

# ACTS PRAYER METHOD

## ADORATION

Adoration is the act of praising God for His goodness. Always begin your prayers with praising and adoring God and telling Him how awesome and wonderful He is.

## CONFESSION

Confess your sins to God and tell Him how sorry you are for offending Him, then say an Act of Contrition, promising to try not to sin again.

## THANKSGIVING

Thank God for all of His blessings in your life. Every good thing comes from God and we should tell Him how grateful we are for what He has provided.

## SUPPLICATION

Supplication is asking God to hear your prayer requests. Pray for your family, friends, and others. Ask for wisdom and grace to make good choices.

# ACTS PRAYER METHOD

## WE PRAISE GOD:

**A**  
Adoration

Creator      Awesome      God Most High      Ever Lasting  
All-Powerful      Almighty      One True God  
All-Knowing      The Good Shepherd      Merciful  
Father      Redeemer      Supreme Being      Loving

## I'M SORRY FOR:

**C**  
Contrition

Inappropriate Games/Shows      Saying Curse words  
Stealing      Taking God's Name in Vain      Lying      Being Selfish  
Disobeying my Parents      Talking About Others      Sore Loser  
Fighting      Missing Mass      Cheating      Losing my temper

## WE THANK YOU FOR:

**T**  
Thanksgiving

Talents      Food      Safety      Health      Home  
Church      God's Creation      Pets      Toys      School  
Intelligence      Friends      Teachers      Family  
Great Experiences      Forgiveness      A Favorite Memory      Clothes

## PLEASE HEAR OUR PRAYERS:

**S**  
Supplication

Wisdom      Courage      Obedience  
Protection from Harm      Charity      Good Health  
Forgiveness      Faith      Strength      Calm my Worries  
Help Me to Get to Heaven      Humility      Church

# ACTS PRAYER METHOD

**ADORATION:**



**CONTRITION:**



**THANKSGIVING:**



**SUPPLICATION (PRAYER  
REQUESTS):**



# ACTS PRAYER METHOD

1

Cut out the cube

2

Fold and paste

Adoration



God is awesome!

3

Roll the dice

Contrition

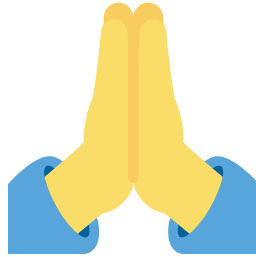


I'm sorry for my sins.

4

Say the prayer you land on

Thanksgiving



I'm so grateful!

Our Father



Supplication



Please answer my prayers!

Hail Mary

