



PRAYER LIFE | The ACTS Map

1. Draw three horizontal lines across a sheet of paper to divide it into four sections. At the top of each section, write one letter of ACTS.
2. **Adoration.** In section **A**, write a paragraph of adoration to God. Admire Him for who and what He is. Tell Him why you love Him. Tell Him what you appreciate about Him.
3. **Confession.** In section **C**, write a paragraph of confession. Be specific rather than general. Tell exactly what acts you did that were wrong. What thoughts did you think that were sinful? Ask God's forgiveness for what you have confessed.
4. **Thanksgiving.** In section **T**, write a paragraph of thanksgiving. Express your gratitude for specific things the Lord has done for you—prayers answered and blessings bestowed.
5. **Supplication.** In section **S**, write a paragraph about your needs. What is it you want Him to do for you, your family, and your friends today? Be as concrete and specific as possible.
6. Now go back and read your prayer to God. Then sit quietly for a few moments to listen for what He wants to say to you.
7. On a sheet of paper, write the alphabet vertically down the left side. Use the back if you run out of room. Set a stop watch or time for five minutes. See how many words you can list that describe God. Try to get at least one for each letter of the alphabet. Use this list to guide you in the adoration part of your prayer for one month. Use words that start with a different letter each day.
8. Get a wicker basket. Place in it objects that will remind you of something for which you are thankful. For instance: house keys—my comfortable house; leash—my dog Matt; marriage license—33 years of marriage; binoculars—the 10 new birds I've added to my life list; an airplane ticket—a recent vacation; passport—freedoms I enjoy; etc. Keep going until your basket is full. Then take out one item each day and use that as the basis of your paragraph of thankfulness.
9. On a sheet of paper, write the letters of your name in a vertical position. Beside each letter, think of things or people whose names begin with that letter for which you feel genuine gratitude. Use that for your thanksgiving paragraph on one day.
10. Find a psalm that expresses your feeling of adoration, confession, or thanksgiving. Copy portions that appeal to you as part of your ACTS prayer.

Source: Dorothy Eaton Watts. *Prayer Country: A Tour Guide to the Wonders of Prayer*. Pacific Press Publishing Association, Boise, Idaho, 1993.