

## **ACTS for Prayer**

### **Adoration:**

The act of worship, profound love or regard.

Praise: An expression of warm approval or admiration;  
strong commendation.

Synonyms: acclaim, commend, extol, laud.

For who God is.

### **Confession:**

To disclose or acknowledge;  
to concede the truth of validity of; admit.

Concerning what we have done/not done.

Sins of commission

Sins of omission.

### **Thanksgiving:**

An act of giving thanks; an expression of gratitude.

For what God has done.

### **Supplication:**

To ask for humbly or earnestly; to beseech.

Requests/petitions for:

Ourselves - petition

Others – intercession