

A.C.T.S. PRAYERS

Parents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

Write "A.C.T.S." on a piece of paper and set it before your family. Now you can pray through each of the letters.

A—A.C.T.S. The A stands for ADORATION. Take time at the beginning of your prayer to adore God--how special God is, how you love God, how you enjoy your friendship with God. Perhaps you will sing a song as a family to adore God.

C—A.C.T.S. The C stands for CONFESSION. Your family can ask for God's forgiveness for wrong thoughts and behaviors.

T—A.C.T.S. The T stands for THANKSGIVING, a time to show your gratitude by thanking God for all your blessings, both individual and family!

S—A.C.T.S. The S stands for SUPPLICATION, a fancy word for humbly asking God to meet your needs and the needs of others.

"Always be joyful and never stop praying. Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do."

1 Thessalonians 5:16-18 (CEV)



Family MomentTip: Always think safety when doing this or any other activity with your family.