

## 21-DAY FAST AND PRAY JANUARY 9, 2019

Five young college students were spending a Sunday in London, so they went to hear the famed C.H. Spurgeon preach. While waiting for the doors to open, the students were greeted by a man who asked, "Gentlemen, let me show you around. Would you like to see the heating plant of this church?" They were not particularly interested, for it was a hot day in July. But they didn't want to offend the stranger, so they consented. The young men were taken down a stairway, a door was quietly opened, and their guide whispered, "This is our heating plant." Surprised, the students saw 700 people bowed in prayer, seeking a blessing on the service that was soon to begin in the auditorium above.

Softly closing the door, the gentleman then introduced himself.

It was none other than Charles Spurgeon.

Tonight I want to introduce to you the ACTS model of prayer.

- 1. Adoration** (say or sing praise or worship to God) Adoration is one of the most beautiful ways to spend time in prayer. **Adoration** is reflected in the **prayer** of praise which acknowledges God for who he is in contrast to the **prayer** of thanksgiving which acknowledges God for what he has done.

Sing praise, speak words of adoration to God.

**2. Confession** (acknowledge and repent of sins) God affords us every opportunity to confess our sins and to be instantly forgiven. Confession is the first step in a renewed relationship with God.

- The Lord wants to see true, meaningful repentance from humbled hearts ([Matthew 11:28-30](#)).
- He wants us to be specific in our prayer for the confession of sin, not generic ([Daniel 9:4-19](#)). Tell God what you did and that you are sorry.
- As He forgives us, we should also be forgiving others ([Matthew 6:12](#)).

Confess your sins to God.

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**3. Thanksgiving.** Thankfulness is a heart or attitude of gratitude or appreciation.

- Thanksgiving looks back at all God has done for you before.
- Thanksgiving ought to be daily for current blessing and circumstances, for those who love us, inspire us, teach us, help us, and mean so much to us on our heavenward journey. Our thanksgiving certainly must involve appreciation to the Lord, who is with us always.
- Thanksgiving is about the future because we believe as true every promise regarding our salvation, healing, protection, provision and the soon return of our Lord.

Tell God the things you are most thankful for.

**4. Supplication** (make earnest requests of God) The Hebrew and Greek words most often translated “supplication” in the Bible mean literally “a request or petition,” so a prayer of supplication is asking God for something. Unlike the prayer of petition, which is praying on behalf of others, the prayer of supplication is generally a request for the person praying.

What do you need God to do for you?