



# PRAYER CARD

*The Created for a Purpose team encourages you to draw near to your heavenly Father! Our hope for you as you use this model of prayer is that you will learn more about who God is!*

This prayer card walks you through the “A-C-T-S” model of prayer:

## ADORATION

Give God praise and honor for who He is as Lord over all.

## CONFESSION

Honestly deal with sin in your prayer life.

## THANKSGIVING

Acknowledge what you're grateful for in your life and in the world around you.

## SUPPLICATION

Pray for the needs of others and yourself.

You may find it helpful to write these prayers out in a journal.

## ADORATION

*Make a joyful noise to the Lord, all the earth! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.*

*-Psalm 100:1, 5*

Adoration is the act of acknowledging and praising God as the King of Kings and Lord of Lords. The Bible tells us who God is. Consider using the the Psalms as your model to pray prayers of adoration. As you repeat and pray words of Scripture back to God, you are giving him the honor he alone deserves.

Spend a few moments to consider what the passage tells you about who God is? Write or say a prayer of adoration, praising God for who he is.

## CONFESSION

*If we confess our sins, he is faithful and just to forgive our sins and to cleanse us from all unrighteousness.*

*-1 John 1:9*

Confession is the practice of agreeing with God that your sin is offensive to our Holy Father. Ask God to show you the sin in your heart and your words and deeds that have not glorified him. Confess those sins to God. Ask God to fill you with his Holy Spirit to change your heart and equip you to honor him.

## THANKSGIVING

*And whatever you do, in word and deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*

*-Colossians 3:17*

Having a heart of thankfulness means thanking God for who he is, what he has done, is doing, and will do. Thank God for the redeeming work of Christ. Acknowledge what you are grateful for in your life and in the world around you. Thank God for situations, circumstances and relationships, even the ones that are difficult.

Write a prayer of thanksgiving for the following:

- Specific people in your life
- Ways that God provides for you
- Activities, circumstances or situations

## SUPPLICATION

*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

*-Hebrews 4:16*

Jesus tells us to bring our requests before him. Using scripture when we pray keeps us mindful to first ask God to conform us to the image of His Son rather than only asking him to meet our needs and desires.

As you pray for yourself and others, consider praying Galatians 5:22-23.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, against such thing there is no law.*

*-Galatians 5:22, 23*

Write a prayer in your journal to God asking for help for others and for yourself.

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