



Praying the Attributes of God: Using the A.C.T.S. Model for Bible Study and Prayer

- ▶ A Framework for Deepening Your Prayer Life
- ▶ “Be still and know that I am God.” — Psalm 46:10



God desires to reveal Himself

► How does God reveal Himself?



God desires to reveal Himself.

- ▶ God speaks through creation. Psalm 19:1-2.
- ▶ God speaks through His prophets and teachers. Hebrews 1.
- ▶ God speaks through the Holy Spirit. John 14:26.
- ▶ God speaks through circumstances. James 1:2-5.
- ▶ God speaks through Scripture. 2 Tim 3:16-17.
- ▶ God speaks through His actions. Psalms-Him Book

- ▶ **We know God through His actions, character, names, and description. (aligning with God's Word).**



What is an Attribute of God?





Let's define it: Attribute

- ▶ An attribute of God is the character of God as it is revealed to us in the Scriptures.
- ▶ In the Old Testament, the names of God reveal His nature.
 - ▶ Jehovah Jireh, Jehovah Nissi, El Shaddai
- ▶ God's character is displayed through His actions.
 - ▶ The one who heals, I will deliver, I will heal, I will protect



God's Alphabet from A-Z



Overview of the A.C.T.S. Model

- ▶ **A.C.T.S.**
 - ▶ **Adoration**
 - ▶ **Confession**
 - ▶ **Thanksgiving**
 - ▶ **Supplication**
- ▶ A simple, powerful framework for structured prayer
- ▶ Pattern not formula
- ▶ Helps you focus on who God is, not just what you need
- ▶ Each stage connects your heart to God's attributes (can pray in any order-relax)



Why Pray the Attributes?

- ▶ Moves prayer beyond a “laundry list” of requests
- ▶ Centers your worship on God’s unchanging nature
- ▶ Builds faith and spiritual maturity
- ▶ Deepens your awareness of God’s presence and purpose



A — Adoration

- ▶ **Definition: Adoration is praise and worship of God for who He is.**
- ▶ **Focus your heart on His divine character, his names, and description**
- ▶ **Mirror Up (Ascribe to God His Worth)**
- ▶ Attributes to meditate on:
 - Holy – Pure and set apart
 - Sovereign – Ruler over all things
 - Eternal – Alpha and Omega
 - Loving – Unconditional love
 - Merciful – Compassionate and patient



C — Confession

- ▶ **Definition: Confession is agreement with God (Word) about sin. Humbly admit your sins and shortcomings.**
- ▶ **Reflect on how you've fallen short of His character.**
- ▶ **Mirror facing inward (our reflection)**
- ▶ **Example Prayer:**
- ▶ “Father, I confess that I have not reflected Your love in my actions toward others. Forgive me for trying to control things in my own strength instead of trusting Your sovereignty.”
- ▶ **Focus: Confession isn't guilt — it's returning to grace.**

T — Thanksgiving & Transformation

- ▶ **Definition:** Express gratitude for what God has done.
- ▶ **Thank Him for the ways His attributes show up in your life.**
- ▶ **Mirror outward.**
- ▶ **Example Prayer:**
- ▶ “Lord, thank You for Your faithfulness in providing for my needs. Thank You for the countless mercies You show me each day.”
- ▶ **Focus:** Gratitude magnifies God’s goodness.



S — Supplication

- ▶ **Definition: Bring your requests to God.**
- ▶ **Ask for help to live more like Him.**
- ▶ **Ask for others (move into intercession)**

- ▶ Example Prayer:
- ▶ “Holy Spirit, help me to be more patient and loving, reflecting Your compassionate nature. Strengthen me to trust in Your plan when I feel anxious.”

- ▶ Focus: Align your desires with His will.



Let's practice. Open your Bibles
to.....

► Psalm 103

A.C.T.S. Model Psalm 103:1-4

► Psalm 103

- 1 Praise the LORD, my soul;
 all my inmost being, praise his holy name.
- 2 Praise the LORD, my soul,
 and forget not all his benefits—
- 3 who forgives all your sins
 and heals all your diseases,
- 4 who redeems your life from the pit
 and crowns you with love and compassion,

A.C.T.S. Model Psalm 103:1-4

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 all my inmost being, praise his **holy** name.
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 and **heals** all your diseases,
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 and **crowns you** with **love and compassion**,

Adoring God through His Attributes 103:1-4

Revealed

LORD, HOLY,
BENEFITS-Is He a
Giver?,
Forgiving, Healer,
Redeemer,
CROWNS YOU, He
a Rewarder,
LOVE,
COMPASSION

Adoration & Worship

Lord you are Jehovah,
Worthy of Praise,
You are *Holy* in all of your
ways, wholly set apart; there
is none like you.
I worship you for you are a
giving God and a *forgiving*
God,
Full of *love and compassion*.
I worship you as my
Redeemer.

Confession to God through His Attributes Psalm:103:1-4

Revealed

- LORD, HOLY,
- BENEFITS-Is He a Giver?,
- Forgiving, Healer, Redeemer,
- CROWNS YOU, He a Rewarder,
- LOVE,
COMPASSION

Prayers of confession and cleansing

Lord today when I was so busy entering orders, I didn't take the time to notice how quiet Barbara was today. Help me to be more **compassionate** and to look up and to notice....Help me to trust in you to take a few minutes at lunch tomorrow to see if she wants someone to *listen to* her or show me how to send some encouragement her way. Forgive me for being so self-focused.

Thanksgiving to God through His Attributes 103:1-4

Revealed

- LORD, HOLY,
- BENEFITS-Is He a Giver?,
- Forgiving, Healer, Redeemer,
- CROWNS YOU, He a Rewarder,
- LOVE, COMPASSION

Thanksgiving and transformation

Thank you Lord for your protection of my job. You are the Giver of every perfect gift.

Thank you for helping me grow in showing compassion.

I praise you for not leaving me in my sin, but you reveal yourself to me and my shortcomings....for my good and your glory.

Supplication to God through His Attributes

Psalm 103:1-4

Revealed

- LORD, HOLY,
- BENEFITS-Is He a Giver?
- Forgiving, Healer, Redeemer,
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Prayers of Intercession and Petition

- ▶ who needs to know His compassion?
- ▶ who is hurting because of sin in their life that needs to know the power of forgiveness?
- ▶ Who is in a pit of depression, financial worry, abandonment and divorce and needs redemption?
- ▶ Who is sick and needs healing....divine, miraculous, emotional, spiritual and physical.?
- ▶ Who has God exalted, crowned, raised up...celebrated that you can rejoice with...genuine rejoicing?

Practice alone Psalm 103:5-8

- ▶ Adoration
- ▶ Confession
- ▶ Thanksgiving
- ▶ Supplication

A.C.T.S. Model Psalm 103:5-8

► Psalm 103

who satisfies your desires with good things
so that your youth is renewed like the eagle's.

6 The Lord works righteousness
and justice for all the oppressed.

7 He made known his ways to Moses,
his deeds to the people of Israel:

8 The Lord is compassionate and gracious,
slow to anger, abounding in love,



Tell me some attributes

- ▶ Can we find at least 12? What names, actions, descriptions, repeated words or character did the Holy Spirit reveal?
- ▶ Theology is like the rules of the game, Spiritual is the game...we need both
- ▶ It may feel academic, like when you are learning a new line dance or step....you look at your feet....then when you get in the flow and trust your invisible dance partner.....The Holy Spirit guides seamlessly!

A.C.T.S. Model Psalm 103:5-8

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Confession

- ▶ Did the Holy Spirit wash and cleanse you by pointing out an attribute where you need confession that leads to repentance?

Thanksgiving

- ▶ Any testimonies!
- ▶ Where has one of these attributes of God shown up in your life recently
- ▶ Which one can thank Him for because the transformation has begun?



Supplication

- ▶ Which attribute has the Holy Spirit led you to add to your prayer arsenal?
- ▶ Who can you intercede for?





Homework for Next week!

Exodus 34:4-7

Exodus 3 :7-14

Ephesians 2:4-9

John 15:1-5

Tips for Practicing the ACTS Model

- ▶  Focus on one attribute at a time
- ▶  Use Scripture to guide your prayers
- ▶  Keep it conversational — not scripted
- ▶  Remember: God desires sincerity, not perfection

Reflection & Practice

- ▶ Try it this week:
 - ▶ 1. Choose one attribute of God (e.g., Faithful).
 - ▶ 2. Pray through the A.C.T.S. model each day.
 - ▶ 3. Journal your reflections on how God reveals that attribute to you.