

Equipped for A-C-T-I-O-N

Are you bored with your prayer life? Would you like to lift the level of your praying? Do you want to turn your prayers into action? You might find it helpful to take the letters of the word A-C-T-I-O-N which remind us of prayer principles that we're likely to forget. Are you ready for A-C-T-I-O-N?

A is for **adoration**: Adoration involves focusing on *who God is*. I've found it helpful to offer adoration by praying to him using ways the bible describes him. At Equipped for Living, we've put together *31 Days of Praise* to help you become more familiar with who God is. I use this every day and have been doing so for over ten years. Download your free copy from our website.

C is for **confession**: Confession is when we acknowledge to God that we have messed up and agree with his perspective about our wrongdoing. It involves admitting to him that we have failed to come up to his standard and that we desperately need his forgiveness. I believe that genuine confession is coupled with repentance - a change of mind about our sin, leading to a change in attitude and behaviour. Why not ask God to help you follow your confession with a changed lifestyle?

T is for **thanksgiving**: While adoration focuses on who God is, thanksgiving focuses on *what God does*. I find it helps to make a list of specific things that he has done in my life and in the lives of those around me for which I can thank him. I try to keep this list as current as possible. Even when bad things happen, there is always something for which I can be thankful. Why not try it? If you're currently in a time of difficulty, don't wait until things start to improve before you offer thanks to God. The bible encourages us to give thanks *in* all circumstances, not necessarily *for* all circumstances¹.

I is for **intercession**: Intercession is praying to God on behalf of other people. One of the ways I intercede or make requests for others is by personalizing Bible prayers for the people I'm praying for. For example, I might use Romans 15:13 to pray for my friend, Mary. *"Lord, you are the God of hope and I ask that you will fill Mary with all joy and peace as she trusts in you, so that she may overflow with hope by the power of your Holy Spirit."* Other verses that make great personalized prayers are Ephesians 3:16-19 and Colossians 1:9-12.

O is for **offering ourselves to God**: This means making ourselves available for God to use now, in our current circumstances. It involves submitting our will to his on a daily basis. If you're like me, you'll find this doesn't come naturally - even our Lord Jesus Christ didn't always find this easy. In the garden of Gethsemane before his arrest and crucifixion, he prayed in agony of mind for submission to his Father's will. Try constructing simple prayers of submission to God and trust him for the outcome.

N is for **never give up**: Ever felt like giving up on some aspect of prayer? You're not alone! However, the bible encourages us to keep going. *"Then Jesus told his disciples a parable to show them that they should always pray and not give up".*² In prayer, as in all aspects of Christian living, perseverance is essential. The devil fears prayer more than anything because it is the lightning conductor pointing heavenwards that brings down irresistible divine power and energy. Next time you hear the suggestion "give up" you know exactly where it has come from. There are plenty of starters. God wants finishers.

Why not give A-C-T-I-O-N a try?

¹ 1 Thessalonians 5:18

² Luke 18:1 (NIV)