

A Simple but Effective Way to Pray Together

For the next eight weeks please use the **ACTS** pattern for praying together daily as husband and wife. ¹

1. **A - Adoration.** In the space below write as many phrases as you can think of that praise God, exalting Him above all. Aim your emotions of awe and adoration at Him, and let them flow through you. As one example of adoration, listen as your facilitators read aloud Psalm 8:1-4. Now write some phrases you can use in your prayers this week with one another that praise God.

2. **C - Confession.** Write down the things you need to confess to God – any failings, foibles, or wrong acts you've done. Be specific, and don't leave out anything, no matter how trivial it may seem to you. As one example of confession, listen as your facilitators read aloud Psalm 51:1-4. Now write some things you need to confess to your spouse.

3. **T - Thanksgiving.** List everything you can think of that you're thankful for. Start with those things most important to you and move in ever increasing circles until you include a wide list of appreciation. Thank God for everything that's good and wonderful in your lives. As one example of thanksgiving, listen as your facilitators read aloud Psalm 100. Now list those things that are most important to you and your relationship together.

4. **S - Solicitation.** List all the things you want to ask of God – things you need and things you want but don't necessarily need. Don't be hesitant or shy. Just make sure your requests aren't selfish. Nothing is impossible for God. As one example, listen as your facilitators read aloud II Chronicles 6:19-21. Now list the things you most want God to do *for*, *to*, and *with* you and your spouse.

¹ Material for this page adapted from the *Becoming ONE* workbook, pages 92-94