

## **Appendix B: ACTS, a Guided Way to Pray**

**ACTS** is simply an acronym that is a useful way to shape your prayers. It is a general model of prayer throughout Scripture, and many in our body have found it useful in developing a healthy prayer life. Below is a simple explanation of what this kind of prayer looks like, along with Psalms to help you pray.

**A**doration: Spend time adoring God for who He is.

Psalm 148

**C**onfession: Spend time confessing sin.

Psalm 51

**T**hanks-giving: Spend time thanking God for what He has done.

Psalm 136

**S**upplication: Spend time petitioning God for others and for His glory to be made known in this city and around the world.

Psalm 96