

Prayer - Week 1

Praise and Adoration



Rejoice in the Lord always; again I will say, rejoice. Let your gentleness be evident to all. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4:4-7)

What is Prayer?

Prayer is communicating with God. It's one of the ways we get to know him. Prayer is more than just a conversation, although it involves both listening and talking, prayer is about relationship with God. Importantly, we need to be open to God speaking to us, guiding, supporting, comforting us, letting him tell us about his will for us.

Over the next few weeks we will explore several kinds of prayer. Some people find the acronym ACTS (adoration, confession, thanksgiving, supplication) a helpful way of recalling a number of different kinds of prayer, among many others. By the way, *supplication* simply means *asking*.

This week our focus is on praise and adoration. That's a good way to begin prayer since it helps us to focus upon the person to whom we are praying. It also ensures that God is always first. Remember that Jesus said that the first and greatest commandment is to love the Lord your God with all your heart, soul and mind." (Matthew 22:37)

In the passage above, the Apostle Paul encourages us to take everything to God in prayer. Yes, that's everything, our worries and anxieties as well as all that's good and bad, everything.

When we pray, we pray in faith. Hebrews 11:6, "Anyone who comes to God must believe that he is real and that he rewards those who truly want to find him."

What is praise and adoration?

Prayers of praise and adoration are distinct from those of thanksgiving and asking.

Praise is boldly declaring who God is. In the scriptures, praise is often lively, joyful, and uninhibited. Jesus said that if people don't praise God, even the "stones will cry out" (Luke 19:40). Praise is an essential part of a Spirit-filled life that is given to God.

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Examples for you to use

A prayer of praise from Revelation 4:11 & 5:12-13

“Our Lord and God! You are worthy to receive glory, honour, and power. For you created all things, and by your will they were given existence and life.”

“The Lamb who was killed is worthy to receive power, riches, wisdom, strength, honour, glory, and praise.”

“Praise, honour, glory, and strength forever and ever to the one who sits on the throne and to the Lamb!”

Many hymns can be used as prayers of praise and adoration. Click on these links for examples:

[CH4 101 Glory be to God the Father](#)

[MP 142 Father, we love you](#)

[MP 790 You are the King of glory](#)

[MP 791 You are the mighty King](#)

A prayer of praise from 1 Chronicles 29:10-11

‘Praise be to you, Lord, the God of our father Israel, from everlasting to everlasting.

Yours, Lord, is the greatness and the power and the glory and the majesty and the splendour, for everything in heaven and earth is yours.

Yours, Lord, is the Kingdom; you are exalted as head over all.

Almighty and eternal God, you are the King of heaven and earth, the one who has created out of nothing all that is. You hold the vastness of universes in the palm of your hand. How wonderful, how amazing, that you love and care for me. Blessing and honour be to you great and mighty, merciful and compassionate Lord of my heart. Amen.

For reflection

We read many times in the New Testament that the apostles were constantly at prayer. How often do you give God praise and adoration?

Have you made praising God part of your everyday life?

Psalms 150:6 “Let everything that has breath praise the Lord.

For doing

Click on these links and use them as a prayer of praise.

[“My Jesus my Saviour”](#)

[“Hallelujah Chorus” - Handel’s Messiah](#)

[“Incredible” performed by Mary Mary](#)

Go into the countryside for a walk and simply praise God for the wonder of his creation.

Write your own prayer of praise and adoration.

