

## **TACS: Teaching ~ Adoration ~ Confession ~ Supplication**

TACS, a blend of prayer and bible reading, is a form of meditation described by 16<sup>th</sup> century monk, Martin Luther.

### **Instructions:**

- Go to your quiet prayer space. Relax as you focus your attention and submit your heart and mind to Jesus. Ask the Holy Spirit to teach and guide you.
- Read through your given section of scripture slowly and thoughtfully, preferably twice. (You can also use Prayer of Recollection for this step.)
- As you read, mark parts of the section that stand out to you. You will come back to these later.
- If at any point you have sudden clarity, insights, or new ideas, stop and write everything down. This could be the Holy Spirit speaking to you.
- Choose a short selection that stood out to you (one or two verses maximum). Re-read the verse(s) 3-4 times and follow the TACS steps below.

**Teaching** – What does this piece of scripture say or teach?

Specifically:

- What does it tell us about who God is and what God does?
- What does it tell us about who we are and who we should be?

**Adoration** – What does this tell me about God that I can love, praise, and adore?

**Confession** – In light of this, what do I need to confess?

**Supplication** – What would I like to ask for with regard to this?

- For each teaching you identify in the verse, (T), write out your ACS. You can think of Martin Luther's metaphor of

wrapping adoration, confession, and supplication around each teaching like a garland.

- Continue using TACS with other verses you originally noted, as desired.
- **Follow-up question** – Why might God be bringing this to my awareness today?
- When finished, pray your TACS thoughts to God.

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Encourage your mind to return back to these thoughts throughout the day.

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Col. 3:2 Think about the things of heaven, not the things of earth.

### TACS Example

Here is an example from Timothy Keller, based on the first word of the Lord's Prayer: "*Our* father in heaven..."

- **Teaching:** the word "Our" teaches me that I am not to pray alone, but in fellowship with other Christians.
- **Adoration:** I thank and praise God for giving me the church.
- **Confession:** I confess my cold-heartedness and ingratitude towards the church, and my neglect of taking the opportunity to pray with my fellow believers.
- **Supplication:** I pray for a true faith that keeps me in the fellowship of the church.

For more information, check out Timothy Keller's sermon, "Meditation – How to Start" from his website, <https://gospelinlife.com>.