

## Adoration Prayer

This prayer guide is part of our 40 Hours of Prayer and Worship. You are welcome to follow this guide or simply use it as a starting point and let the Spirit lead your time.

As God calls us into community together, He also calls us to be faithful in the spiritual practices of prayer and worship. During this time, we invite you to pray for God's good work at New Life Church, giving thanks for the work that has already been done, lifting up the work happening now, and entrusting the work that lies ahead to Him. May this be a time of listening, gratitude, and renewed trust in the God who is always at work among us.

### Read/Reflect (0-5 minutes)

1. As you pray, take time to center this time around praying to the Lord. Set a timer for 5 minutes, sit in silence, calm your mind, and focus on this time of prayer.
2. As you begin, invite God into this time, e.g. "Lord, help me to see Your beauty, goodness, and holiness".
3. Remember that adoration is simply worshipping God for who He is — His character, His love, His power, His mercy, and His faithfulness.

### Fixing Your Eyes on God (5-10 minutes)

- Spend a few moments thinking about the character of God. What comes to mind when you think about Him?
- Reflect on His attributes: Loving, Holy, Just, Merciful, Mighty, Faithful, Creator, Friend, Redeemer, etc.

### Personal Response (15-20 minutes)

- Spend time praising God simply for who He is.
- If it helps, read a Psalm aloud slowly and turn its words into your own prayer: Psalm 8, 19, 63,
- Adoration often leads us to worship. You might also sing worship songs, sit in silence, kneel, raise your hands, or walk while praying — whatever helps you focus your heart on God.
- Worship songs about adoration: Holy, Holy, Holy, How Great Thou Art, Great Is Thy Faithfulness, Is He Worthy, What a Beautiful Name, Holy Forever

### Closing Prayer (5 minutes)

Let this simple prayer help begin your closing prayer: "God, You alone are worthy of all praise, glory, and honor. Thank You for Your love, holiness, mercy, and faithfulness. Help me to continue to fix my eyes on You throughout my day....."