

ASAP
ALWAYS STOP AND PRAY

A.C.T.S. Prayer Guide



Adoration

God, You are...

I love You because...



Confession

I am sorry for...

Please forgive me...



Thanksgiving

Thank you for...



Supplication

Please...

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

(Philippians 4:6)

SAMPLE ACTS PRAYER

Lord you are

(insert **ADORATION**)

Lord I/We are sorry that

(insert **CONFESSION**)

We are so thankful for

(insert **THANKSGIVING**)

If it be your will, please

(insert **SUPPLICATION**)

We love you Lord.

It's in your name that we pray.

Amen

CAR TIME PRAYERS

What You See

Pray for what you see.

Thank God for the garbage man or mail man.

Praise God for the snow, leaves, or beautiful weather

Ask God to help someone you see or be with someone in an accident

Go, Stop, Turn

Lord we are a family on the go today. Help us get these things done today...

Lord, please prevent these things from happening today...

Lord help us turn toward you today in the way we...

Lord, help us turn away from sin today by helping us...

Immanuel, God with Us

As we get into the car we invite you to be with us as we travel. You are Immanuel, God with us, so we will rest in you (Isaiah 7:14)

GROUP PRAYERS

One person prays: One person prays, everyone else listens.

Squeeze prayer: Hold hands. One person starts and prays out-loud. They squeeze to their right, the next person prays. Continue until you return to the first person who says "Amen."

Popcorn Prayer: One person prays. Everyone else can jump in and pray as they are led. One person closes.

Repeat Prayers: One person prays and the others repeat what is spoken.

OTHER PRAYER IDEAS

Blessing Basket: Fill a small basket with little slips of paper. Encourage family members to write or draw pictures of things for which they are thankful.

Family Journal: Keep a notebook full of things for which the family is thankful or praying for. Note when prayers are answered.

Heart to Heart (Ask others to pray for you): Share with your child a time that you prayed and received the answer in a surprising or dramatic way.

Pray Through the Newspaper:

Look at a newspaper/magazine and pray for things/stories/situations you see.

The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us. (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.

