

# SUMMER DEVOTIONAL REFLECTION GUIDE

## PRAYER: A.C.T.S.

As we're learning to pray, our prayers are often focused on our needs or the needs of others. This is natural and appropriate as we recognize our own lack of control in life and ask God for help, and we should never stop praying for needs. However, the Bible is rich with many different types of prayers.

Some biblical prayers, such as The Lord's Prayer and many of the Psalms, are extremely helpful in giving us a model for how to pray. Another model that has been commonly used by Christians is called A.C.T.S. prayer. This model for prayer takes the types of prayers found in Scripture and summarizes them in four prayer movements: adoration, confession, thanksgiving, and supplication.

This format begins with *adoration* in which we adore or praise God for who he is, which anchors our prayer in the truth and reality of God's character. The prayer then moves into *confession* where we confess our sin to God and ask for his forgiveness. Following confession, we move to prayers of *thanksgiving* where we thank God for what he's done in our lives and the blessings he's given us. Finally, A.C.T.S. prayer ends with *supplication*, which is where we bring needs before God and ask for his provision. This model of prayer invites us to focus on God first, the ways we've fallen short next, and then thankfulness towards God. Lastly, we ask God for things in order to rightly order them in light of who he is.

### PRACTICE

Using the template below, spend 20-30 minutes of personal, undistracted time praying to God:

**A**doration: Begin your prayer in adoration and praise of God. Praise God for who he is: he's holy, omnipotent, merciful, gracious, wise, just, etc. You may want to pray, "God, I praise you because you are..." Remind yourself of who God is and worship him in response. You can incorporate Psalm 67 and make it part of your prayer.

**C**onfession: Next, confess your sin to God and ask for his forgiveness. Ask God to reveal specific areas of sin in your life and confess them to God. You may want to pray, "God, I confess..." or God, forgive me for..." Psalm 51 is helpful for your prayers of confession.

**T**hanksgiving: Now spend some time thanking God for the specific ways he has demonstrated his love and blessings to you. Thank God for the big things and the little things. Pray, "God, thank you for..." You can read Psalm 100 [here](#).

**S**upplication: Lastly, bring your needs and the needs of others before God and ask that he would provide in his ways. You may want to pray, "God, I ask that you would..."

For previous weeks' guides, go to [redemptionokc.com/summerdevotions](http://redemptionokc.com/summerdevotions).



## **REFLECTION QUESTIONS**

### **PSALM 125 | THE LORD OUR SHELTER**

#### **LEARNING THE WORD**

1. Each week this summer, our Reflection Guide will include a spiritual practice for you to engage in during your personal devotional time. Begin this week by reading page one of the reflection guide. How might this model of prayer help shape or guide your prayers as you learn to talk to God?
2. Read Psalm 125 aloud. Throughout the passage, what images are used? What's the big idea?
3. The psalmist says that God's people are immovable and unending. What makes God's people secure? Do you often feel like you are a mountain that can not be moved? Why or why not?
4. Verse 3-5 offer a warning to believers who encounter wickedness in their world. A scepter is a sign of rule, so they are facing the pressure of sinful times, yet are told that it will not "rest" or remain upon them. The psalm is saying that even those who are surrounded by the Lord should not expect to be immune from trials or temptation. In the face of these challenges, why is it tempting to "backslide" or turn away from actively trusting the Lord?

#### **LIVING THE WORD**

5. Verse 1 begins this psalm describing the security of "those who trust in the Lord." What does your *trust in the Lord* look like in everyday life? What keeps you from complete trust in God?
6. The psalm ends with a prayer for peace (v. 8) upon God's people. How did Jesus fully answer this prayer by bringing God's peace to us (See Colossians 1:19-20)?
7. Read Colossians 3:1-4, 15-17. As you read these verses, list each of the practical things (note the verbs) that believers are instructed to do. How would these practices deepen your daily dependence and trust on God?

Practice this week: Pick a time in your day to spend 20-30 minutes of personal, undistracted time with God. Use this time to practice talking with God in prayer. Use the four prayer movements of the A.C.T.S. prayer model: adoration, confession, thanksgiving, and supplication. As you move through your days, keep these movements in mind:

- Adoration: What do I see of God that I can praise or worship him for?
- Confession: Where have I fallen short today so that I need to confess my sin to the Lord?
- Thanksgiving: What specific things am I grateful for today?
- Supplication: What am I asking God to do in my life today?