

**PRAYER**

# WHAT IS PRAYER?

- Prayer is the practice of the presence of God.
- It is the place where pride is abandoned, hope is lifted, and supplication is made.
- Prayer is the place of admitting our need, of adopting humility, and claiming dependence upon God.
- Prayer is the privilege of touching the heart of the Father through the Son of God, Jesus our Lord.

- Prayer changes the one praying because in prayer, you are in the presence of God as you lay before Him your complete self in confession and dependence.

# **HOW DO WE PRAY?**

**Matthew 6:5-15**

# A.C.T.S. Method

## A – ADORATION

### **Adoration pleases God.**

Heartfelt praise to God is the N.T. equivalent of an O.T. sacrifice. In other words, it is a significant act of worship! (Hebrews 13:15). In fact, one of the main reasons why God saves people is so that they will praise, adore, and worship Him! (Psalm 22:22-23). Adoration will be a major part of our service to God throughout eternity (Revelation 5:13)! Adoration is simply **praising** God for who He is and what He has done.

## **C - Confession**

Confession is the acknowledgment to God of your sin.

It is what God wants you to do instead of making excuses or blame shifting (because of the sins of others against you--Proverbs 28:13). It is the mark of a growing Christian (1 John 1:8-9).

### **Confession involves:**

A growing understanding of the **seriousness** of sin (Psalm 5:4; Habakkuk 1:13).

A growing sensitivity toward your own **sinfulness** and your continual dependence on Christ's righteousness as the basis of your acceptance with God (1 Timothy 1:15-16).

**Daily** acknowledging your sin to God (1 John 1:9).

## T - Thanksgiving

You have so much for which to be thankful  
(Psalm 103)!

- God's forgiveness of all your sin!! (v. 3)
- God's great compassion toward you (v.13).
- God's provision for your needs and even many of your desires! (v. 5)
- God is **worthy** of your thanksgiving.

## **S - Supplication**

(Praying for your needs and the needs of others)

- Pray **specifically** (Avoid praying in generalities like "God bless so and so." It would be difficult to see that sort of pray answered in a clear way). Get to know people in Christ's body!
- Pray **expectfully** (Matthew 7:7-11).
- Pray **submissively** (Realize that God ultimately knows what is best - Matthew 26:39).