

Praying ACTS

by Larry Smith — PrayBig Ministries

A good guide to use in personal and corporate prayer is praying ACTS. Adoration, Confession, Thanksgiving and Supplication. Many prayers throughout scripture follow this basic outline. This is a scriptural way to pray, and it is easy to remember. Try praying in the order listed below. It helps keeps our focus on Him.

1. Adoration

God loves for us to praise Him. Jesus taught us to pray to God say “Our Father who art in heaven Hallowed be the name”. Hallowed means praise.

The word is full of verses that tell of how men of God loved to praise the Father.

Use scripture when you praise him. Look at Psalms.

Psalm 59:17 O my Strength, I sing praise to you; you, O God, are my fortress, my loving God.

Psalm 103:1 Praise the LORD, O my soul; all my inmost being, praise his holy name.

Psalm 119:164 Seven times a day I praise you for your righteous laws.

Matthew 11:25 At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.

Ephesians 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

Revelation 5:12 In a loud voice they sang: “Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!”

2. Confession

Before we can come before a righteous God we need to be clean. He is just and faithful to forgive our sins when we confess them to him. We serve an awesome and loving God who forgives when we ask for forgiveness. Ask.

Psalm 32:5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD”—and you forgave the guilt of my sin. Selah

James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

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

Psalm 103:2 Praise the LORD, O my soul, and forget not all his benefits-- 3 who forgives all your sins and heals all your diseases,

Psalm 103:8-12 The LORD is compassionate and gracious, slow to anger, abounding in love.⁹ He will not always accuse, nor will he harbor his anger forever;¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities.¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him;¹² as far as the east is from the west, so far has he removed our transgressions from us.

3. Thanksgiving

Just like us, God loves to be thanked. As we remember all of the blessings and answered prayers that God has given us — thanking Him for them — draws us closer and closer to Him and keeps our heart and mind fixed on Him. Let us not be like the nine lepers who were healed yet failed to return and thank Christ.

Luke 17:12-17 As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹⁵ and called out in a loud voice, “Jesus, Master, have pity on us!” ¹⁴ When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.

¹⁵ One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶ He threw himself at Jesus' feet and thanked him -- and he was a Samaritan. ¹⁷ Jesus asked, “Were not all ten cleansed? Where are the other nine?”

Colossians 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Colossians 4:2 Devote yourselves to prayer, being watchful and thankful.

Hebrews 12:28 Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,

4. Supplication

Many times we want to start here with our list of needs. Remember to first praise God, confess your sins, and thank Him. Then come to Him with your requests.

Ask for others first. Your spouse, your family, your pastor and others that God has placed on your heart. Then ask Him to reveal to you those things He wants you to pray for. Just listen for His voice. Then pray for your needs.

God has good gifts for His children. Because He loves us. He wants us to simply ask Him in faith. In asking — we depend on Him— allowing Him to provide. As He answers our requests, we are drawn near to Him. This is where real intimacy with the Father begins to be nurtured and grow.

He shows us how to ask in His word. Make sure you are asking according to the things that he has taught us. Pray His promises back to Him.

(See things that hinder prayer in the lesson *Prayer Soup. 41 Key Ingredients needed for prayer*).

Matthew 7:7-12 ⁷ “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. ⁹ “Which of you, if his son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! ¹² So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

James 1:5-7 ⁵ If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. ⁶ But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That man should not think he will receive anything from the Lord;

John 14:12-14 ¹² I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. ¹³ And I will do whatever you ask in my name, so that the Son may bring glory to the Father. ¹⁴ You may ask me for anything in my name, and I will do it.