

<b>Theme &amp; Passages</b>	<b>Prayer: Adoration</b> Acts 4:24-31; Matthew 6:9	Notes prepared by Caroline Oliveira
<b>Preparation</b>	In order to play the video, you will need a TV or computer screen that everyone can see and an internet connection.	
<b>Welcome (5 mins)</b>	Who do you most enjoying spending time with? OR which environment do you most enjoying time in?	
<b>Introduction (5 mins)</b>	<b>Read</b> today's key verse: "Our Father in heaven, hallowed be your name" – Matthew 6:9 <ul style="list-style-type: none"> <li>• In this session we'll explore how we can enjoy God's presence in praise and worship.</li> <li>• Begin the session by opening in prayer.</li> </ul>	
<b>Video (20 mins)</b>	<b>Watch</b> this 20 minute video: <a href="https://www.youtube.com/watch?v=boklkec7NLE&amp;t=6s">https://www.youtube.com/watch?v=boklkec7NLE&amp;t=6s</a> <p>Summary points:</p> <ul style="list-style-type: none"> <li>• Start by recognising God is God</li> <li>• Worship puts things back in perspective</li> <li>• Use P.R.A.Y. – Pause, Rejoice, Ask, Yield.</li> </ul>	
<b>Discussion (20 minutes)</b>	<b>Discuss</b> the following questions: <ul style="list-style-type: none"> <li>• What did you find most helpful or most challenging in the video?</li> <li>• Why do you think that we most often associate prayer with asking, rather than worship and adoration?</li> </ul> <p style="text-align: center;"><b>"In commanding us to glorify him, God is inviting us to enjoy him" – C.S.Lewis</b></p> <ul style="list-style-type: none"> <li>• Do you enjoy spending time with God? When are the times that prayer feels most enjoyable?</li> <li>• Pete says that prayer is primarily about relationship with God: "It's relational, not transactional". How does this change your perspective of coming to God in prayer?</li> <li>• In the Acts passage, the early church put their own crisis into perspective by worshipping. What are the practical things you could do this week to foster an attitude of worship in your daily routine?</li> </ul>	
<b>Do it (15 mins)</b>	Practise thanksgiving and praise by reflecting on Psalm 8. As a group, read Psalm 8 out loud together. You might like to delegate different verses to different people, or encourage just one person to read it out. Then, take time to <p><b>Pause:</b> Take a moment in silence and invite the Holy Spirit to help you reflect on what you've just read.</p> <p><b>Rejoice:</b> Encourage group members to speak out prayers of adoration. Invite everyone to reflect and to thank God for one or two things in their lives. They might like to use the Psalm as inspiration, too.</p>	