

## A Powerful Plan to Use When You Pray

Over twenty (20) year ago someone shared this idea with me concerning prayer. It is a good plan that outlines the steps to praying with a simple acrostic. It uses the letters A. C. T. S.

**A—Adoration.** Adoration is a time of **worshipping** God. In Scripture, we are told to enter God's courts with praise (Psalm 100:4). Read psalms 145-150. Read a few verses and pray them back to God. E.g. Psalms 145:3 "Great is the Lord, and greatly to be praised." Sample prayer: "Lord you are such a great God. You are worthy to be praised. I praise you Lord, You are everything to me Lord..."

**Words of Adoration:** "Lord I love you, you are good, you are kind, gracious, merciful, you are all-powerful (omnipotence), all-knowing (omniscient), you are in total control (sovereign), present everywhere (omni-present), you are Holy, Righteous, Loving, Accepting, and Forgiving. You are my Shepherd, my Guide, my Provider, my Healer, my Deliver, my Help in times of need, my Creator and my Sustainer, you are my Peace, you are my Hope, you're my Joy. Lord I trust you, Jesus I believe you're God's Son, I magnify you, I lift you up, I bless your name, you are all I need. Glory to the Lamb of God, all blessing, honor and power belongs to you."

**C— Confession.** Confession is twofold. First, we confess what Christ has done for us. E.g. Dying on the cross for my sins, for saving me, for eternal life, etc. Second, we confess (name) any faults or shortcomings before God. By admitting your faults, you acknowledge that there are areas in your life that need to be worked on, and that you can't make those changes under your own strength. Confession is for you, not God. He knows everything. You are acknowledging to God that you need him and you cannot live your life without Him. Remember, only "humble" people confess sin, not the prideful.

**T— Thanksgiving.** Once again, we thank the Lord for what He has done for us, what He is doing for us, and what He will be doing for us. We also thank God for those to whom He is ministering to through us. Thanksgiving builds our faith and helps us see what God is doing. As believers, we often forget what God has done in our lives.

The truth is that God has always been blessing us, but we have not been keeping track of what God has done. It's a good idea to keep a "**joy journal**" handy to record the blessings of the Lord so that you can keep these things in front of you when we pray. It will also help you appreciate the Lord more, for you will begin to see His hand more and more in the things that happen to you. Write in your joy journal all the things you are thankful for. Definitely write in your journal when you are going through rough times and feeling sad or depressed. This will remind you that you are not alone, God is with you and He loves you.

**S—stands for Supplication.** It is here that you we will present your prayer requests to God as well as pray on behalf of others (intercession). Having a written prayer list is helpful at this

time. It could be part of the journal/notebook that I mentioned above. Pray about the areas you struggle in. Pray about anything that concerns you. God wants us to cast our anxieties and worries upon Him because He cares for us (1Peter 5:7). Intercession is when you pray for others, such as: missionaries, evangelists, pastors, your family, salvation for everyone, the peace of Jerusalem, the sick, government leaders, the poor, the body of Christ, etc.

Then after we have finished our time of supplication, we should thank the Lord for hearing and answering our prayers. Now sit silently and listen for what the Lord says. He wants to talk to us. I am convinced that this is the one area where many of us fall short. We have our one-way talk to God, but we don't pause to hear His response or to receive His direction, based upon what we have prayed about or talked about with Him.

This week I want to encourage you to use this little plan to make your prayer time come alive. It is simple—just remember four letters: A. C. T. S.