



“Hands Offering”¹

WHY PRAY? Pray to enter into God’s Presence. “Apart from prayer, we can never contact God.”²

ACTS

Four types of basic prayers can be remembered using the ACTS acronym.

Adoration - Enter with praise.

“... let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.” Hebrews 13:15

Confession - Admit your sins.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” I John 1:9

Thanksgiving - Give Him thanks.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, ... ”
Philippians 4:6a

Supplication - Express your requests.

“ ... let your requests be made known to God; ... ” Philippians 4:6b

[CLICK HERE TO REVIEW OTHER PRAYER GUIDES](#)³

¹ Linoleum block prints by Elizabeth Steele Halstead. Reprinted by permission from Visuals for Worship, ©2006, Faith Alive Christian Resources. pg. 19 “Hands: Offering.”

² El-Meskeen, Father Matta (Matthew the Poor). *Orthodox Prayer Life: The Interior Way* Crestwood: St Vladimir’s Seminary Press, 2003, 259

³ Renewal Ministries, Christian. http://crmin.org/prayerguide/prayer_guides.htm (accessed January 19, 2012).