

# ACTS Prayer Model

The ACTS prayer model is an excellent approach to teaching children a balanced way of prayer, enabling them to pray not just for themselves but also to grow as believers and intercede for the world around them. ACTS stands for Adoration, Confession, Thanksgiving, and Supplication. Below you will find a guide to help you through the process.

## ADORATION: God is AWESOME because:

Encourage children to praise and worship all the things they love and adore about our God! Let them express their adoration for who He is through songs of praise, a reflection of “God moments” in their lives, or by quoting Bible verses. This helps children shift their focus from themselves and their needs to God and His glory. Here are a few examples they could use in their prayers:

- King of Kings
- Lord of Lords
- Alpha and the Omega
- The Beginning and the End
- Protector
- All-Powerful
- Healer
- Author of Our Salvation
- Redeemer
- Creator
- The Good Shepard
- Sustainer

\*Have children add to the list.

## CONFESSION: I'm sorry for:

Remind children that everyone makes mistakes, and when they sin, it's important to say sorry and ask God for forgiveness. Emphasize that God loves them no matter what sins they make, but He desires for them to be sorry and seek forgiveness. They can use these examples or relate and add more sins of their own:

- Fighting with a sibling
- Not listening
- Cheating
- Losing my temper
- Saying bad words
- Teasing
- Being jealous
- Complaining
- Being selfish
- Lying

\*Encourage children to add their own examples.

## THANKSGIVING: Thank you for:

Help children cultivate an attitude of gratitude by thanking God for the many blessings in their lives. Encourage them to thank Him for their family, friends, home, toys, clean water, and above all else, Jesus! If they are having a rough day and find it hard to feel grateful, they can start by thanking God for the air in their lungs. Here are a few more examples to use:

- Teachers
- Pastors
- The Holy Spirit
- The Bible
- Toys
- Clothing
- Food
- Grace
- Love
- Music
- Sports
- Pets
- Health
- Answered prayers