

Begin by praying this prayer of adoration over your group.

“Almighty God, how wonderful you are. Creation cries out in awe of your power, The universe shines with your glory and greatness. Almighty Lord, how majestic you are. Each atom and molecule carry a tiny part of your plan, Every microbe speaks of your breathtaking beauty. Almighty Father, how awesome you are. The mountain ranges reflect your heights, And the gentle valleys your mercy. Almighty One, how creative you are. Each tree and flower are filled with your wonder and bounty, Each life resounds with intricacy and miracles. I will lift my eyes to you, my wonderful, majestic, awesome God”

Debrief and discuss the new series we are in (5 Minutes)

1. How do you feel about this new practice we are in?
2. Is prayer currently a regular practice in your life?
 - a. If yes, what has the fruit of that been? If no, why is it not a part of your life?

Read this overview (5 Minutes)

Prayer of adoration is the place in which we get into the presence of God, set our eyes, hearts and minds on Him, and adore Him for who He is. In adoration, we regard Jesus with reverence and respect, as a bi-product of understanding who He is and what He has done. Adoring Jesus begins with a testimony of who God is, and as a result of this testimony, our hearts are realigned to a posture of adoring and praising Jesus. When we sit and adore Jesus, it re-orientes our voices from a place of misery and desperation, to a place of praise. Finally, adoration leads us into deeper intimacy with Jesus. When we adore Him, we desire to spend each of our days in His courts, than a thousand elsewhere.

“The key, then, to loving God is to see Jesus, to hold him before the mind with as much fullness and clarity as possible. It is to adore him.” - Dallas Willard

Talk through these discussion questions (20 Minutes)

Have someone in the group read Luke 17:11-19.

1. How often do you reflect on the testimony of Jesus? ie, the cross and the completed work of Jesus. When you reflect on this testimony, what changes within you?
 - a. *Rachel mentioned on Sunday that adoration begins with testimony. It's crucial that we understand what God has done in our lives in order to be able to appropriately adore Him.*
2. Do you find your heart posture more often being one of praise or of desperation, misery or because you need something from God?

- a. *The ten lepers first came to Jesus in misery, lifting their voices, saying “Jesus, Master, have mercy on us”. But only one of them turned around and praised God with a loud voice. Our heart postures, as a result of the goodness of Jesus, should be the voice of praise and adoration.*
 3. How do you think a posture of daily adoration would build intimacy with the triune God?
 - a. Do we desire to spend our days in the courts of the Lord gazing upon His beauty? Why or why not?
 - b. *When we adore Jesus, it leads us into a place of intimacy with Him. Only the leper who returned to adore and praise Jesus upon being healed was able to be in His presence. The rest did not.*

Do this Practice together as a group (10 Minutes)

- 1: Go around the room and have each person share one way the testimony of Christ and His work has impacted their lives.
2. After your group has shared, spend 5-10 minutes as a group in the presence of God, adoring Jesus.
 - Don't ask God for anything, and don't feel like you have to “do anything”
 - Simply set your eyes, heart and mind on adoring Jesus and His goodness.
3. Walk through the following “steps” to guide your time as a group in adoration of Jesus.
 - a. **Spend 2-3 minutes reflecting on this passage. (Leaders, read this passage over your group or have someone in the group read it).**
 - i. (1 Chronicles 29:10–13) Blessed are You, O Lord, God of Israel our father, forever and ever. Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for everything in heaven and earth is Yours. Yours, O Lord, is the kingdom, and You are exalted as head over all. Both riches and honor come from You, and You are the ruler of all things. In Your hand is power and might to exalt and to give strength to all. Therefore, my God, I give You thanks and praise Your glorious name.
 - b. **Spend the next 2-3 minutes reflecting on the character of Jesus and His completed work. (Read this passage over your group)**
 - i. (Phil 2:5-11) “Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father”.

c. Spend the last few minutes thanking Jesus for what he has done for you personally. Think about your testimony and how Jesus has worked in your life.

- *A few things to thank Jesus for - He has blessed us in Christ with every spiritual blessing in the heavenly places (Eph. 1:3), He chose you to be holy and blameless (Eph 1:4), He adopted you into His family (Eph 1:5), His grace in saving you, His mercy in not giving you what you do deserve; namely death, His patience with you, the community He has blessed you with, the job He has given you.*

4. After you've spent some time in the presence of God adoring Jesus, close with a prayer of thanksgiving and gratitude.

Here is the practice for this week (10 Minutes)

- Set some time to **get alone** with God.
- Rid yourself of any distractions that may try to steal your attention; *close your laptop, put your phone on do not disturb, turn off the T.V, silence any background noise.*

Repeat the steps that you did as a group when you gathered together.

1. Set your eyes, heart and mind on adoring Jesus.
2. Don't ask God for anything, and don't feel like you have to "do anything".
 - a. If it helps, imagine Jesus in the room with you sitting in a chair or on the couch next to or across from you.
3. Thank Jesus for how good He is. Adore Him by setting your eyes upon Him and beholding His glory.
 - a. *If you don't know what to adore Jesus for, here are some things to help position you in a posture of adoration.*
 - b. *He has blessed us in Christ with every spiritual blessing in the heavenly places (Eph. 1:3), He chose you to be holy and blameless (Eph 1:4), He adopted you into His family (Eph 1:5), His grace in saving you, His mercy in not giving you what you do deserve; namely death, His patience with you, the community He has blessed you with, the job He has given you.*
4. Remain in this posture of adoration and praise for as long as the Lord leads you.
 - a. Don't rush, but use this time to abide in the vine, as you adore Jesus.
 - b. *'For in adoration, we enter the rare field air of selfless devotion. We ask for nothing but to cherish Him. We seek nothing but his exaltation. We focus on*

nothing but his goodness. In the prayer of adoration we love God for Himself, for his very being, for his radiant joy' - Richard Foster

5. Close your time in prayer by thanking Jesus once again for His goodness, and praise Him for who He is.

A couple of tips to help you be successful in prayer of adoration.

1. Be patient
2. Be okay with silence
3. Pray the scriptures
4. This is a practice, and it may take time.
5. The goal is “practice”, not “perfection”
6. If you are a “beginner” with prayer of adoration, 10 minutes in this is a win! As you grow in this practice, you will learn to enjoy more and more to adore Jesus. However, if the Lord leads you to spend more time adoring Him, don't limit yourself to a set amount of time.