



FIRST MCKINNEY  
BAPTIST CHURCH

## How to Pray

We believe that Bible Engagement is the key spiritual discipline that influences all others (prayer, acts of service, generosity, etc.) and it is also the number one catalyst to spiritual growth and maturity in the life of a believer.

As we read the scriptures, we see that prayer is also vital to our relationship with God. Because that's exactly what prayer is – a conversation with the creator of the universe and our savior through the power of the Holy Spirit. It's the medium for our relationship.

This is such a critical piece to being a follower of Jesus, that when asked, Jesus gave his disciples a clear example of how to pray and call upon God the Father (Matthew 6:9-13, Luke 11:2-4). In Jesus's prayer, also known as the Lord's Prayer, and throughout scripture, we see a pattern that is often used these days and serves as a great guide to believers as they pray.

The following acronym, A-C-T-S, walks us through a simple yet profound approach to conversing with our God. Use this as great way to teach those in your group how to pray.

### Adoration

Tell God how much you love him. Express to him how amazing he is. Yes, he knows these things, but he calls us to praise him, glorify him, and in the process, we are edified and better for it! Adore him and praise him for who he is – this aligns our hearts and minds for our time with him. It puts God in his place and us in ours.

### Confession

Simply tell him what you are sorry for and confess. If there is sin in your life that needs to be dealt with, then bring it to the one that is full of forgiveness, mercy, grace and love. He doesn't want just part of you, or some superficial version of yourself. He wants all of you...even the broken parts.

### Thanksgiving

Praise him for what he has done! Past, present and future. Count your blessings and just see what it does to your spirit, and how much more it causes you to love the only one that can provide.

### Supplication

Now bring your requests to the Lord. After adoring him, and coming to him with a clear conscience and sincere heart, we are called to come to him boldly and confidently to ask him for his power and provision. Ask for these things in concentric circles – start with you, your family, your church, your neighborhood, your work, your city/state, our nation, and this world. There is so much to pray for, and the Lord knows that you cannot do it all, nor does he expect you to. Simply and authentically bring yourself to him and ask him to do what only he can. Do not be overwhelmed, but be glad that you are getting to speak to your creator that loves you! He wants to hear from you, and delights in his relationship with you!