

A PRAYER TEMPLATE



Prayer is simply about having a conversation with God. God loves to hear from His children and though He knows our every thought, He still calls us to pray. There is not one right way to pray, though this little acronym is a helping tool to get started!

ACTS

A: **Adoration.** We can open our prayer by simply acknowledging how Holy and awesome our God is...This is a great time to just appreciate that the God of the Universe actually loves us and wants to hear our prayers! You might even pray through some verses in the Bible. Psalms are a great place to start!

Psalm 145:3: "Great is the Lord and most worthy of praise; His greatness no one can fathom."

C: **Confession.** Confession is telling God we are sorry for our sins and we want to turn away from them. This is a time to honestly name your sins to the Lord and ask His forgiveness. And the good news is: He promises to forgive us and make us clean!

1 John 1:9: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

T: **Thanksgiving.** Next we can thank God specifically for all of His blessings in our lives and all around us. This blesses the Lord, and is really healthy for us, too! Take your time here as you name specific and general blessings. You might find you could do this a long time and still have more to say!

Psalm 9:1: "I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds."

S: **Supplication.** Supplication is simply asking God for things. However, after we have prayed using adoration, confession, and thanksgiving, we are usually in a lot better place to be asking...God is a good Father! He loves to bless His kids with good things. We want to make sure to ask "according to God's will", meaning we should not ask for things that are not good for us or others. But when our hearts are in a pure place, we are free to ask for anything, and trust God to answer. Sometimes with a "yes", sometimes with a "no", and sometimes it is "wait." But one thing is for sure: He hears our prayers!

Matthew 7:7: "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

Bible Journal Template



Journaling is a great way to write down prayers, get your feelings out on paper, and record both things we are asking for, and how God has provided for our needs. There are many wonderful ways to organize a Bible journal, but the SOAP acronym is really helpful and easy to remember! First pray, then find a section of the Bible to read through. (I recommend a book of the Bible at a time or even a series of Psalms or Proverbs.) Then follow the SOAP guidelines to journal your way through a few verses or a whole chapter.

2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God may be thoroughly equipped for every good work."

S: Scripture: Which verse(s) are you reading? Write down the section of Scripture you are reading, and even copy the verse down if you can!

O: Observation: Observe what is going on in the verse(s) you are reading. Who is talking? Where are they and what is going on? (it is important to learn at least a little bit about what is going on so that you do not take Scripture out of context!) Is the verse written to a specific group or person or is it more general? Write down what you observe. It's ok if you don't fully understand it yet, just do your best!

A: Application: This is where it gets fun! How might what you just read apply to your life? Does this verse or section of the Bible encourage you? Challenge you? Correct you? Write down what comes to your mind! Be sure to pray as you are reading and God might surprise you with something you wouldn't normally think of. You might think of someone else to pray the verse for. You might discover an area of your heart or life that God wants to encourage you in, or work on. This is all about building a relationship!

P: Prayer: Now it all comes together! Let the verse(s) you have read springboard you into prayer. You can prayer the Scripture and apply it to the things that concern you, or just write down what is on your heart. Again, there is no right or wrong way to do this. Write out the ACTS prayers, or just free-flow. God loves it all, and it is especially great to look back at your prayers later and see how God has answered them!

Ephesians 3:20-21: "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen"