

Anchoring your soul every day

We know it can be so hard to find time each day to take care of your relationship with the Lord. We want to make it easier for you, if we can. We suggest taking one of these thoughts at a time, or even just do part of one, when you can. We hope this will help you think of the Lord as your soul's anchor every day.

❖ Read Matthew 6:9-14

ACTS acrostic for Prayer

- Adoration – praising God for who he is, literally, telling him who he is
- Confession – asking forgiveness for ways we fall short
- Thanksgiving – thanking him for who he is and how he works in our lives
- Supplication – asking for help for ourselves and others

❖ Adoration – List things from the passage that describe who God is:

1. For example: You are our Father
2. For example: Your name should be hallowed, or praised
3. You _____
4. You _____
5. You _____
6. You _____
7. You _____
8. You _____
9. You _____
10. You _____
11. You _____

❖ Confession – Write one or two things where you feel you fall short in light of these verses: (This will be a private time of prayerful confession, not out loud)

1. For example: Father, I'm admit that I don't always forgive _____ easily.

2 _____

3 _____

❖ **Thanksgiving** – Write a short list of specific ways you are thankful in light of your Adoration list:

1. *For example: Thank you that you are on your throne in heaven, controlling everything*

2. _____

3. _____

4. _____

❖ **Supplication (intercession)** – Ask God to help you in one or two areas in light of these verses:

1. *For example: Lord, please help me forgive _____ and not be bitter*

2. _____

3. _____

4. _____

