

ACTS PRAYER

You can move through the 4 letters of ACTS as slow or quickly as you feel led. Over the course of a week, consider setting one of these goals, based on what you think is realistic for you:

- 1x for 5 minutes
- 3x for 10 minutes
- 5x for 15 minutes

Adoration

- Adore God for who He is.

Confession

- Confess your neediness and your sin.
- Confess how dearly loved you are by God.

Thanksgiving

- Give thanks for the good gifts God has given you and his ultimate gift of Jesus.

Supplication

- Ask God for your needs and the needs of others.

Remember – as Dallas Willard writes, “Grace is not opposed to effort, it is opposed to earning.” We do not earn God's love at all through our prayer life or any spiritual practice. ACTS Prayer is a means to the end of freely enjoying the love of God. It is a means towards the end of living in a constant state of connection to and awareness of God as his beloved child.