ACTS Prayer Explanation

Discipleship International

Practical Suggestions on Prayer

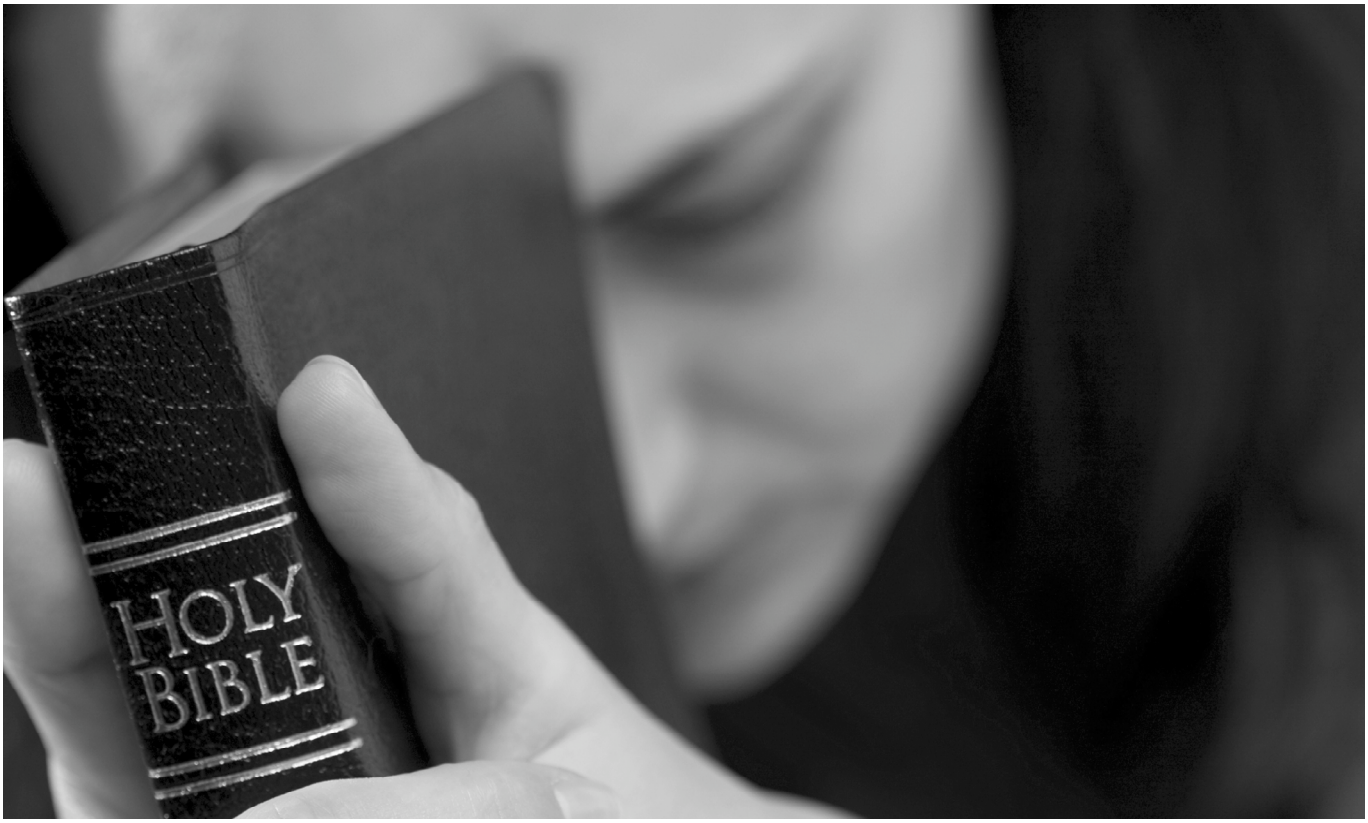
Prayer is fellowship with God.

Look up and summarize the following verses on fellowship with God.

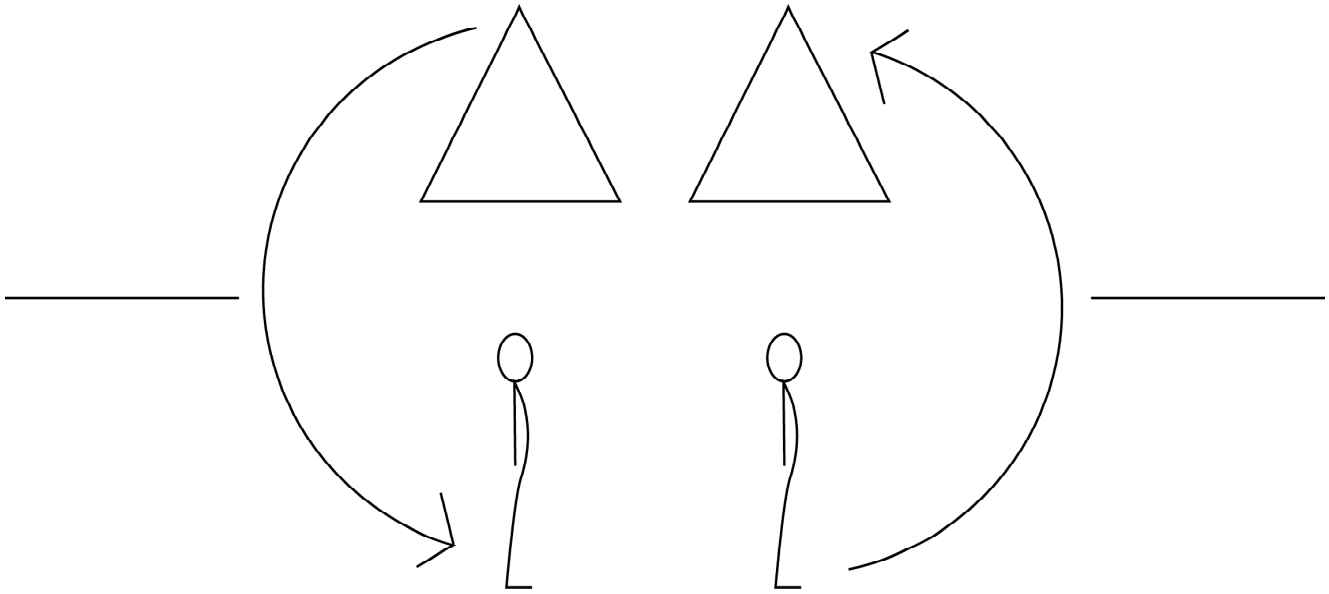
1 Corinthians 1:9

1 John 1:3

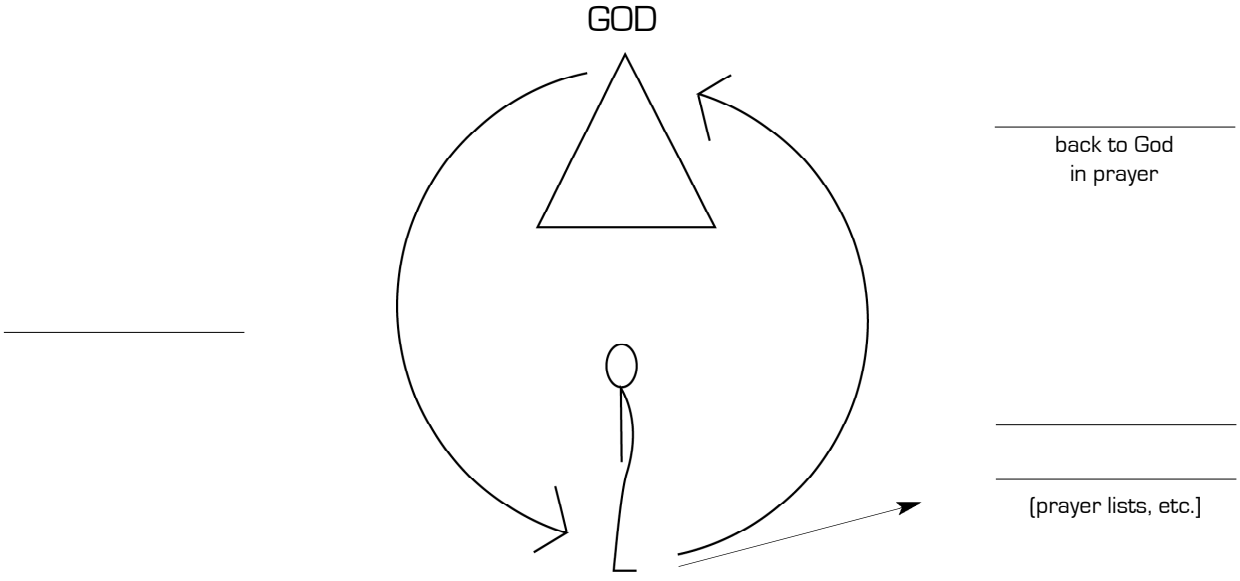
What are the fewest elements you can have and still have fellowship with someone?



In our **communication with God**, there must be time for both listening and speaking. Just as we respond to another person when he speaks to us, so we should respond to God verbally when He speaks to us. The following diagrams show the difference between poor and effective communication with God.



On the left, we see the Christian listening as God speaks to him through *the Bible*. After reading, he *prays* (on the right). But the topics of his prayer are unrelated to what God has just said to him.
We would not be so rude as to ignore the statements of a human friend to pursue our own subjects of conversation. Yet we sometimes inadvertently do this to God. This is poor communication.



This diagram illustrates effective communication. As God impresses a truth on the Christian's heart, he responds to God in prayer. For example, praying for understanding, or asking for grace to apply a truth, or simply giving thanks or praise in response to a specific verse or passage. He responds to God in prayer *as* he reads as well as *after* completing his reading. He may then proceed to pray about various things not related to his reading.

A suggested prayer format: **A-C-T-S**

A – Adoration: Acknowledging God's character and attributes

1 Chronicles 29:11

Psalm 145:1-6

C – Confession: Confessing your sins to God (some prefer to do this first)
1 John 1:9

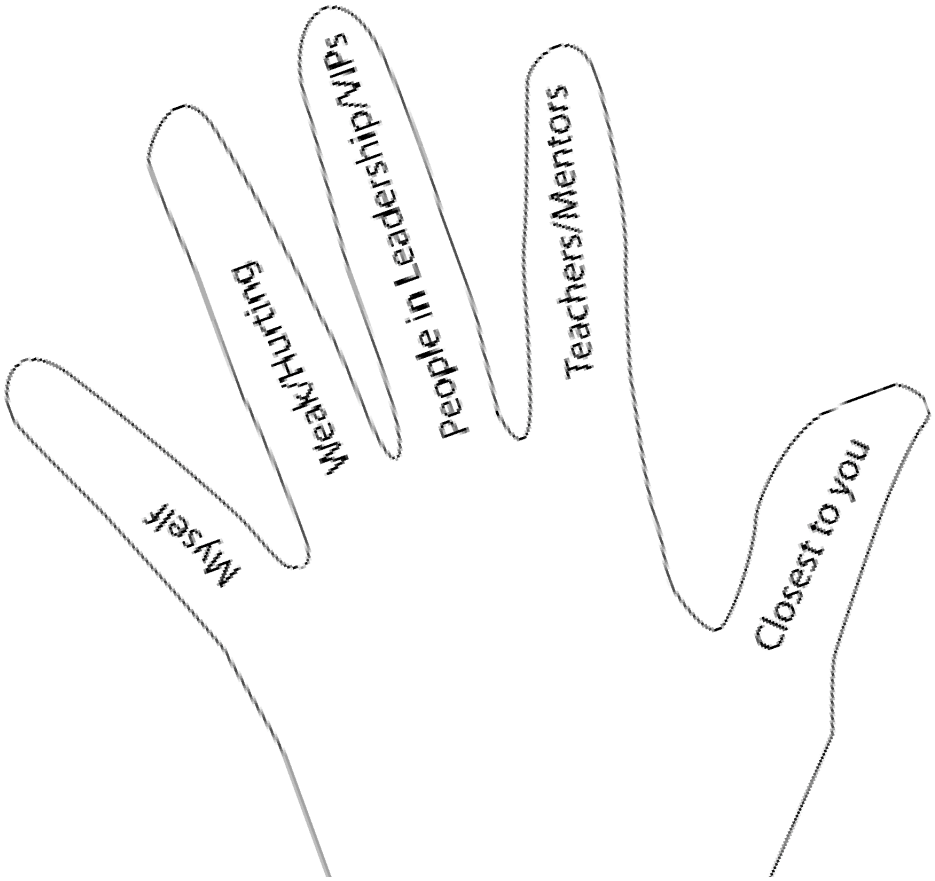
Psalm 32:5

T – Thanksgiving: Expressing thanks for things for which you are grateful
Ephesians 5:20

Psalm 100:4

S – Supplication: Asking God for things
Matthew 7:7-8

James 4:2



How the Trinity is involved in prayer: We pray to the Father, in the name of Christ, and through the Holy Spirit.

The Father

(Matthew 6:9; John 16:23; Ephesians 3:14)

The Son, Jesus Christ

That is, in His name, Christ is our access to the Father. (John 14:13-14; John 15:16; John 16:23-24)

The Holy Spirit

and interprets for the Father what is on our hearts even when our words are poorly framed. (Romans 8:26)