



## Introduction

It takes 21 days to create a new habit. Therefore, we are supplying you with 21 days of this ACTS Prayer Model Template. After you use this template, we suggest that you obtain a journal or a notebook, where you can continue your four vertical habits of prayer and praise!

## Of The Church

Please write your prayers down in the appropriate sections or merely list what you desire to bring to His throne during your prayer time. Remember, this is a tool to help you with your vertical time. The descriptions in the bullet points below are suggestions of how you can direct your prayers.

We pray this resource will help you to make your desire to pray a reality.

### **A** is for Adoration

Express your thoughts of praise and worship. Worship Him for who He is! Reflect on His power and His faithfulness. Glorify the Lord!

### **C** is for Confession

Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge them to the Lord and thank Him for His forgiveness. Ask the Lord to renew your mind, heart, and actions.

### **T** is for Thanksgiving

Consider God's provision. Count your many blessings. Thank God for what He has done. Offer your own expressions of thanksgiving. Strive to thank God for 3-5 different or new blessings each day.

### **S** is for Supplication

Pray for a greater love and commitment to God. Petition God to help you to be a faithful steward of your time, talents, possessions and relationships. Appeal God for growth in your character, spiritual disciplines, and personal discipline. Petition God for physical health and strength. Ask God to bless you with wisdom, insight, and discernment to understand His Word, intercede on behalf of friends, relatives, neighbors and colleagues who do not yet know salvation in Jesus Christ. Ask that He empower you for spiritual warfare against the temptations of this world, the flesh, and the devil. Offer prayers of petition regarding your activities for this day and any special concerns you may have. Intercede on behalf of our church, other churches, ministries, leaders, and any special concerns you may have.

## Sample ACTS Prayer

**Adoration:** Abba Father, You are amazing! I lift up my hands to give You honor! There is no one like You, and there is no God besides You! You deserve all the glory and honor! You are powerful! You made the heavens and the earth. Yet, You are still mindful of me! I praise Your name and give You glory!

**Confession:** Lord, I am struggling with \_\_\_\_\_ (tell Him something specific such as loving His people, overeating, sexual sins, being unwise in finances, being lazy) . Father, I have sinned against you by \_\_\_\_\_ (something specific again). Father, I am sorry for falling short of Your glory. Father, please change my heart and strengthen me in my inner being so that I might not sin against You deliberately again. Holy Spirit, please continue to reveal to me where I have fallen short or missed the mark. God, I want to be clean in Your sight.

**Thanksgiving:** Daddy, my heart is grateful and I am sooo thankful for Your provision. Everything good and perfect comes from You! I want to specifically thank You today for (3-5 things from categories such as: health, finances, food, fellowship, deliverance, etc.)

**Supplication:** Abba, I know You are more than able and I'm beseeching (begging) You to heal me physically from \_\_\_\_\_. I'm asking that You will help me to be serious about Your Kingdom and that You give me the mind of Christ and help me take all other thoughts captive. Lord, I am excited about the harvest that You are bringing to Metro! I ask that You will help me to utilize my time, talent, and treasure to advance Your Kingdom in any area that I can be useful. Please help me to guard my heart, mind, and tongue. Please continue to give me the strength and the power to keep myself out of situations that will cause me to sin against You! Lord, please help me to be serious about the things You are serious about! Please bless my church family and help me to stay connected to them.

Lord, I give You the glory that is due Your name and I ask these blessings in Jesus' name. Amen!

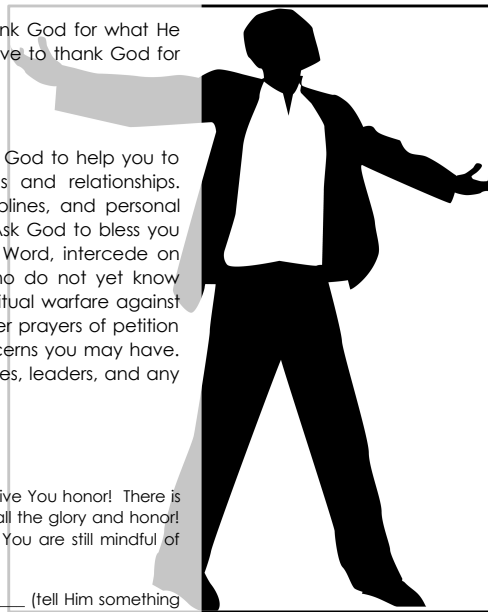
**Matthew 21:13** And said unto them, *It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.*

**Prayer focus:** You are God's house. Can you sincerely claim that the "house" the Lord is dwelling in is a house of prayer?

**Date:**

**Adoration:** Pray love and admiration toward God. Be as specific as possible.

**Confession:** Admit honestly and truthfully the details of any sin of heart, mind, and/or actions. Ask God to forgive you.



**Thanksgiving:** Tell God how much you appreciate everything from the smallest to the largest. Thank Him for the physical and spiritual blessings

**Supplication:** Ask God to fix your problems and the problems of others. Ask God for the things you need and want.

**adoration confession thanksgiving supplication: the four vertical habits of prayer and praise.**