



PRAYER STRATEGY

A-C-T-S Prayer Method

(based on the Lord's Prayer)

The acrostic, A-C-T-S, is taken from the basics found within the Lord's prayer. Adoration, Confession, Thanksgiving, and Supplication. These are big words for a child. So here's a way to break it down:

Adoration.

How can kids praise God each day in a way that wouldn't get rote or mechanical? Take a piece of construction paper, and spend a night brainstorming things about God that are good. Powerful, Loving, Awesome, Holy. Then ask them some of the names for God found in the Bible. With a little coaxing they may come up with: Rock, Shepherd, Jesus, King of Kings. Soon you will have a page with different ideas. Buy or make a small frame and hang the list up in their room. At bedtime they could each pick one of the things on the list to begin their prayer.

Confession.

Kids may have a hard time recalling any bad thing they've done recently. Don't be floored. You probably have quite the list, but try to hold back! If they're really stuck, try prompting them with, "What about hitting your sister today?" "Oh, yeah." Then on to the next child, "Remember how you threw that fit and got in trouble this morning?" "I had forgotten about that." Kids are generally willing to confess their sins to God and may even be excited that they have something for this part of prayer. They just need some training and direction.

Thanksgiving.

This one comes most naturally when children pray. They were always grateful for the "wonderful day." Now try to get them to be more specific. What are we thankful for? Yes, you had trips to the park, friends over, and new toys to thank God about. However, talk about some basic things that we often take for granted. Freedom to worship, our own copy of God's Word, clean water, food, eyes to see, legs to run. We don't always remember these blessings in day-to-day life when surrounded by ads and commercials tempting them to want more. However, at night when their hearts are soft, they often recognize God's provision when a loving parent reminds them of all He has done.

Supplication.

Big word. It's basically just asking God for things. We can ask for things we need or want, but we also want to pray for others. Below is a great system you can use to help your kids remember what to pray for each day. You can even make another poster for the wall that would look like this: