



# PRAYER PLAN

# Oct 2021

Many believers have found the ACTS method for prayer helpful. This acronym is based on Jesus' prayer in Matthew 6:9-13 and contains 4 pieces that are essential to prayer: Adoration, Confession, Thanksgiving, and Supplication.

## ADORATION

Praise God for who He is and what He has done.

## CONFESSION

Be honest before God about the sin in your life. Acknowledge the ways that you have sinned against God and others with your thoughts, words, and actions.

## THANKSGIVING

Thank God for what He has done in your life and in the lives of others.

## SUPPLICATION

Ask God for specific requests and trust that He will answer your requests according to His will, not our own.

## + Pro Tip

This month, whenever you drive by a hospital, medical facility, or see an ambulance, take a few minutes to pray for those involved – both the patients and also the staff taking care of them.

## PRAYER SPOTLIGHT

We want to set aside this whole month to pray for medical professionals as they have experienced a more stressful, intense, and difficult working environment in the pandemic.

Pray for:

- Emotional and mental health—pray that they find comfort and peace in the Father, the God of all comfort, and in Jesus, the Prince of Peace.
- Physical health—pray for strength, energy, and perseverance.
- Families and support systems—pray for their emotional and physical needs as their loved ones are giving themselves to the care of others.
- Understanding and appreciation from their communities—pray that our hearts will be grateful for the sacrifice these people are making and that we support and encourage them however we are able.
- Pray for those who are faithful believers, that their faith in God does not waiver but rather their trust in Him grows. And for those who don't know God to be drawn to Him.