



## **Part 1: Run the Race to Win — Prayer**

**August 7, 2016**

**A Practical Approach to Prayer**

**Just remember A.C.T.S.**

### **A – Adoration**

*"Let all that I am praise the Lord; with my whole heart,  
I will praise his holy name.*

*Let all that I am praise the Lord;  
may I never forget the good things he does for me."*

*—Psalm 103:1-2 (NLT)*

### **C – Confession**

*"Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
Point out anything in me that offends you,  
and lead me along the path of everlasting life."*

*—Psalm 139:23-24 (NLT)*

### **T – Thanksgiving**

*"Enter his gates with thanksgiving; go into his courts with praise.  
Give thanks to him and praise his name. For the Lord is good.  
His unfailing love continues forever, and his faithfulness continues  
to each generation."*

*—Psalm 100:4-5 (NLT)*

### **S – Supplication**

*"Don't worry about anything; instead, pray about everything.  
Tell God what you need..."*

*—Philippians 4:6 (NLT)*