

ACTS of Prayer Beads

Adoration, Confession, Thanksgiving, & Supplication

How to Pray the ACTS beads:

- **The Cross:** *Glory to the Father, and the Son, and to the Holy Spirit. Amen*
- **Gold/Yellow Bead:** *DOK or JDOK Prayer*
- **Red Bead:** *Name something wonderful about God*
- **Black Bead:** *Tell God something that you wish you hadn't done, or something that you didn't do, but wish you had.*
- **Blue Bead:** *Tell God something you are thankful for.*
- **Green Bead:** *Pray for someone else's needs*
- **White/Clear Bead:** *Ask God for help with your needs.*
- **Gold/Yellow Bead:** *The Lord's Prayer*
- **The Cross:** *I bless the Lord. Thanks be to God.*

