

FRAMEWORKS OF PRAYER

A.C.T.S.

A

doration

Focus on God's character & attributes, praise Him for who He is & express wonder at His greatness.

C

onfession

Acknowledge any sins or shortcomings and seek forgiveness from God, aligning with Him on areas where you need to change or improve.

T

hanksgiving

Acknowledge any sins or shortcomings & seek forgiveness from God, aligning with Him on areas where you need to change or improve.

S

upplication

Present your requests and needs to God, both for yourself & for others, trusting in His wisdom and guidance.

T.R.I.P.

T

hanksgiving

Thank God for a blessing(s) in your life.

R

epentance

What are you sorry for?

I

ntention

Who do you want to pray for?

P

etition

What do you want to ask God for?

A.R.R.R.

A

cknowledgement

What's going on? What are you feeling?

R

elate

Share these things with Jesus. Talk to him as if with a friend.

R

eceive

Who does Jesus say that you are? What does he want to say about this situation?

R

espond in Gratitude

Is there anything that Jesus is asking you to do?