

Guide



This notebook is designed to help you *build great habits* and dig deeper to get the *most out of what God is teaching you* through the sermons each week. Included are *four weekly exercises* that will help you accomplish this: *taking notes* in church, *reflecting* on God's Word, *discussing* what God is teaching you, and *acting* on what you learned.

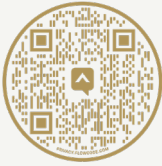
GETTING

TO

01

Notes

During church, use the “Notes” section to write down what *God is speaking* to you through the sermon. This will help you *recall* and *build* on what was preached throughout the week.



Want to go back and listen to the sermon again?
All of our sermons can be found on our Elevation Church YouTube channel.

02

Reflection

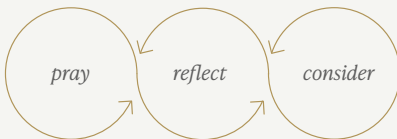
Dig deeper during your personal time with God using the “Reflection” section. This section will *encourage you* to revisit and process the sermon allowing it to go from your head to your heart.



03

Discussion

The “Discussion” section is designed to help you dig deeper on the insights you gain from your group discussion. This is when you’ll pray, reflect on challenging questions, and consider how God wants you to apply what you’re learning to your life.



04

Application

Use the “Application” section of this notebook to go from being a *hearer of the word* to a *doer of the word*. The blessing of scripture in our lives is through application. (James 1:23-25)



If you are not currently in an eGroup, visit elevationchurch.cc and click “Join an eGroup” to get connected.

Started

The Power

The ACTS way of praying

There are no perfect formulas to prayer, but the Bible does describe *different types* of prayer that *help us approach God* with *mindfulness*. The ACTS method (*Adoration, Confession, Thanksgiving, and Supplication*) is a way to focus our conversations with our almighty God, who has promised to hear our thoughts before we even form them into prayers (*Psalms 139*).

Prayer Model



a c t s

Adoration

We start with *adoration* by acknowledging *God's power* and *might*. You may say something like “Heavenly Father, You are the *Alpha* and the *Omega*. You know all and You control all. There is no other god before You.”

a c t s

Confession

We take time to *acknowledge our sin* and *the truth* that we *need a savior*. We ask God to reveal to us any behaviors or attitudes that may be placing an obstacle between us and Him.

a c t s

Thanksgiving

We *celebrate* our great God's love for us — a love *He offered* before we even knew Him, a love that *cannot be swayed* or *influenced*. We take time to *reflect* on the things in life we are grateful for.

a c t s

Supplication

Finally, we express to God *our heart's desires*. If we need *healing*, *peace*, or *protection*, we place our needs and wants at the foot of the cross and trust God to answer in the way that is or the best.

The ACTS method is helpful in *remembering* there is far *more to prayer* than just coming to God with *our needs* and *desires*. It allows us to *open up a conversation* with God and reminds us of this: I am coming before so much more than just a mysterious force that makes my wishes come true. He is the God of the *universe*, who longs to have *a relationship with me*.

OF PRAYER