

## Bible Study Outline

### Prayer:

#### Prayer Defined:

- 1) **An Expression of Worship** – through the act of prayer we recognize and acknowledge God as the ultimate source for all that exists
- 2) **A primary means of communication** - that binds us together with God in intimate and reciprocal relationship
- 3) **Special speech** – directed from people to God

#### Focus Text: 1 Tim 2:1-3

*<sup>1</sup> First of all, then, I urge that **petitions, prayers, intercessions, and thanksgivings** be made for everyone, <sup>2</sup> for kings and all those who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. <sup>3</sup> This is good, and it pleases God our Savior, <sup>4</sup> who wants everyone to be saved and to come to the knowledge of the truth. (CSB)*

**Key Point:** Four specific elements: petitions, prayers, intercessions, and thanksgivings.

#### Petitions (supplications)

From the Greek - deēsis – (day -a-sis) - **a seeking, asking**, entreating, entreaty to God

- **Petitionary prayer** fully acknowledges the primacy of God, His position as the Creator and Ruler over the entire universe, and His
- **Petition:** A passionate pleading
- **Petition:** Craves, requests, desires, (seeks) an audience with God.
  - A *formal* request to a king or judge (Like a legal motion)

**Prayer:** Corporate Prayer

**Intercessions defined:** from the Greek -- a falling in with, meeting with, a coming together -- **spiritually walking along side** them, coming together with them, and **taking up their cause** in the heavenly realm.

## 4 Key Aspects of Intercessory Prayer

- (1) God reveals His character through intercession.
- (2) Intercessory prayer demonstrates that we are followers of Jesus Christ.
- (3) Intercessory prayer is a part of the calling of all Christians –
- (4) Intercessory prayer is powered by Jesus Christ – Heb 7:27

*<sup>127</sup> The ministry of intercession is made possible only because of Christ's continuing ministry of intercession...Even more: **he straightens out and cleanses our feeble, misguided intercessions and makes them acceptable** before a holy God.”*

## Questions:

- (Men) – How would you define the word “adore?” For example, if you tell your wife or girlfriend that you *adore* them, what are you really saying?
- (Women) – How does it make you feel when you are told that you are adored?
- What do these three examples have in common?
  - You hold the door open for someone entering a building and they don’t say anything, just stick their nose in the air and walk on through.
  - You inconvenience yourself by going out of your way to help someone and they do not say, “thank you.”
  - You purchase someone a nice gift, something you know they wanted, and they just set it aside, barely acknowledging that they received it?
- Question: In each case what message are the people signaling to you?

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**Thanksgivings:** gratitude; actively, grateful language (to God, as an act of worship)

**Thanksgiving** is another form of a type of prayer, called a **prayer of adoration**.

## Quote:

*“Prayer is the human response to the perpetual outpouring of love by which God lays siege to every soul. When our reply to God is most direct of all, it is called adoration. Adoration is the spontaneous yearning of the heart to worship, honor, magnify, and bless God.” ~ Richard J. Foster.*

## Adoration:

- Demonstrates selfless devotion to God
- We are asking for nothing—we cherish God
- We are focused on nothing but His goodness
- We love God for Himself—for His very being.

**Question:** Describe one thing about God’s nature that is extremely personal to you. In other words, when you focus on this aspect of God, it almost makes you emotional.

**(INSERT LIST HERE)**

## Adoration has Two Components:

**Thanksgiving** - glorifies God for what He has done

**Praise** - glorifies God for who He is in Himself

**Warning:** Don't get too caught up on these differences because the Bible uses them interchangeably.

**Key:** To reveal a heart of adoration for God

## EXAMPLE of Interchangeability: Psalm 106:2-12

<sup>1</sup> ***Praise** the Lord.*

***Give thanks** to the Lord, for he is **good**;  
his **love** endures forever.*

<sup>2</sup> *Who can proclaim the **mighty acts** of the Lord  
or fully declare his praise? (CSB)*

## Read Psalm 136:

Three Obstacles to Adoration (Keep us from giving thanks and praising God)

**Question(s):** Do you think Christians show God the appropriate level of adoration / thanksgiving that He deserves? What are some things in our lives that serve as obstacles or barriers to demonstrating adoration toward God?

- 1) **Inattention** – we are distracted by the demands of home, family, school and work – for most of us our lives are just a blurr!
- 2) **The wrong kind of attention** – we often focus on the wrong thing in our circumstances and miss God in the midst of them. When we do this, we miss opportunities to give thanks.
- 3) **Greed** – Not in the classic sense, but when we look for more, better, things and pleasures.

**Question:** When we started talking about prayer, we asked the question, “How did you learn how to pray? How taught you, or modeled prayer for you?” Has anyone modeled or taught you how to pray prayers of thanksgiving?

**Learning how to pray prayers of thanksgiving (Prayers of Adoration, praise and thanksgiving must be learned)**

**Step 1:** Learn about the goodness of God –

Exercises: Observe small creatures God has created, just watch them, do not evaluate them or try to find God in them. Do the same with other aspects of nature, such as sun rises, sunsets, or the sound of water running in a stream or river. When you do this with regularity you will begin to experience pleasures rather than scrutinizing them.

You will be drawn to tiny pleasures, then the Giver of pleasures  
Thanksgiving and adoration will begin to flow naturally over time

**Step 2:** Practice gratitude

Develop a habit of giving thanks for the simple gifts that come your way

**Read Matt 6:25-27** – What are some of the simple things we are promised in this passage?

Try to live one entire day in utter thanksgiving

Try to balance one complaint with ten "gratitude."

**Step 3:** Magnify God! - Magnify means to make something larger, increasing it out of proportion

We cannot say too much about God's goodness and His love

**Key:** Use Scripture, especially the Psalms as a guide.

Use music

**Step 4:** Celebrate God!

Best done in community.... Church!

**My "Cheat Sheet" I call, "Psalms that Glorify God"**

Psalm 8

Psalm 25

Psalm 18

Psalm 19

Isaiah 25

Psalm 33

Psalm 90:1-2

Psalm 89

Psalm 95

Psalm 103

Psalm 111

Psalm 145

1 Chron 29:10-15

Jer. 32:17-23

### A Simple Prayer of Adoration and Thanks:

*Most Glorious God, how great is my dilemma!  
In your awesome presence silence seems best. And yet, if I keep my peace,  
the rocks themselves will cry out.  
But if I do speak, what will I say?  
It is Love that calls forth my speech, though it still feels like stuttering.  
I love you, Lord God. I adore you. I worship you. I bow down before you.  
Thank you for your gifts of grace:  
--the consistency of sunrise and sunset  
--the wonder of colors  
--the comfort of voices I know.  
I magnify you, Lord. Let me see your greatness--to the extent that I can  
receive it. Help me bow in your presence in endless wonder and ceaseless  
praise.  
In the name of Jesus whose adoration never failed.  
--Amen*