

INTRO

Prayer is a fundamental spiritual practice, yet many of us struggle with it. Whether prayer feels like a checklist, a one-way conversation, or simply awkward, we all come to this topic with different experiences. **What has been your experience with prayer?**

IDEA 1: THE TENSION OF REVERENCE AND INTIMACY

Jesus introduces a revolutionary concept in prayer - approaching the holy, transcendent God of the universe as "Father." This creates a beautiful tension in our prayer lives.

How do you personally experience the tension between God's holiness and His intimacy in your prayer life?

Do you tend to lean more toward seeing God as the transcendent, holy Creator or as your intimate Father? Why do you think that is?

What practices or environments help you experience God's reverence and majesty? (Consider natural settings, sacred spaces, or specific worship elements)

How might recapturing a sense of awe and reverence transform your prayers of adoration?

IDEA 2: ADORATION

Adoration isn't just a prelude to asking God for things—it's a gateway to experiencing the authentic love of the Father.

What attributes or characteristics of God do you find yourself most drawn to adore and praise?

How does taking time to adore God change your perspective on your circumstances?

What's the difference between adoration as a "technique to get something" versus adoration as genuine worship?

IDEA 2: CONTINUED

What barriers might prevent you from experiencing adoration in prayer, and how might you address them?

How might praying "Our Father" rather than "My Father" change your approach to prayer and community?

EXPERIENCING GOD TOGETHER

Take a few minutes to practice adoration as a group:

1. Share one attribute of God that you've experienced personally in your life
2. Practice the Adoration Alphabet together, with each person offering a different attribute of God
3. Spend time in silent adoration, then share what God revealed to you during that time
4. Pray for one another, asking God to help each person experience both His reverence and intimacy

PRACTICE THIS WEEK

Which of the suggested practices (Adoration Alphabet, visiting the Upper Room, taking steps toward reverence) resonates most with you?

What simple ritual or practice could you incorporate this week to enhance your sense of reverence in prayer?

Take some time to engage with the ritual you want to incorporate, consider doing it individually and with someone else!