

Teach Us to Pray

Prayer Practice | Week 2

Adoration

The first phrase of the Lord's Prayer, as we see it in Matthew 6, is: *Our Father in Heaven, hallowed be your name*. Certainly, God is holy. We see that throughout Scripture (i.e. Lev 19:2; 1 Pet 1:15). So what, exactly, is Jesus encouraging us to pray here? Simply put, Jesus is inviting us to ask God to be God, to be worshiped as the Holy One, both in our lives and in the world around us. That is surely a lofty thing to pray, and it feels too big for us to accomplish. It is. That is why we are asking God to make it so, to cause His name to be honored as holy. It is something only God can do.

So what part do we play in this? What does it have to do with our prayers? We begin prayer with **adoration**, acknowledging the holiness of God, because it is a reminder, before we ask for anything or confess anything, that this should be the longing of our souls: that God would be honored as holy in our lives and in our world. So how do we do that?

This week, as you again pray through the Lord's Prayer, allow the words of Scripture to shape a time of adoration before the Father. Below are several passages that will help guide you in that. We would encourage you to read John 12:28 each day, as we see that Jesus himself models this concern that the Father be glorified. Then, choose one of the Psalms, or a portion of one of these Psalms, to serve as a catalyst for your adoration of the Father.

You may not always feel that this is an honest reflection of your heart. Pray these things anyway. Tyler Staton says: "Adoration is not always the overflow of our hearts. In fact, it rarely is. It is an act of rebellion against the empty promises of this world and of defiance in the face of circumstances...Prayer flows from the posture of our hearts toward God, not from reaction to the world around us. Everything that comes from the Lord's Prayer after this first movement is an overflow of the name of God being hallowed in the heart of the praying person" (Staton, *Praying Like Monks, Living Like Fools*, 63).

I. Read and consider this each day:

Father, glorify your name." Then a voice came from heaven: "I have glorified it, and I will glorify it again." (John 12:28)

II. Read one, or a portion of one, of these Psalms each day:

1 Bless the Lord, O my soul,
and all that is within me,
bless his holy name!
2 Bless the Lord, O my soul,
and forget not all his benefits,
3 who forgives all your iniquity,
who heals all your diseases,
4 who redeems your life from the pit,
who crowns you with steadfast love and
mercy,
5 who satisfies you with good
so that your youth is renewed like the
eagle's.
6 The Lord works righteousness
and justice for all who are oppressed.
7 He made known his ways to Moses,
his acts to the people of Israel.
8 The Lord is merciful and gracious,
slow to anger and abounding in steadfast
love.
9 He will not always chide,
nor will he keep his anger forever.
10 He does not deal with us according to our
sins, nor repay us according to our iniquities.
11 For as high as the heavens are above the
earth,
12 as far as the east is from the west,

so far does he remove our transgressions
from us.
13 As a father shows compassion to his
children, so the Lord shows compassion to
those who fear him.
14 For he knows our frame;
he remembers that we are dust.
15 As for man, his days are like grass;
he flourishes like a flower of the field;
16 for the wind passes over it, and it is gone,
and its place knows it no more. 17 But the
steadfast love of the Lord is from everlasting
to everlasting on those who fear him, and his
righteousness to children's children,
18 to those who keep his covenant
and remember to do his commandments.
19 The Lord has established his throne in the
heavens, and his kingdom rules over all.
20 Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!
21 Bless the Lord, all his hosts,
his ministers, who do his will!
22 Bless the Lord, all his works,
in all places of his dominion.
Bless the Lord, O my soul!

Psalm 103

1 I will bless the Lord at all times;
his praise shall continually be in my mouth.
2 My soul makes its boast in the Lord;
let the humble hear and be glad.
3 Oh, magnify the Lord with me,
and let us exalt his name together!
4 I sought the Lord, and he answered me
and delivered me from all my fears.
5 Those who look to him are radiant,
and their faces shall never be ashamed.
6 This poor man cried, and the Lord heard
him and saved him out of all his troubles.
7 The angel of the Lord encamps around
those who fear him, and delivers them.
8 Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!
9 Oh, fear the Lord, you his saints,
for those who fear him have no lack!
10 The young lions suffer want and hunger;
but those who seek the Lord lack no good
thing.
11 Come, O children, listen to me;
I will teach you the fear of the Lord.
12 What man is there who desires life
and loves many days, that he may see good?

13 Keep your tongue from evil
and your lips from speaking deceit.
14 Turn away from evil and do good;
seek peace and pursue it.
15 The eyes of the Lord are toward the
righteous and his ears toward their cry.
16 The face of the Lord is against those who
do evil, to cut off the memory of them from
the earth.
17 When the righteous cry for help, the Lord
hears and delivers them out of all their
troubles.
18 The Lord is near to the brokenhearted
and saves the crushed in spirit.
19 Many are the afflictions of the righteous,
but the Lord delivers him out of them all.
20 He keeps all his bones;
not one of them is broken.
21 Affliction will slay the wicked,
and those who hate the righteous will be
condemned.
22 The Lord redeems the life of his servants;
none of those who take refuge in him will
be condemned.

Psalm 34