

Tools for Prayer

The A.C.T.S. Approach to Prayer



David says in Psalms 57:7 “*My heart is fixed, O God, my heart is fixed.*” A fixed and established heart produces stability in life. Few people in the Christian community have this heart and life. One of the missing links has been a workable plan on how to begin and maintain time with the Lord

A *Adoration:* this is the purest kind of prayer because it is all for God.

There is nothing in it for you. You don't barge into His presence of royalty. You begin with a proper salutation. So worship Him. Tell Him that you love Him. Reflect on His greatness, His power, His majesty.

C *Confession:* Having seen Him you now want to be sure every sin is cleansed and forsaken.

Confession comes from the root word meaning “to agree with God”. Something happened yesterday you called a slight exaggeration. God calls it a lie! You call it strong language...God calls it swearing. You call it telling the truth about someone at church...God calls it gossip. “If I regard sin in my heart, the Lord would not hear me”. Psalm 66:18

T *Thanksgiving:* Expresses your gratitude to God.

Think of several specific things to thank him for: your family, your business, your church and ministry responsibilities and even thank Him for hardships. “*give thanks in all circumstances, for this is God's will for you in Christ Jesus.*”. 1Thessalonians 5:18

S *Supplication:* This means to “ask for earnestly and humbly.”

This is the part of your prayer life where you make your petitions known to Him. Ask for others, then for yourself. “Supplication is more than petition, but suggests an intensity of earnestness in extended prayer, not of gain merit by many words, but to full transfer the burden of one's soul into God's hands” (Spirit Filled Bible)