

AIM: TO PRACTICE ADORATION IN THE COMING WEEK USING PERSONAL PRAYER TOOLS

Personal Prayer Tool: The Lord's Prayer Invite people to set the alarms on their cell phones for a convenient time each day when they can pray The Lord's Prayer slowly, trying to use each line like a search engine: to explore different ideas, always beginning with adoration and thanksgiving: 'Our Father in heaven, hallowed be your name ...'

GOING DEEPER: OPTIONAL EXTRA MATERIAL (20 MINS) DEEPEN IT

AIM: TO PROVOKE FURTHER DISCUSSION FROM THE BIBLE

Read: Luke 10:38–42 – The story of Jesus visiting the home of Mary and Martha

Explain: In Jewish culture, sitting at someone's feet meant you wanted to learn from them. It was the posture of a disciple. Mary wanted to be with Jesus because she looked up to him and knew that he loved her. After twenty years hearing confession, one Catholic priest observed that the most common problem he'd encountered was 'God' because so few Christians really believe that God loves and likes them. 'This is perhaps the hardest truth of any to grasp. Do we wake up every morning amazed that we are loved by God? Do we allow our day to be shaped by God's desire to relate to us?'⁴

Contemplate: C. S. Lewis, author of *The Chronicles of Narnia*, said that 'in commanding us to glorify him, God is inviting us to enjoy Him.'⁵ What do you find enjoyable about God's presence? What compels you to worship? Are there particular moments in your life, particular places, songs, people, or events?

EXTRA RESOURCES USEFUL QUOTES AND ILLUSTRATIONS

'I didn't marry my wife as a child-raising strategy. I married her because I wanted to be with her. One of the wonderful consequences has been children.' – Pete Greig

'Who one believes God to be is most accurately revealed not in any credo, but in the way one speaks to God when no one else is listening.' – Nancy Mairs, who has lived with Multiple Sclerosis for more than forty years. ⁶

Adoration is doing what comes naturally. 'I had never noticed that all enjoyment spontaneously overflows into praise ... The world rings with praise – lovers praising their mistresses, readers praising their favourite poet, walkers praising the countryside, players praising their favourite game.' – C. S. Lewis ⁷

The great composer J. S. Bach had a tough life – orphaned aged ten, he was once imprisoned for a month and three of his children died ... Bach had many reasons to complain, yet his music overflowed with worship. Eg Cantata #82 'Ich habe genug': 'I have enough! I have taken the Saviour ... into my arms. I have enough.'

'Your prayer life is at its best when you pray small prayers continually, rather than big prayers occasionally.' – Pete Greig