



## INTRODUCTION

For many of us, Prayer is one of the Spiritual Practices we find more challenging to engage in. When we do, the emphasis is often on 'Supplication' – praying for the needs of others and ourselves. As one reads through Psalms, the 'Prayer Book' of the Bible, they soon discover that there is a balance of Adoration, Confession, Thanksgiving and Supplication. One way for us to develop that same balance in our prayer times is to use the acronym, 'ACTS' to spend time in each of those themes.

Over the years, people have found using Scripture to help focus them in their prayer times. This morning we are going to use some of the Psalms to lead us into times of Adoration (Worship), Confession, Thanksgiving and Supplication.

## ADORATION/WORSHIP

Expressing in words, music and silent adoration the greatness, beauty and goodness of God. (Richard Foster)

### 1. A heart that wants to be with God

*One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. Ps.27:4*

*O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. Ps. 63:1-4*

*How lovely is your dwelling place, O LORD of hosts! My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God. Ps. 84:1-2*

## **2. Creation and the works of God – Worshiping God for what He has done**

*O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger. When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Ps. 8:1-4*

*The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge. Ps. 19:1-2*

*For the LORD is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. Ps. 95:1-6*

## **3. The names and attributes of God – Worshiping God for Who He is**

*The LORD is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever. He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.*

*Ps. 103:8-14*

*The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved. Your throne is established from of old; you are from everlasting. Ps. 93:1-2*

*Psalms 5:1; 18:1-2; 36:5-7; 57:9-11; 66:1-4; 86:15-17; 89:1-2; 90:1-2; 92:1-3; 95:1-6; 96:1-9; 100; 105:1-4; 106:1-3; 108:1-5; 113:1-3; 138:1-3; 145:8-13*

## CONFESSION

Sharing our deepest weaknesses and failures with God and trusted others, so that we may enter into God's grace and mercy and experience His ready forgiveness and healing. (Richard Foster)

### **1. We should open our lives to God – and let Him tell us what He sees**

*Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting! Ps. 139:23-24*

### **2. Confession restores our fellowship with God and sets us back on His Path of Righteousness**

*Remember your mercy, O LORD, and your steadfast love, for they have been from of old. Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD! Good and upright is the LORD; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies. For your name's sake, O LORD, pardon my guilt, for it is great. Ps. 25:6-11*

*Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me.*

*Restore to me the joy of your salvation, and uphold me with a willing spirit. Then I will teach transgressors your ways, and sinners will return to you. Deliver me from blood guiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. O Lord, open my lips, and my mouth will declare your praise. Ps. 51:1-15*

*Out of the depths I cry to you, O LORD! O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! If you, O LORD, should mark iniquities, O Lord, who could stand? But with you there is forgiveness, that you may be feared. Ps. 130:1-4*

## **THANKSGIVING**

An attitude of gratitude and appreciation to God for the blessings He gives to us. This is an expression of worship, acknowledging that every good thing we have and experience comes from God.

### **1. “Count your blessings” should be a daily experience.**

*I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds. I will be glad and exult in you; I will sing praise to your name, O Most High. Ps. 9:1-2*

*Praise the LORD! I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation. Great are the works of the LORD, studied by all who delight in them. Full of splendor and majesty is his work, and his righteousness endures forever. He has caused his wondrous works to be remembered; the LORD is gracious and merciful. He provides food for those who fear him; he remembers his covenant forever. Ps. 111:1-5*

## **2. Blessings come in all sizes – all should be appreciated**

*I will give to the LORD the thanks due to his righteousness, and I will sing praise to the name of the LORD, the Most High. Ps. 7:17*

*I will remember the deeds of the LORD; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds. Ps. 77:11-12*

*Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's. Ps. 103:1-5*

## **SUPPLICATION**

Praying for the needs of ourselves and others.

### **1. Supplication begins with a deep trust in God and His care**

*When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me? Ps. 56:3-4*

*For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. Ps. 62:1-2*

*For you, O Lord, are my hope, my trust, O LORD, from my youth. Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you. Ps. 71:5-6*

### **2. Praying for others**

*May the LORD answer you in the day of trouble! May the name of the God of Jacob protect you! May he send you help from the sanctuary and give you support from Zion! May he remember all your offerings and regard with favor your burnt sacrifices! Selah May he grant you your heart's desire and fulfill all your plans! May we shout for joy over your salvation, and in the name of our God set up our banners! May the LORD fulfill all your petitions! Ps. 20:1-5*

*May the LORD give you increase, you and your children! May you be blessed by the LORD, who made heaven and earth! Ps. 115:14-15*

### **3. Praying for myself**

*I call upon you, for you will answer me, O God; incline your ear to me; hear my words. Wondrously show your steadfast love, O Savior of those who seek refuge from their adversaries at your right hand. Ps. 17:6-9*

*O LORD, God of my salvation, I cry out day and night before you. Let my prayer come before you; incline your ear to my cry! Ps. 88:1-2*

*Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. Deliver me from my enemies, O LORD! I have fled to you for refuge. Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!  
Ps. 143:8-10*

### **4. Do not forget the spiritual!**

*How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart that I might not sin against you. Blessed are you, O LORD; teach me your statutes!  
Ps. 119:9-11*

*Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. Ps. 19:14*

*Psalms 4:1; 5:1-3; 25:1-2; 28:1-2; 31:1-5; 33:20-22; 54:1-4; 55:16-17; 57:1; 61:1-3; 67:1-2; 69:16-18; 86:1-7; 91:1-2; 121:1-2; 125:1-2; 141:1-4; 142:1-3*

### **WRAP IT UP**

**If your prayer times have lacked balance, spend the next couple of weeks practicing the 'ACTS' of Prayer**