PRAYERS OF ADORATION

Sometimes, it can be hard to pray. Even the disciples experienced this challenge. Jesus provided instructions to them (and us) in Matthew 6 when He told them their prayers were not about being seen or noticed (Matthew 6:5) but communicating privately with God (Matthew 6:6). He also said they should not mindlessly say the same thing over and over again (Matthew 6:7).

Then, He provided them with a model prayer (Matthew 6:9-13) that included adoration (Matthew 6:9), prayer for His will, and personal supplication (Matthew 6:10). We are also to repent, to forgive others (Matthew 6:13), and to pray for deliverance from temptation (Matthew 6:13). Finally, we celebrate God's power and glory.

Thinking through the model prayer as we pray helps us to pray biblically, as the Lord would have us pray. The first aspect of the model prayer is adoration.

"Our Father which art in heaven, Hallowed be thy name."

How do we *hallow* God's name? We begin by recognizing God's authority, His sovereign rule, and we treat His name with the highest honor, setting it apart as holy.

Focus on God's Titles

Focus on God's titles, which remind us who He is. Praise God for being *Savior* (Isaiah 43:10-11; 45:21; John 4:42; Philippians 3:20); *Jehovah* (Isaiah 40:3; Psalm 83:18; Luke 1:76); *LORD of hosts* (Isaiah 8:13-14; 1 Peter 2:4-6), the *First and the Last* (Isaiah 44:6; Revelation 22:13); the *Truth* (1 John 5:20) *Great and Mighty God Over All* (Titus 2:13; Romans 9:5), and *Everlasting Father* (Isaiah 9:6).

Focus on God's Attributes

Focus on God's attributes by praising Him for being *eternal* (Micah 5:2; Hebrews 1:8; Colossians 1:17); *unchangeable* (Hebrews 1:12; 13:8); *everywhere* (Matthew 18:20; 28:20, Ephesians 1:23), *all powerful* (Colossians 2:8-10; Revelation 1:8), *holy* (Acts 3:14), and *to be worshiped* (Hebrews 1:6).

Focus on His Works

Focus on God's works, His *creation* (Colossians 1:16); the way He *preserves* (Colossians 1:17) and *governs* the world (Isaiah 9:6, 1 Peter 3:22), His *redemption* (Ephesians 1:7); and how He will be the *final Judge* (2 Timothy 4:1).

Pray the Psalms (Psalm 24, 65)

As you pray, sometimes, it helps to read a sample prayer. Pray psalms like Psalm 24 and 65 as your own prayers. As I read Psalm 24, I make these my own words and offer them to God.

- 1 The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein.
- 2 For he hath founded it upon the seas and established it upon the floods.
- 3 Who shall ascend into the hill of the Lord? or who shall stand in his holy place?
- 4 He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.
- 5 He shall receive the blessing from the Lord, and righteousness from the God of his salvation.
- 6 This is the generation of them that seek him, that seek thy face, O Jacob. Selah.
- 7 Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.
- 8 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.
- 9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.
- 10 Who is this King of glory? The Lord of hosts, he is the King of glory. Selah.

As we pray, let us remember to offer adoration to God.



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