

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

Psalm 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

Psalm 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

Psalm 103:1-2

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

DAY 3: HONEST CONFESSION

Psalm 51:10

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

DAY 4: SPECIFIC THANKSGIVING

Psalm 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.