you meet alone with the Lord?
- * Avoid distractions. What are the things that could distract you from following through with your desire to focus only on God? TV? Music? Visitors? Phone calls? The refrigerator? Whatever it is, how will you avoid this distraction?
- * Set reasonable goals. You may know someone who spends an hour a day with the Lord, or another who reads through the Bible completely in a year. But these goals may not be reasonable for you to start out with. Perhaps at a later time these would be good goals for you! Be realistic! What can you pretty much guarantee you would do each day? The idea is to be successful at reaching your goal with consistency. Maybe 20 minutes of Bible reading and prayer, maybe 30 minutes? What can and will work for you?
- * Have someone hold you accountable. It is always helpful to have another Christian know your goal and be praying for you that you will reach it. They could even call you daily or intermittently for a while to ask you if you spent time with Christ.