

Memorize Romans 12:12:

“Be joyful in hope, patient in affliction, faithful in prayer.”

#5

A Guide to Effective Daily Prayer

Effective prayer cannot be reduced to a magic formula. God does not respond to our requests because we have the right ritual. He is more interested in our hearts than in our words. John Bunyan, author of *Pilgrim's Progress*, said, "**In prayer it is better to have a heart without words than words without a heart.**"

God's Word does, however, give us certain basic elements that, when included in our communication with God, will enable us to receive His answers to our prayers.

In this lesson we will consider a simple guide (**ACTS**) that you can use in your daily devotional time:

- **A**doration - reflecting on God Himself. Praise Him for His love, His power and majesty, and His wonderful gift of Christ.
- **C**onfession – admitting your sins to God. Be honest and humble. Remember He knows you and loves you still.
- **T**hanksgiving – telling God how grateful you are for everything He has given—even the unpleasant things. Your thankfulness will help you see His purposes.
- **S**upplication – making specific requests, both for others and for yourself.

The guide can easily be remembered by the first letter of each word: **ACTS**

Adoration

1. Why should we praise God? (Jeremiah 32:17, I John 4:10, Philippians 1:6)
2. What is the best way for you to show your gratitude toward God, and your faith and trust in Him in all circumstances? (Philippians 4:6) What would you conclude that God expects of us? (I Thessalonians 5:16-18)
3. How do you communicate your adoration to God?

Confession

4. Read Isaiah 59:1-2. What will hinder fellowship with God?
5. Psalm 51 was David's prayer after he had fallen out of fellowship with God. What did David conclude that God wanted of Him? (Psalm 51:6,16-17).
6. Read Psalm 32:1-7. What was David's observation about confession? What was his observation about not confessing his sin? (Verses 3 & 4).
7. What should you do when you find that your fellowship with God is broken? (I John 1:9) What sin in your life is keeping you from fellowship with God? How do you deal with that sin?

Thanksgiving

8. Let us never be guilty of being ungrateful to God. How often should we give thanks? (Hebrews 13:15) For what should we praise Him? (Ephesians 5:20) Why?
(I Thessalonians 5:18)
9. What about a situation that seems adverse? (Romans 5:3-4).
10. How do you practice thankfulness when you pray? As you go about your daily life?
11. Start keeping a list of each problem, disappointment, heartache, or adversity that concerns you. Begin to thank God for each one. Doing so demonstrates your trust in Him.

Supplication

12. Intercession. An example of intercession is provided in Colossians 1:3. What was Paul's prayer for the Christians of Colossae?

As you meditate on the above, list the requests you can make to God for Christians and non-Christians.
13. Petition. Why should we expect God to answer our prayers? (Matthew 7:9-11, Romans 8:32)
14. According to Psalm 84:11-12, what has God promised to do? What part does belief have in our prayers? (Mark 11:24, James 1:6-7) Faith is necessary, what else?
(Matthew 6:9-10, I John 5:14-15).

15. Why does the Bible say that will God not answer some prayers? (James 4:3) How does this relate to your prayer life?

16. Explain II Corinthians 12:7-10 in light of Romans 8:28 . What does this teach us about apparently unanswered prayer?

Life Application

17. From Philippians 4:7, what results from the peace that comes through prayer?

18. Read Luke 1:13-14, what resulted when Zechariah and Elizabeth prayed for a son?

19. What are some hindrances to prayer? Psalm 66:18, 1 Peter 3:7, James 4:3, Mark 11:24, James 1:6-8, Luke 18:9-14.

20. Write out Romans 12:12 from memory:

Then list four specific things you can pray about today. Pause right now and ask God about them:

A

C

T

S

Want to be a part of a small group that studies the foundations of Christianity?

Want to get connected with other Christians? Tell me!!

Notes/Questions : if you have any questions or anything you would like us to pray about- write us a note!