

Exercises in Growing Spiritually

Class #3 ADORATION

Barbara Wilkinson says about the first area of prayer - Adoration: "We as a people are very poor at this and need to spend more time praising the Lord."

During our class we talked about how adoration is praise and worship. We discussed whether thanksgiving was the same as praise. These scriptures talk about them together, but they are different from each other.

[I Chron. 29:13](#) Now therefore, our God, we thank thee, and praise thy glorious name.

[Ps. 18:49](#) Therefore will I give thanks unto thee, O Lord, among the heathen, and sing praises unto thy name.

These scriptures are only about praise:

[Psalms 9:1-2](#) I will praise thee, O Lord, with my whole heart; I will show forth all thy marvelous works. I will be glad and rejoice in thee; I will sing praise to thy name, O thou Most High.

[II Nephi 3:50](#) Rejoice, O my heart, and cry unto the Lord, and say, O Lord, I will praise thee for ever; yea, my soul will rejoice in thee, my God, and the rock of my salvation.

What is praise?

- Praise and worship centers around who God is. His attributes, His greatness, holiness, and awesomeness
- True praise is totally centered on God, not ourselves.
- This is what is talked about as the *sacrifice of praise*. We put all of our attention on Him, not on ourselves and our needs.

Heb. 13:15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips, giving thanks to his name.

[Psalms 63:](#)

O God, thou art my God; early will I seek thee; my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;

To see thy power and thy glory, so as I have seen thee in the sanctuary.

Because thy loving-kindness is better than life, my lips shall praise thee.

Our hearts should thirst and long for Him. Not because of what He will do for us, but because of who He is and what He has ALREADY done!

[Psalms 100:4](#)

Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name.

Praise is what gets us past the gates and into his courts. If your prayers have been bouncing off the ceiling, it may be because you are out side the walls hollering up at your king, no

where near Him!

There were some that said they were confused about praise. They said they had wondered, *is God so egotistical that he wants us to praise him all the time? Why does God need our praise?*

The question was answered very well by some in the class, but in order to not misquote them, I would like to quote from a book called *The Prayer that Changes Everything* by Stormie Omartian:

“We were born to worship God. But God did not create us to be robotic beings who tell Him how great He is. He created us to be in communion and partnership with Him. Every time we praise God for who He is and all that He has done, it unleashes His life-changing power in our lives. His presence comes to soften our hearts so they can be molded into whatever shape He wants. Praise is the means by which God transforms our lives and enables us to do His will and glorify Him...

Worshiping God is the way He can pry us loose from ourselves and make us stop holding on to the world and start holding on to Him. God intends worship to restore us, fill us, motivate us, bless us, and fulfill us in ways we never dreamed possible.”

From *7 Prayers That will Change Your Life Forever* – Stormie Omartian

The prayer of praise :

- brings healing & transformation
- aligns us with God's purposes
 - defeats criticism, depression, fear and selfishness
 - builds patience and self esteem

If we are treating God like a vending machine, we are not having the communion and relationship with Him that He longs to have with us.

Alma 21:1-2

Behold, now it came to pass that the people of Nephi were exceedingly rejoiced, because the Lord had again delivered them out of the hands of their enemies;

Therefore they gave thanks unto the Lord their God: yea, and they did fast much and pray much, and they did worship God with exceeding great joy.

Do we pray and worship God with EXCEEDING GREAT JOY? If not, it probably is because we don't really understand what God has done for us and how great He is.

Spend some time looking up the scriptures in the attachments and really focusing on how big God is, and what He has done for you. Praise Him with your whole heart.

I found a wonderful video that would bless you if you watched it. Make sure you have 15 minutes to just watch, listen and soak it in.

http://www.crazylovebook.com/videos_stop.html

Have a wonderful week! See you on Sunday! :)