

When praying, remember ACTS!

ADORATION

Regardless of what we're going through, we can always remember our God is a BIG GOD. He is outside time, space and matter and yet He is also by our side at all times. He created all things great, including a very organized universe full of planets and stars hung in beautiful alignment. He created all things small, like every living plant, animal and human and the earth's wondrous ecosystem to sustain them. All this and He has set his sight upon you. He loves you and wants to have a personal relationship with you!

CONFESSION

We've all made mistakes. We might lose our temper or say words out of contempt. We might struggle with pride and think about ourselves too much. We might be spiritually passive, never caring to grow in our relationship toward God, preferring instead to chase the temporary thrills of this world. Anger, unforgiveness, rejection, shame, fear, pride, and a rebellious, unteachable heart can all lead to a broken life. If we don't see it in Jesus, we're not to see it in us. Turning away from these missteps and confessing them to God is the first step toward freedom from them.

THANKSGIVING

What are you thankful for? How has God blessed you? Sometimes we fall into the trap of focusing on what we don't have or how we've failed. We might even focus on past or present hurts so much we give our power over to them. That's when we allow those wrongs to become a part of us; part of our identity. The Enemy would love for you to be weighed down by those injustices your entire life. Life in relationship with Jesus shatters these chains, leading to freedom and peace that surpasses all understanding (Philippians 4). What has God given you that you can be thankful for? Let Him know.

SUPPLICATION

Supplication is a fancy word that means the act of asking for something with a humble heart. You'll notice it comes last in this list. After adoration, confession and thanksgiving, your heart will be better positioned for supplication. Too often, people turn to God only when they want something, reducing Him to a cosmic Santa Claus. Yet Jesus clearly taught us to pray "thy will be done," not "my will be done." Psalm 37:4 says "Delight yourself in the LORD; And He will give you the desires of your heart." Though many use this passage to pray that God gives them what they want, it truly means you will come to desire what God desires.