



The Prayer Room

Brought to you by the Good News Bearers
February 3--9, 2008

-ACTS- A Pattern for Prayer

A – Adoration
C – Confession
T – Thanksgiving
S - Supplication

We complete our look at the ACTS prayer pattern by reflecting on what we ASK God for!

Supplication: James 5:13-18; Philippians 4:6; 1 Timothy 2:1-2

This means ‘to ask for, earnestly and humbly.’ This is a time for sharing with God what we think the needs are. Of course, when we pray, we know that we are not the only ones that have needs.

So, supplication has two parts: if we do what Christ did, we will put the needs of others before our own. We call that intercession. The second part that deals with our own needs, we call petition. Jesus made it clear that we should ask for both.

Remember that our needs are often different than our wants and desires. So we should always pray for God’s will to be done, and not our own. When we do this, we may discover a deeper, perhaps hidden or buried need we didn’t know existed. We may also discover that God has placed new solutions in our lives, and we may find ourselves to be part of the solution! We may be the answer to our own prayer.

As we go over our concerns for others, we may be given new insights on how we can best minister to them. Names may come to us ‘out of the blue’. And maybe our prayer will spur us to make a phone call, send a card, or pay a visit to the one in need.

God has a unique way of using our supplications to help us grow in our spiritual journey. Beware! Praying may confront us with opportunities to ACT. But, our lives will be enriched as we follow through with those actions.

ACTS: Adoration, confession, Thanksgiving, Supplication. Can you find 5-10 minutes to give these letters a try in your prayer life? As you begin, go through the letters, first with A (Adoration), pause and consider how great God is. Then, after a few moments, move on to C (Confession), and do the same. Then move on to T (Thanksgiving) and end with S (Supplication). You’ll be surprised at how powerful God will be in your life with just these few moments, these few letters: ACTS.

Lord Jesus, please give me the strength and determination to grow in my prayer life. Help me to use ACTS as I pray, so that I will always give you Adoration, Confess my failures in confidence of your forgiveness, come to you with Thanksgiving in my heart, and share my Supplications with you. Amen