

Prayer is integral to our lives as Christians. There are four concepts critical to a focused and fulfilling prayer life. Recall the acronym "ACTS" which highlights these four areas of consistent prayer:

- A—Adoration: Give God praise and honor for who God is as Lord over all.
- C—Confession: Honestly deal with the failings in your prayer/spiritual life
- T—Thanksgiving: Verbalize what you're grateful for in your life and in the world around you.
- S—Supplication: Pray for the needs of others and yourself. They are prayers of Intercession.

These elements are a great foundation for an active and ongoing prayer life.