

TRADERS POINT GROUPS

PRAYER EXPERIENCE

ACTS MODEL OF PRAYER

INTRODUCTION

- ACTS is an acronym that stands for Adoration, Confession, Thanksgiving, and Supplication. This is an example of what an ACTS prayer experience could look like, but this can be done in different ways, so feel free to customize it for your group as you see fit.

PREPARATION FOR GROUP MEMBERS

- Have a Bible, notebook (or paper), and pen.
- Turn off phones (possibly put them in a different room).
- Play soft worship music.
- Encourage your group to pray individually for this experience the week prior.
- Move to a location in the room where you can pray uninterrupted.

INDIVIDUAL PRAYER AND MEDITATION: 5-10 MINUTES

- As you begin your time, lead your group by asking God for His presence in your time. Ask Him to meet each person exactly where they are and for each person to be open to what He has for them.
- Encourage the group to now pray individually and silently. Often when we pray, we focus on what we're asking for. Encourage them to use this space to focus on God speaking to them. Allow Him to reveal through His Word who He is and who He's calling you to be.
- As you move to the next sections, some group members may choose to journal or write out their prayers. Encourage them to experiment with different methods.

READ: 20 MINUTES

- 1 John 4:7-12
- Lamentations 3:22-23
- Exodus 34:6
- John 3:16
 - Each group member should take time to find each passage or verse and read it slowly. Perhaps read the passage in a couple different versions. Simply spend some time in adoration of God's love for you. You might find it helpful to read each verse a few times, pausing and asking God to speak the truth of each word to you.

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REFLECT: 10 MINUTES

- Now that you've spent time in adoration of God's love for you, take some time to confess your lack of love and compassion for God and for others around you. Reflect on ways that God has shown His love to you and think about how you can do the same for others.
- Next, take a moment to express thanksgiving to God for Jesus and the gospel. Reflect on John 3:16 and what that verse means for us as believers. Simply thank Jesus for the sacrifice that He made for you to have eternal life with God.

RESPOND: 10 MINUTES

- After spending this time adoring the Lord, confessing your sins, and thanking Him for the gospel, take some time to offer your supplications or requests before the Lord. This time can be spent as a group or as individuals but take some time and lift the desires of your heart to God. Trust that He loves you, He hears your requests, and He's there to provide comfort to you whatever you're feeling. If done as a group, have each person share a request and have members of your group pray for one another.

DEBRIEF

- Take time as a group to share what God revealed to you and what the prayer experience meant to you. Share how you heard God speaking to you.