

ACTS PRAYER

Adoration - Begin your prayer with adoration of God (thanking God for who God is). You may want to pick a name for God (i.e. Comforter) or an attribute of God (i.e. Indwelling) and thank God for being that for you and others. A list of possible names can be found by clicking on the link “Names of God, Jesus.”

Confession – Speak to God about those things you should have done and did not do, as well as those things you did do that you should have not done.

Thanksgiving – Thank God for what God has done for you and others.

Supplication – Pray for yourself and others. Nothing is too small or too big for God. To help you concentrate through these elements of prayer you may want to use a string of four beads or stones and then move each from left to right (on the string or in each hand) as you go through each element of prayer (Adoration, Confession, Thanksgiving and Supplication).