

# Adoration

Lesson 01 of the series, "Teach Us to Pray."

Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray...." Luke 11:1 (NLT)

## I. Jesus wants us to know how to pray.

- a. Jesus does NOT want us to pray to impress other people with our spirituality.

"When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get."  
Matthew 6:5 (NLT)

- b. Jesus wants us to have authentic conversations with our heavenly Father.

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!" Matthew 6:6-8 (NLT)

"I love the LORD because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!" Psalm 116:1-2 (NLT)

## II. Adoration is a vital part of authentic prayer.

"Adoration" = the act of paying honor, expressing fervent and devoted love.

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name....'" Matthew 6:9 (NIV)

- a. Adoration acknowledges God's authority and supremacy.

"Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy. Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture." Psalm 100:1-3 (NLT)

- b. Adoration recognizes God's greatness and glory.

"Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him. For the LORD is a great God, a great King above all gods." Psalm 95:1-3 (NLT)

- c. Adoration celebrates God's goodness.

"Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation." Psalm 100:4-5 (NLT)

"Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me." Psalm 103:1-2 (NLT)

- d. Adoration helps us overcome fear and worry.

"I will praise the LORD at all times. I will constantly speak his praises. I will boast only in the LORD; let all who are helpless take heart. Come, let us tell of the LORD's greatness; let us exalt his name together. I prayed to the LORD, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the LORD listened; he saved me from all my troubles. For the angel of the LORD is a guard; he surrounds and defends all who fear him. Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!" Psalm 34:1-8 (NLT)

- e. Adoration draws us close to God.

"As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?" Psalm 42:1-2 (NIV)

"My heart has heard you say, 'Come and talk with me.' And my heart responds, 'LORD, I am coming.'"  
Psalm 27:8 (NLT)

- f. Adoration strengthens our faith and helps us surrender.

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.'" Matthew 6:9-10 (NIV)

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." Proverbs 3:5-6 (NLT)

### III. Three simple steps to beginning our prayer time with adoration every day.

- a. We can make a list of praiseworthy characteristics of God.
- b. We can adore God by speaking praises to Him.
- c. We can adore God by singing praises to Him.

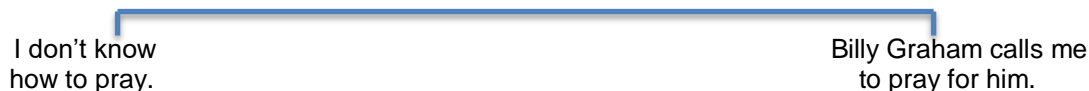
"Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!"  
Psalm 147:1 (NIV)

"Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts."  
Ephesians 5:18-19 (NLT)

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### Connect Group Questions:

1. Share with the Group something you love doing, and give two reasons you enjoy it so much.
2. Why do you think many people struggle to pray consistently and are unwilling to pray publicly?
3. Based on the scale below, how would you rate your prayer life?



4. Read Acts 16:16-34. Paul & Silas lived out their convictions regarding adoration. What are some things from this passage that stand out to you?
5. Read 2 Corinthians 1:3-11. Do you think people remember to praise God for answering prayers? What are some things that a believer should share about their prayer life?
6. Look over the "Characteristics of God" list (available in the bulletin and in this week's sermon notes at [centeringlives.com](http://centeringlives.com)). What are your three favorite characteristics from this list? Why? What other characteristics would you add?
7. Spend some time as a group praising God by speaking his praises or by singing a simple chorus together.

### Quotations to consider:

"Jesus never taught His disciples how to preach, only how to pray." - Andrew Murray

"What the Church needs to-day is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Ghost can use -- men of prayer, men mighty in prayer. The Holy Ghost does not flow through methods, but through men. He does not come on machinery, but on men. He does not anoint plans, but men -- men of prayer." - E. M. Bounds

"Be still, my soul: thy God doth undertake to guide the future, as He has the past. Thy hope, thy confidence let nothing shake; All now mysterious shall be bright at last. Be still, my soul: the waves and winds still know His voice Who ruled them while He dwelt below." - Katharina A. Von Schlegel

"If Satan can't make you bad, he'll make you busy." - Adrian Rogers

## **Characteristics of God**

God is all-powerful. (Job 42:2, Jeremiah 32:27, Luke 1:37, Revelation 19:6)

God is all-knowing. (Psalm 139:1-3,147:5, Isaiah 46:9-10)

God is everywhere. (Proverbs 15:3, 139:5-10, Isaiah 66:1)

God is eternal. (Psalm 90:1-4, 106:1, Revelation 1:8, 22:13)

God is the creator of everything. (Genesis 1:1, Colossians 1:15-17)

God is unchanging. (Malachi 3:6, Hebrews 13:8, James 1:17)

God is love. (Psalm 103:11, Psalm 136, John 3:16, 1 John 4:7-10)

God is great. (Deuteronomy 10:17, Psalm 95:3, 145:3, 147:5)

God is good. (1 Chronicles 16:34, Psalm 100:5, 145:9, Nahum 1:7)

God causes everything to work for our good. (Romans 5:3-5, 8:28, James 1:2-4)

God is patient. (Exodus 34:6, Numbers 14:18, Romans 2:4, 2 Peter 3:9)

God is forgiving. (Isaiah 1:18, Psalm 103:8-14, 2Corinthians 5:17, 1 John 1:9)

God is always with us. (Joshua 1:5-9, Psalm 23:4, Matthew 28:20)

God is our provider. (Psalm 103:5, Matthew 6:25-34, Philippians 4:19, James 1:17)

God is our refuge. (Psalm 18:1-3, 46:1-3, Psalm 91, 2 Corinthians 1:8-10)

God is our guide. (Proverbs 3:5-6, 23:1-3, 32:8-9, 37:23-24, Isaiah 30:21)