

## CatClub: Question 38



This week we start four sessions on the very important topic of **prayer**.

**1. Recap.** Last week learnt how God the Holy Spirit, the third person of the Trinity, helps us: and one of the most important things he helps us with is **prayer**.

**So Q38 now asks:** What is prayer? Answer: **Prayer is pouring out our hearts to God in adoration (or 'praise'), confession of sin, thanksgiving and supplication (or 'petition').**

### Explanation:

(a) **Adoration** means lovingly praising God – Father, Son and Holy Spirit - for who he is.

(b) **Confession of sin** means saying sorry to God for all the ways we have broken his Commandments.

(c) **Thanksgiving** means thanking God for everything he has done in saving us from our sins and in answering our prayers.

(d) **Supplication** means humbly presenting our requests to God, for ourselves, for other people, for events in the world and in particular for the success of the gospel in saving people from their sins.

In order to remember these four elements of prayer, they can be summed up in the word **ACTS**, which stands for: **Adoration (A); Confession of sin (C); Thanksgiving (T); and Supplication (S).**

>>>Please go to page 2 of this session (below) for more on how to remember this and how it helps us to pray.

### 2. Investigation - please look up:

1. (In the Old Testament): **Psalm 62, verse 8.** This verse tells us that Christians should trust God at all times and that we should pour out our hearts to him in prayer because he is our refuge – the only One who can really help us in our lives.

>>>Next week's question: **With what attitude should we pray?**

### This week's songs:

1. 'O God of mercy, hear our plea': <https://www.youtube.com/watch?v=nImxcK2wM4c>

2. 'When we pray': <https://www.youtube.com/watch?v=GlGuh-zT84Q>

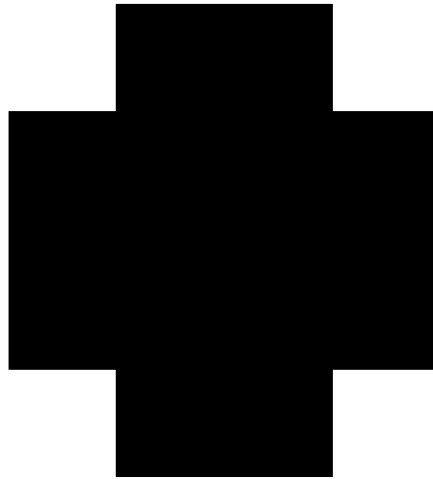
### Psalm 62:8

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

**Now go to page 2! >>>**

## The **A-C-T-S** of Prayer

### 1. **A**doration



### 3. **T**hanksgiving

### 4. **S**upplication

### 2. **C**onfession

As you come to God the Father in prayer, think of the cross where Jesus died for your sins. Then...

1. First, express your **adoration** for God by lovingly praising him for who he is – Father, Son and Holy Spirit.
2. Second, **confess** your sins to him, asking for forgiveness for all the ways you have broken his Commandments.
3. Third, **thank** God for everything he has done in saving you by sending his Son to die for you and for answering your prayers – and for anything else you want to say thank-you for.
4. Fourth, humbly present your requests (**supplications**) to God, for yourself, for people you know, for events in the world and in particular for the success of the gospel in saving others from their sins, both locally and elsewhere in the world.