

the prayer course

THE PRAYER COURSE STUDY GUIDE SESSION 2: ADORATION

In this session we'll explore how we can enjoy God's presence in praise and worship.

Bible passages: Acts 4:24-31

Summary points: Start by recognizing God is God. Worship puts things back into perspective. Use P.R.A.Y – Pause, Rejoice, Ask, Yield.

Discussion Questions:

- What did you find most helpful or most challenging in the video?
Why do you think that we most often associate prayer with asking, rather than worship and adoration?

“In commanding us to glorify him, God is inviting us to enjoy him” – C.S.Lewis.

- Do you enjoy spending time with God? When are the times that prayer feels most enjoyable?
- Pete says that prayer is primarily about relationship with God: “It’s relational, not transactional”. How does this change your perspective of coming to God in prayer?
- In the Acts passage, the early church put their own crisis into perspective by worshipping. What are the practical things you could do this week to foster an attitude of worship in your daily routine?

Do it: Practice thanksgiving and praise by reflecting on Psalm 8.

As a group, read Psalm 8 out loud together. You might like to delegate different verses to different people or encourage just one person to read it out. Then, take time to

Pause and Rejoice:

- **Pause:** Take a moment in silence and invite the Holy Spirit to help you reflect on what you’ve just read.
- **Rejoice:** Encourage group members to speak out prayers of adoration. Invite everyone to reflect and to thank God for one or two things in their lives. They might like to use the Psalm as inspiration, too.