

- (1) The A in ACTS stands for Adoration. In other words, spend time adoring God by praising Him for His attributes.
 - (a) Psalm 26:12 says,
 - i) *“My feet stand on level ground; in the great congregation I will praise the Lord.”*

- (2) The C in ACTS stands for Confession. During this portion you confess your sins to God and seek His forgiveness.
 - (a) 1 John 1:9 says,
 - i) *“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

- (3) The T in ACTS stands for Thanksgiving. This is where you spend time thanking God for the blessings in your life.
 - (a) 1 Thessalonians 5:18 says,
 - i) *“...give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”*

- (4) And the S in ACTS stands for Supplication. That’s a fancy word that means humble requests in prayer. So this is the time when you ask God to intervene in whatever situations you or someone else may be facing.
 - (a) Ephesians 6:18 says,
 - i) *“And pray in the Spirit on all occasions with all kinds of prayers and requests.”*