**A.C.T.S. Prayer Model Guide**

**Adoration:**

* Adoration is an act of worshiping God and declaring God’s glory. To begin your prayer time, start by with a simple act of praise. If you don’t know where to begin, the book of Psalms might be helpful, such as Psalm 8 or Psalm 24. You might also consult prayer and worship resources, such as the Methodist Book of Worship or the Book of Common Prayer, which was one of John Wesley’s favorite resources.

**Confession:**

* After worshiping God, take time to confess your sins. This might not be the most fun, but it is a beautiful experience to be forgiven and to experience God’s grace daily. As 1 John 1-2 says, “But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous, 2 and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.” Because of Jesus, we can confess our sins with boldness – not out of fear of condemnation, but with a new joy at the possibility of being holy.
* In need of help with this part? One way to start is to prayerfully read Psalm 51 or read the UMC prayer of confession we say before Holy Communion (it can be found online or on page 13 of the UMC hymnal).

**Thanksgiving:**

* Taking time to be thankful is a wonderful way of developing a holy perception of the world. When we express gratitude, we train ourselves to recognize how the beauty of the world around us witnesses to the beauty of God.
* If you need some scripture to get started, try prayerfully reading Psalm 95:1-7.

**Supplication:**

* Finish your time in prayer by presenting your requests to God. This is our opportunity to ask for God’s will to be done “on earth as it is in heaven.” Is there something weighing heavy on your heart? Is there an issue in our nation of the world that brings you concern? Now is the time to bring those things to God.
* Don’t know where to begin? That’s totally okay. Try starting with the Lord’s prayer.

**Lord’s Prayer**

Our Father, who art in Heaven,

Hallowed be Thy name.

Thy Kingdom come. Thy will be done.

On Earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive those who trespass against us.

And lead us not into temptation,

But deliver us from evil.

For Thine is the Kingdom and the power and glory forever. Amen.