



The Prayer Room

Brought to you by the Good News Bearers
January 13 -19, 2008

<p>- ACTS - A Pattern for Prayer</p>	<p><u><i>A - Adoration</i></u> C - Confession T - Thanksgiving S - Supplication</p>
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Over the next four weeks, we would like to acquaint you with a simple pattern of prayer that many people have found helpful. This pattern is known simply as **ACTS**, an acronym formed from the first letters of the four parts.

Today, we will explore the part that **adoration** plays in prayer.

Adoration (Deuteronomy 6:5; Psalm 29:2; 51:15; John 4:23; Hebrews 13:15)

Adoration consists of simply speaking to God of your devotion and love (or maybe singing hymns or other worshipful songs that express those thoughts).

Adoration is the essence of worship, praising God not just for what God has done but for *who God is*. Adoration is *recognizing God*, realizing whom we are addressing and acknowledging this before we say anything else.

To help you pray this way, you might make a list of God's attributes (powerful, loving, faithful, merciful, kind, unchanging, generous), or make a list of names and titles that you find especially meaningful (Beautiful Savior, Almighty Father, Creator, Lord of Earth and Stars)

Just start with whatever meager suggestions your imagination supplies and then, as time goes by, add to your lists (and to your prayers), using expressions that you encounter in the Bible or in liturgy and wish to make your own.

Next week we will explore the role of **confession** in prayer.

Here are some petitions you might consider including in your prayers this week:

Help me, O Lord, to express how much I love you and praise you, for all that you are and all that you do.

Thank you, Father, for forgiving me and for letting me come directly to you in prayer.

Listen, everybody! The Lord, our God is One. Blessed be his name throughout the world!