



ACTS of prayer Template

"Lord open my lips. And my mouth will proclaim your praise."

ADORATION

Focus on who God is. Praise His goodness, holiness, mercy, power, wisdom, and love.

"Lord, You are..."

"Heavenly Father, I praise You..."

"You are holy, loving, and..."

CONTRITION

Admit faults honestly and ask for forgiveness. Reflect on attitudes, actions, or failures that need repentance.

"Lord, forgive me for..."

"Father, I am truly remorseful for"

THANKSGIVING

Thank God for blessings, answered prayers, relationships, provision, and grace.

What am I grateful for today?

SUPPLICATION

Bring requests to God for yourself and others. Pray for guidance, healing, wisdom, strength, peace, and the needs of the world.

What guidance or help do I, or those I know, really need?

"AMEN" & INTERCESSIONS

We say "Amen" at the end of a prayer because it is a way of affirming the prayer before God. It can mean any of the following: "So be it.", "May it be so.", "This is true.", "I trust this to God." (Additionally, many people often include a request for intercessory assistance from Christ and the Saints to help lift and carry prayers to God the Father.)