

## Introduction

1. There are different ways in which we can pray to the God of Heaven.
  - a. All of the ways must be authorized ([Col. 3:17](#)).
2. Having a methodology for how we pray will be useful to make sure our prayers are acceptable to God and contain the right content.
  - a. Reminders are needed from time to time ([1 Tim. 4:6](#)).
3. One way in which we can pray is spelled with the letters A.C.T.S.
  - a. **A** stands for adoration.
  - b. **C** stands for confession.
  - c. **T** stands for thanksgiving.
  - d. **S** stands for supplication.
4. If we include in our prayers these four things we will enrich our prayer life and relationship with God.
  - a. Not always will our prayers have all four of these things.

## I. Adoration is Needed in Our Prayers

1. Our prayers should be filled with adoration toward God.
  - a. Adore is defined as, “to worship or honor as a deity or as divine,” “to regard with loving admiration and devotion,” or “to be very fond of” (Merriam-Webster’s Collegiate Dictionary).
  - b. Adoration is defined as, “the act of adoring; the state of being adored” (Ibid).
2. Prayer is absolutely an act of worship ([Ac. 2:42](#); [1 Cor. 14:14-17](#)).
3. God is worthy of adoration ([1 Jn. 4:19](#); [Rev. 4:9-11](#), [7:12](#); [Rm. 11:36](#)).

## II. Confession is Needed in Our Prayers

1. Our prayers will need confession in them when we sin from time to time ([1 Jn. 1:8-10](#)).
  - a. There is always a possibility of sin because sin is a product of choice ([1 Jn. 1:8](#); [Jm. 1:14-15](#)).
    - i. God does not want us to sin ([Jm. 1:16](#); [1 Jn. 2:1](#)).
  - b. we confess (*homologeō* G3670 verb) “to admit or declare one’s self guilty of what one is accused of” (Thayer 446).
2. Sometimes that confession is public ([Jm. 5:16](#)).
  - a. Confess (*exomologeō* G1843) “of a public acknowledgment or confession of sins” (Vine vol. 2 p. 120).

## III. Thanksgiving is Needed in Our Prayers

1. God is worthy of thanksgiving ([Rev. 7:12](#)).
2. Our prayers should be overflowing with thanksgiving toward God ([Php. 4:6](#); [Col. 4:2](#)).
3. We should also express thanksgiving for others in prayer ([Eph. 1:15-16](#)).

#### IV. Supplication is Needed in Our Prayers

1. Our prayers should be urgent and specific at times and thus supplications ([Php. 4:6](#)).
  - a. supplication (*deesis* G1162) “urgent request to meet a need, exclusively addressed to God” (BDAG 213).
2. There is a distinction between prayers and supplications.
  - a. Prayers are more generic requests whereas supplications are urgent needs exclusively addressed to God.

#### V. Examples

1. Ezra ([Ezr. 9:5-10:1](#)).
  - a. Adoration ([Ezr. 9:8-9](#), [13](#), [15](#)).
  - b. Major emphasis on confession.
  - c. Urgent and specific thus meets the criteria of a supplication.
2. Nehemiah ([Neh. 1:4-11](#)).
  - a. Adoration ([Neh. 1:5](#), [10-11](#)).
  - b. Confession ([Neh. 1:6-11](#)).
  - c. Urgent and specific thus a supplication.
3. Daniel ([Dan. 2:17-23](#), [9:2-21](#)).
  - a. Major emphasis on thanksgiving ([Dan. 2:17-23](#)).
    - i. Adoration ([Dan. 2:20-23](#)).
    - ii. Confession and supplication are absent due to the nature of the prayer.
  - b. Major emphasis on confession ([Dan. 9:2-21](#)).
    - i. Adoration ([Dan. 9:4](#), [7](#), [9](#), [14-16](#)).
    - ii. Definite supplication as it is explicitly stated ([Dan. 9:3](#), [17-18](#), [20](#)).
4. David ([1 Ch. 29:10-11](#); [Ps. 28](#), [30](#)).
  - a. Adoration ([1 Ch. 29:10-11](#)).
  - b. Adoration, thanksgiving, and supplication ([Ps. 28](#), [30](#)).
5. Jesus ([Jn. 11:41-42](#); [Heb. 5:7](#)).
  - a. Thanksgiving ([Jn. 11:41-42](#)).
  - b. Supplication ([Heb. 5:7](#)).

#### Conclusion

1. One of the ways in which we can pray is A.C.T.S.
2. Our prayers should include:
  - a. Adoration toward God.
  - b. Confession of our faults when we have them.
  - c. Thanksgiving towards God and for others.
  - d. Supplication when there is an urgent and specific need.