

A.C.T.S. - PRAYER TOOL

Here are samples of the different types of prayers. Feel free to pray them word for word or use them as a model for your prayer.

Adoration

God, I praise you because there is no one like You. You created this world and everything in it. You created me and put breath in my lungs. I celebrate who you are Lord.

Confession

God, please forgive me for (insert your struggle). I confess that I tried to navigate life my own way. I have made choices that I regret and I want to live differently.

Thanksgiving

Thank you, Lord, for all that you have given to me. Thank you for the job that you have given me to take care of my needs. Thank you for friends and family in my life.

Supplication

God, I ask that you please help me with (insert your need).

God, I pray for (insert person's name) please help them with (insert need).