

Summary Points From Video:

- Approaching prayer using a “telescope approach” (worship/adoration) rather than only using a “microscope approach” (focusing on our needs). Worship helps put things in their perspective.
- Seeing prayer as relational rather than transactional: coming to Father God to “be” rather than “do”, to “give” rather than receive. Prayer being more about “intimacy” and “presence”.
- Book of Common Prayer: “adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God’s presence.”
- CS Lewis: “in commanding us to glorify Him, God is inviting us to enjoy Him.”
- Acts 4:23-41. Their prayer was 137 words long; but only 35 words were used to ask for help – they spent 74% of their prayer telling God about Himself. Worship is recognising God is God.
- P.R.A.Y. Pause, Rejoice, Ask, Yield/Yes.
- PAUSE: being still, breathing deeply, repeating a short phrase to focus on God.
- REJOICE: thanksgiving, adoration, praise. Using Psalms or music. Not only telling God these things “when we feel like it” – making a conscious effort.
- YIELD: listen to God; ask His Holy Spirit to fill us; surrender our lives to God afresh.

Discussion Questions:

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

To dig deeper:

- <https://prayercourse.org/session/adoration/> - to see the video on Adoration.
- <https://prayercourse.org/toolshed/> - for other ways to pray.
- <https://www.24-7prayer.com/dailydevotional> - the Lectio365 app is very prayerful.