# *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.

*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.

*pray* → *reflect* → *consider*

## 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)*

*hearer* ← to a → *doer*

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

# *Started*

# Notes

Speaker:

Sermon Title:

Scriptures:

# *Reflection*

*01* In *your own words*, write a *summary* of the sermon.

*02* What was your *main takeaway* from the sermon?

*head* ← to your → *heart*

*03* Something *God revealed* to you through this sermon that *you don't want to forget* is.

*04* *Read the scriptures* from this week's message and write out your personal insights or questions here.

# *Discussion*

pray
reflect
consider

# *Application*

*01*

What *challenged* or *encouraged* you the most from this week's sermon and discussion?

Use this space to reflect on what God spoke to you this week and write out a prayer to Him.

What *practical steps* will you take to *apply* this sermon and these scriptures to your life?

1

2

3

# *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 *(Psalm 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