

When learning to pray, I always recommend the **ACTS** model of prayer. God does not ignore our prayers if we don't use this model, but this model is helpful in reminding us that our prayer is a relationship, not just a cosmic suggestion box. There is no magical formula to prayer. **We learn to pray by praying. That being said, the ACTS model of prayer is more of a springboard than a prescription.** Scripture has given us instruction on how to pray (Matt 6:5-13; 1 Tim 2:1), while also giving us freedom in how we pray because our relationship with God is personal, not cookie-cutter. We can be confident in approaching God as his adopted children (Heb 4:16). Never forget that God loves you with a limitless type of love. One we cannot comprehend. Go to him in confidence and joy! Still, go to him in humility— he is the creator of all existence. The author of your salvation and your DNA. He is Mighty King, Wise Shepherd, and Good Father all in one. Run to Him.

Prayer Method: ACTS

- **ADORATION:** This is the purest kind of prayer because it's all for God. Start off your time in prayer by telling the Lord that you love Him. Reflect on His greatness. Praise His name, His character, and His work in your life.
- **CONFESSION:** "Confession" comes from a root word meaning "to agree together with." When we apply this to prayer, it means we agree with God's estimation of what we've done. We are in agreement that our sin is sin. Ask Him to cleanse you of your sin and help you repent (to turn away from it) in the future.
- **THANKSGIVING:** Think of several specific things to thank Him for: your family, your work, your church— even thank Him for being with you in hardship.
- **SUPPLICATION:** This means to "ask for, earnestly and humbly." Bring your concerns and needs to God because he cares! Ask for others, then ask for yourself. Include people around the world, missionaries, friends, and those who have yet to hear about Jesus.
- **LAMENTING:** I know it doesn't fit in the "ACTS" model, but we will make an exception for a moment because it's important. Lamenting is simply expressing grief, sorrow, or regret. Lamenting is a beautiful example of how God meets us in our fallen humanity. Lamenting is a genuine expression of trust and hope in God when done in reverence and faith. What an incredible thing: the God of all existence would meet us in the pain and sorrow of the fallen world around us.

To close, I'm going to cite Pastor Bobby Jameison on the ACTS model of prayer:

"Praise celebrates and honors God for who He is and what He has done for us in Christ. Confession acknowledges how you have strayed from God's ways and failed to do His will. Thanksgiving recognizes God as the giver of every good gift and glorifies him for his generosity. Thanksgiving also drives out anxiety by filling your heart with calm trust in God's provision. Supplication asks God for what we know He wants to give. And, though it has no place in our tidy acronym, Lament has a prominent place in the Psalms. Lament voices the pain of living in a fallen and cursed world, brings our doubts and confusion to the Lord, and confesses his goodness and faithfulness."

What a joy that we can communicate with God himself. Go to Him joyfully, humbly, sincerely, and confidently.