

# A.C.T.S. Prayer Model

By FLOODGATES Team

This is a prayer guide through four kinds of prayer.  
Spend 5-10 minutes in each area of prayer.

## **Adoration**

Prayers that praise God for who He is and what he has done.  
Begin by praising God for his love, his grace, and his faithfulness. Point out all of the things you love about him and all of the great things you have seen Him do in your life or in the lives of others.

Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.  
Isaiah 25:1

## **Confession**

Prayers of repentance and surrender to God.  
Spend a moment to reflect, confess and surrender to God anything you've been carrying. His grace covers all sin and he is always faithful to forgive.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
1 John 1:9

## **Thanksgiving**

Prayers of gratitude and gratefulness.  
Take time to reflect in prayer on all of the good things God has done in your life. Give thanks with a heart of gratitude.

Give thanks to the Lord, for he is good; his love endures forever.  
Psalm 107:1

## **Supplication**

Prayers of requests and petitions to God for yourself and others.  
In this moment, pray with confidence that God is able to do all things. Give your situation to God and place it in His hands. Pray for yourself, family and friends, the church, our community, nation and world.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
Philippians 4:6-7