

# A.C.T.S.

## *A suggested pattern for prayer*

The following is a suggested pattern for prayer. It is not the only way, but rather an idea to get you started. You may want to include your extended time with God within this framework. (see below). Be careful not to get into a mechanical rut. A balance of structure and variety will keep your prayer time both consistent and fresh.

**Adoration** - Praising God for His attributes (who He is).

**Confession** - Asking and claiming forgiveness for the sins you have committed.

**Thanksgiving** - Expressing gratitude for His blessings, answers to your prayers (which He has done).

**Supplication** - Asking for anything and everything that comes to mind for yourself and others.