



How to Pray When You Don't Know What to Say

A beginner's guide to authentic prayer using the ACTS framework and a simple 7-day starter plan.



Core Truth: Prayer is an honest conversation, not a vocabulary test. God isn't grading your eloquence—he wants your heart.

The ACTS Framework

A · ADORATION

Psalms 145:3

Praise God for who he is before making requests.

"God, you are faithful and greater than anything I face today."

C · CONFESSION

1 John 1:9

Be honest about mistakes and where you fell short.

"I spoke out of anger yesterday. I ask for your forgiveness."

T · THANKSGIVING

1 Thess 5:18

Thank God for three specific blessings today.

"Thank you for rest, food on my table, and peace in my home."

S · SUPPLICATION

Phil 4:6

Ask God for guidance, provision, and healing.

"Please guide my decisions and grant healing to my family."

7-Day Prayer Starter Plan

☐ DAY 1: START WITH SILENCE

Psalms 46:10

Prompt: Set a timer for 2 minutes. Say one sentence to God, then sit in quiet silence until the timer ends.

☐ DAY 2: ADORATION ONLY

Psalms 103:1–2

Prompt: Spend 3 minutes praising God without making any requests. Name five qualities of his character.

☐ DAY 3: HONEST CONFESSION

Psalms 51:10

Prompt: Name one specific struggle out loud. Ask for cleansing and receive his grace.

☐ DAY 4: SPECIFIC THANKSGIVING

Psalms 100:4

Prompt: Write down 5 concrete things from today that you are grateful for.

☐ DAY 5: PRAY FOR SOMEONE ELSE

Job 42:10

Prompt: Spend your entire prayer time interceding for a friend or family member in need.

☐ DAY 6: YOUR REAL REQUEST

Matthew 7:7

Prompt: Ask God directly for the one thing weighing heaviest on your heart.

☐ DAY 7: FULL ACTS PRAYER

Matthew 6:9–13

Prompt: Combine all 4 parts: 1 min Adoration, 1 min Confession, 1 min Thanksgiving, 2 min Supplication.