



# ACTS Prayer Worksheet

Today's Date: \_\_\_\_\_

The **ACTS Prayer Method** is a simple and effective way to structure your prayers, helping you stay focused and intentional. It includes four key steps: **Adoration**, where you praise God for who He is; **Confession**, where you admit your mistakes and ask for forgiveness; **Thanksgiving**, where you express gratitude for God's blessings; and **Supplication**, where you bring your requests to Him. Finally, don't forget to reflect on what you've prayed for and how God has answered. Remember, God always answers prayers with **yes, no, or not yet**. Use this method regularly to grow deeper in your relationship with God.

## Adoration

*Come, let us bow down in*

worship, let us knee before the

Lord our Maker. Psalm 95:6

## Confession

*If we confess our sins, He is*

faithful and just and will

Forgive us our sins. 1 John 1:9

## Thanksgiving

*Give thanks in all*

circumstances, for this is God's

Will for you. 1 Thes. 5:18

## Supplication

*Pray in the Spirit on all*

*Occasions with all kinds of*

Prayers and requests. Eph 6:8

## Reflect