

## **PRAYER**

One of the simplest ways to begin engaging with God through intentional prayer is through the "ACTS" method.

### **ADORE**

Begin your prayer by contemplating how God's goodness has affected your life. There is evidence all around us of God's handiwork. Take time to give God praise and honor for all that He is doing in the world and in your life.

### **CONFESS**

Next, examine your life and ask the Holy Spirit to reveal to you attitudes and actions that need to be changed. This might be the most challenging part of prayer. We don't believe sin causes God to love us any less, but we do believe sin affects our fellowship and intimacy with Jesus Christ and the Holy Spirit. By confessing our sins in prayer, God can help mend our hearts and correct behaviors that are hurting us.

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### **THANKS**

Acknowledge and identify all God has done for you. What can you be thankful for today? You can always start by thanking him for the simple things we often overlook; your home, your family, your job, grace, forgiveness, etc. Verbalizing what we are thankful for makes us more aware of the great things happening around us.

### **SUPPLY**

At the end of your prayer, bring your requests, however big or small, to God. The ACTS method is powerful because it puts our requests at the end of the process - our natural indication is often to begin prayer with our wishlist for God to fulfill. By intentionally having three other focus points before you get to your wishlist, we become more aware of our need to prioritize the way we talk to God.