

ACTS

Adoration. Confession. Thanksgiving. Supplication.

A GUIDE FOR PRAYER



Adoration – Time for Worshipping and Adoring God

Adoration is an act of praise and worship. Adoring the Lord means offering him the affections of your heart and paying honor to him for his mighty power, wisdom, strength, goodness, mercy and love.

- I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. I will be glad and exult in you; I will sing praise to your name, O Most High. Psalm 9:1-2
- Shout for joy to God, all the earth; sing the glory of his name; give to him glorious praise! Say to God, “How awesome are your deeds! So great is your power that your enemies come cringing to you. All the earth worships you and sings praises to you; they sing praises to your name.” Psalm 66:1-4
- Psalm 57:9-11, Psalm 71:14-24
- “Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers can separate me from your love.” Romans 8:38

Praying the verse - You are a loving God. You are constantly by my side in every walk of life. Wherever I go, you are there waiting to show yourself to me.

Confession – Time to confess, or agree with God about, any sins or mistakes you have made that He brings to mind. Make sure people know they can pray silently.

In the act of confession, you are asking God to remove your old, sinful ways of living. God is faithful and just to forgive sins. Through confession, we are made new and more like Jesus. When you repent of a specific area, ask God to clothe you in the opposite (ie. ask for joy instead of anger/frustration)

- For I am ready to fall, and my pain is ever before me. I confess my iniquity; I am sorry for my sin. Psalm 38:17-18
- Out of the depths I cry to you, O Lord! O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! If you, O Lord, should mark iniquities, O Lord, who could stand? But with you there is forgiveness, that you may be feared. I wait for the Lord, my soul waits, and in his word I hope; Psalm 130:1-4,
- Jonah 2:1-10, Psalm 25:6, Psalm 51:1-10, Isaiah 1:18-20, 1 John 1:8-10, Psalm 32:3-5, Psalm 103:8-14, Isaiah 59:12-13
- “Do not be conformed to this world, but be transformed by the renewing of your mind.” Romans 12:2

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

Thanksgiving – Give thanks to God for who He is, what He has done and what He will do.

Thank God for what he has already done in your life and reflect on the many blessings in your life. Thank him for his faithfulness in keeping promises in your life, those of your family and friends, and the circumstances in your life.

- Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever. Psalm 23:6
- Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High. Psalm 50:23
- 2 Samuel 22:48-50, Psalm 23:6, Psalm 69:30, Colossians 4:2, 1 Chron 16:8-12, Psalm 50:14, Psalm 95:1, 2 Romans 1:21, 1 Chron 16:23-26, Psalm 118:28-29, Hebrews 13:15
- “You are my God, and I will give you thanks; you are my God, and I will exalt you.” Psalm 118:28-29

Praying the verse - Thank you God, that you are faithful in keeping your promises to me. Thank you for the many blessings you have provided in my life.

Supplication – Ask God for His help for yourself or others.

Ask the Lord to give you the desires of your heart. Align your heart with His will through reading and praying Scripture. Remind God of his promises to you. What area of my life does not align with Him? Take those before the Lord today.

- On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Psalm 62:7-8
- Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. Deliver me from my enemies, O Lord! I have fled to you for refuge. Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground! For your name's sake, O Lord, preserve my life! In your righteousness bring my soul out of trouble! And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant. Psalm 143:7-12
- Psalm 142, Romans 15:30, 2 Chron 20:9, Psalm 116:1-7, Ephesians 3:14-21, Psalm 18:16-19, Psalm 119:169-170, Matthew 6:9-13, Philippians 4:6-7
- “Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

Praying the verse - I offer up my will to be in line with yours, God. Grant me the desires of my heart, that they may serve your purposes for my life.

What do you need to plead with the Lord about?

Conclude with a prayer walk!

