

Foundations Bible Study - Prayer
Lesson 1

Scripture Readings:

- Genesis 4:26
- Matthew 6:5-15
- Psalm 115:1
- Matthew 22:34-40
- Extra Reading Prayer of Elijah I Kings 18:16-45

Lesson

As we begin with prayer, the Lord's Prayer is a great place to start. We say the Lord's prayer often in worship, but very often do not pay attention to what we are saying. This prayer Jesus instructed us to pray is a wonderful template for our personal prayer life. We will have 4 lessons that show us different components of prayer. As we begin let's start at the beginning, then continue through the Lord's Prayer studying the parts and try to apply them to our pray life as well.

"Our Father who art in heaven, Hallowed be thy name"

Our Father, an invitation or greeting. Each Sunday we pray together for God to bless the worship service. We invite God's presence through the Holy Spirit. We should do that each time we pray.

I grew up in the mission church that my parents help start in Ozark, Missouri. One person I fondly remember is Lena. She was a really cool old lady. Well, she was about my age now, but I was 9 years old. Lena prayed often, out loud, in worship and each time she prayed she began like this: "Our most righteous and all wise Father". I've never forgot that even after 30 or 40 years. It is good to start each prayer time with and invitation, a way of honoring God, and realizing our humanness.

Next we move to adoration means to adore someone or maybe something. Although I've never adored a thing before, maybe coveted, not adore. Adore is to feel very loving and respectful of someone a special way to see someone through your eyes as extra special. We often hold our spouses in this high regard, maybe we should more.

But more often our small children we adore them, dote over them, adore their innocence, and adore their ways and their cuteness. These feelings seem to leave about their 10th birthday as I recall.

Do you get the message of prayer...? "Hallowed by thy name" or your spirit, oh Lord I adore, I love you God with my whole being. (See Matt.22:37, where Christ speaks of our love towards God.) Brent Curtis and John Eldredge wrote a book titled The Sacred Romance; it is about loving God as a lover. They write about

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adoring God as your lover, a pretty different way to looking at God, but why not. This is an important part of prayer often left out. For men it is really hard and for women it is hard. But Christ included it in the prayer he taught us, to hold God in high reverence, to Adore God for all God is and is doing. The Christmas carol is a good way to pray, Oh come let us adore Him, Christ the Lord.

A pointer to remember: Adoration needs no words, to just sit and be silent thinking of God, Christ, or beauty, is adoration. You see prayer is often better when we speak less and just be with God and Listen.

Questions for Thought and Discussion

1. Why is prayer important to you?
2. How do you begin your prayer time?
3. What are the ways you adore others and God? Can you share with the group some ways to adore God in prayer?
4. Do you really say the Lord's Prayer on Sunday or just go through a routine? How can we change that?