



The A.C.T.S. of PRAYER

Adoration - worship God for who he is

Psalm 145:1–13

¹ I will extol you, my God and King, and bless your name forever and ever. ² Every day I will bless you and praise your name forever and ever. ³ Great is the LORD, and greatly to be praised, and his greatness is unsearchable.

- Ps 95, 96, 99, 139

- Revelation 4:8,11

- 1 Chronicles 16:8-34

- Hebrews 1:3-4

- John 1:1-3

- Ps 100, 150

Confession - acknowledge your sin to God, ask for forgiveness

Psalm 51:1–12

¹ Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ² Wash me thoroughly from my iniquity, and cleanse me from my sin! ³ For I know my transgressions, and my sin is ever before me. ⁴ Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment ...

- Psalm 32, 51

- Daniel 9:3-19

- Ezra 9:6-15

- James 5:16

- 1 John 1:9

- Jeremiah 14:20-21

Thanksgiving - rejoice in the good things God has done for you

Psalm 105:1–3

¹ Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples! ² Sing to him, sing praises to him; tell of all his wondrous works! ³ Glory in his holy name; let the hearts of those who seek the LORD rejoice!

- 2 Corinthians 4:15

- Colossians 3:15-17

- Philippians 1:3-5

- Psalm 106:1

- 1 Chronicles 16:34

- Philippians 4:6-7

- Ephesians 1:15-16

- 1 Thess 5:16-18

- Ephesians 5:19-20

- Psalm 9:1-2

- 1 Timothy 4:4-5

- Hebrews 13:15

Supplication - ask God for help in specific ways

Matthew 6:9–13

⁹ In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. ¹⁰ Your kingdom come. Your will be done On earth as *it is* in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, As we forgive our debtors. ¹³ And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Matthew 9:37–38

³⁷ Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. ³⁸ Therefore pray the Lord of the harvest to send out laborers into His harvest.”

Jeremiah 33:3

³ ‘Call to Me, and I will answer you, and show you great and mighty things, which you do not know.’

- Ephesians 1:15-22

- Philippians 1:9-11

- Romans 15:30-33

- Ephesians 3:14-21

- Philippians 1:18-21

- 1 Thess 3:9-13

- Ephesians 6:18-20

- Colossians 1:9-12

- 1 Timothy 2:1-7

STARTER PRAYERS

Matthew 6:9–13

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Ephesians 1:15–22

¹⁵ Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints, ¹⁶ do not cease to give thanks for you, making mention of you in my prayers: ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, ¹⁸ the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, ¹⁹ and what *is* the exceeding greatness of His power toward us who believe, according to the working of His mighty power ²⁰ which He worked in Christ when He raised Him from the dead and seated *Him* at His right hand in the heavenly *places*, ²¹ far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. ²² And He put all *things* under His feet, and gave Him *to be* head over all *things* to the church,

Ephesians 3:14–21

¹⁴ For this reason I bow my knees to the Father of our Lord Jesus Christ, ¹⁵ from whom the whole family in heaven and earth is named, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the width and length and depth and height—¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. ²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, ²¹ to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Philippians 1:9–11

⁹ And this I pray, that your love may abound still more and more in knowledge and all discernment, ¹⁰ that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, ¹¹ being filled with the fruits of righteousness which *are* by Jesus Christ, to the glory and praise of God.

Colossians 1:9–12

⁹ For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; ¹⁰ that you may walk worthy of the Lord, fully pleasing *Him*, being fruitful in every good work and increasing in the knowledge of God; ¹¹ strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; ¹² giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.

Romans 15:30–33

³⁰ Now I beg you, brethren, through the Lord Jesus Christ, and through the love of the Spirit, that you strive together with me in prayers to God for me, ³¹ that I may be delivered from those in Judea who do not believe, and that my service for Jerusalem may be acceptable to the saints, ³² that I may come to you with joy by the will of God, and may be refreshed together with you. ³³ Now the God of peace *be* with you all. Amen.

1 Thessalonians 3:9–13

⁹ For what thanks can we render to God for you, for all the joy with which we rejoice for your sake before our God, ¹⁰ night and day praying exceedingly that we may see your face and perfect what is lacking in your faith? ¹¹ Now may our God and Father Himself, and our Lord Jesus Christ, direct our way to you. ¹² And may the Lord make you increase and abound in love to one another and to all, just as we *do* to you, ¹³ so that He may establish your hearts blameless in holiness before our God and Father at the coming of our Lord Jesus Christ with all His saints.

COMMANDS to PRAY

Philippians 4:6 - ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

1 Thessalonians 5:16–18 - ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in every-thing give thanks; for this is the will of God in Christ Jesus for you.

James 5:16 - ¹⁶ Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

1 Peter 5:6–7 - ⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.

Matthew 7:7–8 ⁷ “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

PROMISES and PRAYER

John 14:13–14 - ¹³ And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. ¹⁴ If you ask anything in My name, I will do *it*.

John 15:7 - ⁷ If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

1 John 5:14–15 - ¹⁴ Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. ¹⁵ And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

1 Peter 3:12 - ¹² For the eyes of the LORD are on the righteous, And His ears are open to their prayers; But the face of the LORD is against those who do evil.”

RESOURCES:

Praying with the Word:

1. *The Valley of Vision*, Arthur Bennett - a collection of Puritan prayers that are saturated with the Scripture
2. *A Method for Prayer*, Matthew Henry - Matthew Henry utilizes the Word of God to piece together hundreds of verses that focus on Adoration, Confession, Thanksgiving, and Supplication.
3. *A Call to Spiritual Reformation*, D.A. Carson - This work examines the prayers of the apostle Paul and encourages every believer to incorporate them into their daily lives.
4. *Praying the Bible*, Donald Whitney - This is a helpful guide for using the Bible in personal prayer.

Finding help in prayer:

1. *Journey to Victorious Praying*, Bill Thrasher
2. *Praying Backwards*, Bryan Chapell
3. *A Praying Life*, Paul Miller
4. *A Call to Prayer*, J.C. Ryle
5. *The Prayer of the Lord*, R.C. Sproul
6. *The Complete Works of E.M. Bounds on Prayer*, E.M. Bounds
7. *Collected Works on Prayer*, Andrew Murray
8. *Working with God Through Prayer*, D. Edmond Hiebert

“If the church today would regain the degree of spiritual power of the early church, it must recover the truth and practice of prayer as a vital working force.” - D. Edmond Hiebert

“Praying and sinning will never live together in the same heart. Prayer will consume sin, or sin will choke prayer.” - J.C. Ryle

“Perseverance in prayer is not overcoming God’s reluctance but rather laying hold of God’s willingness. - Warren Wiersbe