



Before the day begins—
Before you go to bed—
Before you go to work or school—
Before you send that text—
Before you eat, drive or travel—
When bad things happen—
Before bad things happen—
In every situation—PRAY FIRST!

— **Pastor Chris Hodges**

MORE ABOUT PRAYER

5 STEPS TO BECOME A POWERFUL PRAYER WARRIOR

1. UNDERSTAND THAT PRAYER IS COMMUNICATING WITH THE GOD OF THE UNIVERSE
2. MEMORIZE SCRIPTURE AND USE IT IN YOUR PRAYERS
3. BE FAITHFUL ABOUT PRAYING FOR PEOPLE AND SITUATIONS
4. MAKE PRAYER A PRIORITY. PRAY FIRST!
5. BELIEVE THAT GOD WILL ANSWER YOUR PRAYERS!

THE ACTS MODEL FOR PRAYER

Many believers find that prayer, especially spending significant amounts of time in prayer, can be one of the most difficult parts of their spiritual walk. The following guide is an easy way to remember four essential aspects of prayer. A.C.T.S. is an acronym for the words Adoration, Confession, Thanksgiving and Supplication.

Pray through each of these four parts of prayer. Remember that prayer is ultimately about aligning our own hearts with God's and praising God in every part of our prayer.



A.C.T.S.

ADORATION

Psalms 146:1-2 - Praise the Lord. Praise the Lord, my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live."

When we catch a glimpse of how magnificent and awesome God is, our hearts naturally turn to adoration. We were created to both glorify God and enjoy Him forever. As we worship, something happens on the inside - the worries and cares of the day seem less important as we realize how amazing God is and how special is His love for us. Jesus affirms the importance of adoration in His teaching on prayer. His first line was "Our Father in heaven, hallowed be your name."

Example: "Father, you are completely holy and so breathtakingly beautiful. I fall at your feet in adoration".

CONFESSION

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

As we adore the living God, we become aware of our own frailty and sin. We realize that we have not lived as could have done. We have let others down, ourselves down, and mostly importantly, we have let God down. In confession, we tell God about these things, promise to turn from them, and ask for His forgiveness and restoration.

Example: "Lord, you ask us to love our neighbor as ourselves. The truth is I have failed to love others and I've lost sight of how much you value me. Please forgive me".

THANKSGIVING

Psalms 118:1 - Give thanks to the LORD, for he is good; his love endures forever.

There are many incidents in the Bible where people gave thanks to God. In adoration, our focus is on God - who He is, and our worship of Him. In thanksgiving, our focus is on what he has done - for us, for others, and throughout history. If we have just confessed our sins to our Father and received His forgiveness, then thanksgiving will be a very natural thing to do.

Example: "Thank you so much that your Son gave His life so that I can walk in freedom. My heart is deeply grateful for everything that you do for me".

SUPPLICATION

Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Supplication is requesting God to do something, either on behalf of somebody else (intercession) or for yourself (petition).

Example (petition): "I ask for your strength to fill my being so that I will always live in your grace and love."

Example (intercession): "Lord, I offer you all those in a position of power in our community. I pray for the leaders of our town, and the leaders of our church. May you give them wisdom as they make decisions and care for the people in this community."

