

## ACTS – Prayer

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

### **Adoration**

Focus your thoughts on God. Praise Him for who He is (father, Lord, creator, etc.) and what He is like (merciful, holy, wise, etc.). Use Psalms, words of hymns, and praise songs to help you focus on adoring God.

### **Confession**

As we see God through adoration and praise, we are brought face-to-face with how far we fall short of God's glory. Use this time to ask God to reveal any unconfessed sin in your life. Confess each sin to God. Turn from that sin and claim God's forgiveness.

### **Thanksgiving**

Spend this time acknowledging God's gifts and blessings to us. This should include first and foremost thanking God for saving us from our sins through Jesus Christ, and the secondly thanking God for material and physical blessings and needs He has met. Also, we ought to thank God for the people in our lives He has blessed us with.

### **Supplication**

Pray specifically for yourself and any needs you may have. Pray also for others and their needs. Pray for the different spheres God has placed you in (school, work, church, friends, etc.). Finally, use scripture to claim promises as you ask God to work in and through your life.