

## A.C.T.S.

**Adoration:** Professing that God alone is worthy of *all* of our love— our heart, mind, soul, and strength

**Contrition:** Confessing our brokenness, that God is the One we have sinned most against, and His is the forgiveness and mercy we need

**Thanksgiving:** Acknowledging that all is gift, receiving what He has given, and professing that we love the Giver more than the gifts

**Supplication:** Addressing all of our needs and desires to God as our loving Father and trusting His Providence



PRAYER

LIFTING OUR HEARTS AND  
MINDS TO GOD



FORMATION

BECOMING LIKE CHRIST



FRATERNITY

CENTERING BROTHERHOOD ON  
CHRIST

### Ice Breaker:

Who was the first person to teach you how to pray?

### Discussion Questions:

What stood out to you in the story?

What is something you learned this morning?

Which kind of prayer do you find easiest to pray?

What does it do to someone's heart if they leave one of those four kinds of prayer out?

How does this change how you think about going to Mass?

How does this change how you think about going to confession?