

7 Steps to Effective Prayer

(ACTS +)

Matthew 6:5-13

(compiled by Dr. S Joseph Kidder)

1 **ADORATION**

Scripture: Ex 15:1-2; Deut 6; Ps 57:9-11; Ps 107:1; Jer 32:7;
John 11:41-42; Rev 5:12; Rev 19:6

There are 4 reasons for adoration:

- Adoration sets the tone for the entire prayer.
- Adoration reminds us of God's identity and inclination.
- Adoration purifies the one who is praying.
- God is worthy of adoration.

2 **CONFESSION**

Scripture: Ps 51; Jer 3:13; Dan 9:5-7; Ezek. 9:3, 6; John 6:37;
Ps 103:12

The benefits of confession:

- Your conscience will be cleaned.
- You will be flooded with relief that God has a forgiving nature.
- Adoration purifies the one who is praying.
- You will feel free to pray.

3 **THANKSGIVING**

Scripture: Ps 100; Ps 103:2; 1 Thess 5:15; Luke 17:11-19

Thank God for:

- Answered prayers.
- Relational blessings.
- Material blessings.

4 **SUPPLICATION & INTERCESSION**

Scripture: Matt 6:33; John 17; Luke 11:5-13; James 4:2; Phil 4:6; James
1:5; 1 Pet 2:9; Heb 7:25

Pray for: • Ministry • People • Family • Personal

5 **COMMITMENT**

Scripture: Ps 31:5; 37:5; Prov 16:3; Matt 6:10

6 **LISTENING**

Scripture: Ps 49:3; 40:1, 2; 139:24; 25:4-5; 37:5; Prov 4:6

7 **DEDICATION**

Scripture: 1 Tim 6:20; 2 Tim 1:14; John 13:17

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