

PRAYERS

OF THE OLD TESTAMENT



EPISODE 3

NEHEMIAH 9, 13

A.C.T.S. = Adoration, Confession, Thanksgiving, Supplication

Adoration | “Blessed be Your glorious name... You made the heavens... You kept your promises because you are righteous... You led them (children of Israel) with a pillar of cloud by day and a pillar of fire by night to give them light on the way they should go...”

Confession | “But they were disobedient... they became arrogant and stiffnecked... they refused to listen... they rebelled against you... they killed your prophets... they did not serve you or turn from their wicked ways.”

Thanksgiving | “You came down on Mount Sinai, and You spoke to them from Heaven... You gave them bread from heaven; they took possession of the land You had promised. Because of your great compassion you did not abandon them in the desert.”

Supplication | “O LORD our God, the great, mighty and awesome God, Who keeps His covenant of love, do not let all of this hardship seem trifling in your eyes! Remember me with favor, oh my God.”

Think about a time when you worshipped the Lord with adoration and then had to humbly make your confession. The thanksgiving and supplication come next, or maybe you seesaw back-and-forth with A.C.T.S.

Nehemiah’s supplication is so tender in 9:32, “Do not let this hardship seem trifling in Your eyes. In all that has happened to us You have been just; You have acted faithfully while we did wrong—we are in great distress... Remember us with favor.”

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My thoughts

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My prayer

A large, empty rectangular box with a light beige background, intended for the user to write their prayer.

Sometimes our prayers are for family situations, ourselves, or children and grandchildren. We begin to pray—adoration and confession, thanksgiving and supplication. Things go well and we acknowledge God's goodness and beauty. We adore him and we thank Him. Then something happens. We make supplication, perhaps confession. We seesaw back-and-forth with A.C.T.S. Our Father responds to our prayers because our situation is not trifling in His eyes. He remembers us with favor in the same way He remembered Nehemiah.