



The Prayer Room

Brought to you by the Good News Bearers
January 20 - 26, 2008

<p>- ACTS - A Pattern for Prayer</p>	<p>A - Adoration <u>C - Confession</u> T - Thanksgiving S - Supplication</p>
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We continue our exploration of the ACTS prayer pattern with a look at **ourselves!**

Confession (Hebrews 4:14-16)

Confession is the time for us to tell the truth. We know that **God** knows of all our faults and failures. But it's also important to let God know that **WE** are aware of them, too. It is just as important for us to come face to face with them, drag them out in the open from where they've been hiding deep within us and look them straight in the eye!

Confession comes from a root word that means "**to agree together with.**" It's time to agree with God that this 'stuff' we would rather hide from needs our immediate attention. Speaking it and coming to grips with it is the first step to making it right.

TRUST is the key to prayer, and it is vital to our act of confessing. To confess to **anyone** requires that we **trust** them. Who better to trust than he who gave his very life for us? To a loving, forgiving God, we are free to tell it like it is.

Next week, God willing, we will take a look at **Thanksgiving.**

Prayer petitions for the week

Holy Spirit, help me to trust in God's forgiving love, enough to face the truths I try to hide from.

Empowering God, uphold and strengthen the prayer ministries of St. John's, and help each one of us to draw closer to you in prayer.

Dear Lord, bless and keep those who have been called to lead us, and all others who do your work and will among us.

God of peace, sow your peace in the hearts of people everywhere, that justice and good may prevail throughout the world.