

Do You Pray A-C-T-S?

A - adoration
C - confession
T - thanksgiving
S - supplication

Matthew 6:8-13

Sometimes we pray only when we everything is falling apart. The Lord invites us to pray and talk to him at all times. The Lord's instructions about prayer give us helpful insights. The acronym ACTS reminds us of some of the important elements of prayer.

Adoration - "Hallowed be thy name" As we pray to our Heavenly Father, we magnify and exalt him first.

Confession - "And forgive us our debts" We sinners need to say the same thing about our ugly sins as God says of them. We can ask for merciful forgiveness.

Thanksgiving - "for your Father knoweth what things ye have need of, before ye ask him" It is with a thankful heart we talk to God about our many blessings.

Supplication - "Give us this day our daily bread" Supplication is putting our petitions before the Lord. Asking does not come first in our example prayer.

But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Matthew 6:7

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