

A Simple but Effective Way to Pray Together

If you haven't prayed together as a couple we'd like to offer the **ACTS** pattern as an approach that you can use to help as you seek to join in prayer as a couple. We suggest using the **ACTS** pattern for praying together daily as husband and wife.

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. 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 should 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. Now write some things you should confess in your prayers.

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. 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 desire for your enrichment and joy. Don't be hesitant or shy. Just make sure your requests aren't selfish. Nothing is impossible for God. Now list the things you most want God to do *for*, *to*, and *with* you and your spouse.
