

# ACTS 220 PRAYER MOVEMENT

## ACT UP! (WHEN YOU PRAY)

A 20 MINUTE PRAYER GUIDE (STARTER)

**A**dore (4 mins.)

**C**onfess (4 mins.)

**T**hanks (4 mins.)

**U**plift (4 mins.)

**P**etition (4 mins.)

**Note:** This is only a guide, **PRAY** as directed by the Holy Spirit.

### **Example:**

**A**dore – “Lord I Adore and Worship You”; “You are great, You do miracles so great” ...

**C**onfess – “I confess that I have failed You”; “I confess my struggles/faults” ...

**T**hanks – “Thank You for the Cross Lord; “Thank You for Your Grace and Mercy” ...

**U**plift – “Draw me close to You Lord”; “Lift me above my circumstances/struggles/pain” ...

**P**etition – “Lord I come on behalf of”; “Lord please deliver”, “Lord I need You now” ...