

**ADORATION** – Tell God that you love Him and praise Him for who He is – Great; Powerful; Wise....

**CONFESSION** – Tell Him how deeply sorry you are for disobeying Him, for your sin and for not choosing to trust Him.

**THANKSGIVING** – Tell God how sincerely grateful you are for all He has done for you: for His forgiveness, provision, protection, strength that He has given you.

**SUPPLICATION** – Talk to Him about what concerns you; ask God to give you wisdom and strength; pray for others in your life who are in need; etc.

Use the following passage to give direction to your A.C.T.S. time:

*Proverbs 3:1-10*

*My son, do not forget my teaching. Keep my commands in your heart. <sup>2</sup> They will help you live for many years. They will bring you peace and success. <sup>3</sup> Don't let love and truth ever leave you. Tie them around your neck. Write them on the tablet of your heart. <sup>4</sup> Then you will find favor and a good name in the eyes of God and people. <sup>5</sup> Trust in the Lord with all your heart. Do not depend on your own understanding. <sup>6</sup> In all your ways obey him. Then he will make your paths smooth and straight. <sup>7</sup> Don't be wise in your own eyes. Have respect for the Lord and avoid evil. <sup>8</sup> That will bring health to your body. It will make your bones strong. <sup>9</sup> Honor the Lord with your wealth. Give him the first share of all your crops. <sup>10</sup> Then your storerooms will be so full they can't hold everything. Your huge jars will spill over with fresh wine.*

**A**

**C**

**T**

**S**

1. Close your eyes. Quiet yourself. Become aware of God's presence. Invite Him to join you in looking back at a "video recording" of yesterday.
2. Ask Him to bring clarity and to help you see things the way He sees them. Ask Him to help you see yourself as He sees you. Review the day with gratitude. Note the joys and delights. Look at the work you did, the people you interacted with. Pay attention to your emotions. Reflect on the feelings you experienced during the day. Joy? Compassion? Anger? Confidence? Self-pity? What is God saying through these feelings?
3. God will likely reveal some ways you fell short. Make note of these sins and faults. Confess them and ask for forgiveness. Ask Him to show you if there are parts of your personality that are untransformed and unusable in their present condition. Ask Him for new direction and growth in these areas. Be sure to recognize if a voice you are paying attention to might not be His and do not take on anything that is not from Him.
4. When you get to the end of the day-in-review, ask God to give you one thing from yesterday to focus on and pray from. Take some time to obey what He tells you.
5. Ask God to give you light for today. Think through today's schedule and who you'll interact with. Ask Him to help you have an awareness of His love and guidance throughout the day so you can be your best self...ask for wisdom, discernment, joy, and to help you see things the way He sees them.