

The ACTS Method

A = Adoring WHO HE IS and separate what HE does or has done for you. Speak out a TRUE quality of **WHO GOD is and WHO HE says you are** because it brings clarity, like a brilliant diamond!

C = Confessing a wrong but replace it with an opposite quality. I liken it to removing a weed and placing inside the hole, a lily or a rose to occupy instead!

T = Thanking is a simple and honorable way to connect with GOD. It is an easily learned behavior and builds up all relationships!

S = Supplication is simply asking for His help or qualities to be like Him. I ask GOD right now for you who read this, that God's clear direction come to pass in your life!

Steps to be successful living out the ACTS Method.

A = Adoring WHO HE IS... He likes "to hear your compliments out loud" just as you may like to hear compliments too.

First, find a quiet place where you feel secure and peaceful!

Second, make an appointment daily and **ask GOD** to perfectly align your spirit with Holy Spirit!

Thirdly, bring and open up your Bible to discover WHO GOD IS.

Elohiym – (Hebrew) El = power, strength and might. It is used over 2,000 times in the Bible. It is plural of Hebrew because **He is** three persons in ONE GOD. Genesis 1:1

El Shaddai – **God is** all sufficient; **He is Rest.** This name is used 50 times in the Bible. Genesis 17:1

3. **God is Faithful** – I Corinthians 1:9

Fourthly, choose one quality above and compliment Him for **being** that quality. Speak to Him just like you may speak to your best friend, even if He isn't right now! This action not only helps develop a closer relationship with HIM but also builds up your own heart and mind too.

C = Confessing a wrong but practice by replacing it with the opposite quality. This is most difficult to master but so worth the results through time!

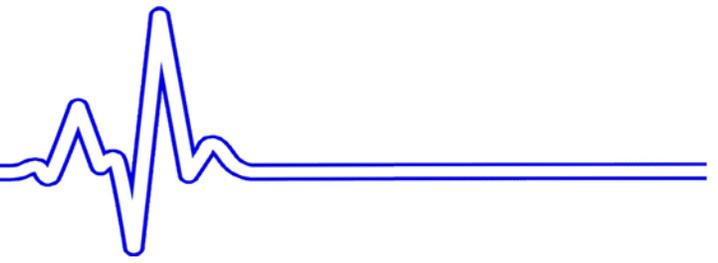
First, try to **recognize** a quality or behavior which disturbs the peace within yourself or another person. Listen carefully to your own and others comments and weigh them all...Proverbs 16:25.

Second, in your journal divide your paper vertically. Place all destructive qualities on one side and opposite ones on the other. John 15:5.

Thirdly, keep **focused and ask** God to reveal and to remove any roots of destruction knowingly or unknowingly, in your heart and mind...Luke 8:4-18; Psalm 24:3-4. I highly recommend any of Dr. Henry Wright's books for your personal reference.

Fourthly, people may not realize **power is released in agreement** with right or wrong behaviors. As you practice healthy agreements, amazing changes outweigh unbalanced ones.

Cathy M. Schock



T = Thanking God. Celebrate both God and yourself together as HIS and your story join! Know He thought of you from the beginning of TIME. Ephesians 1:4. Believe He created you. Psalm 139. Know **He needs you** to bring your unique purpose into the world. Luke 17:11-19.

S = Supplication is simply asking for His help and qualities to become more like Him and Love unconditionally.

I pray you will take up my challenge to begin your new life by following the ACTS method for the next 30 days!!!

YOUR LIFE WILL NOT BE THE SAME!

It is my heart's cry as you practice this method like I have done, you will witness your life being filled up with JOY and PEACE beyond what you may think, ask or imagine! God is in the business of restoring all lives who desire it. He will RESTORE YOUR LIFE as He has done and continues to do with mine.

**Please e-mail me your story if you would like,
(no more than 100 words.)**

Bless you always!

Sincerely,

Cathy Schock

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