



New Creation (8)  
ACTS Prayer (1)

1 Chronicles 29:10-13

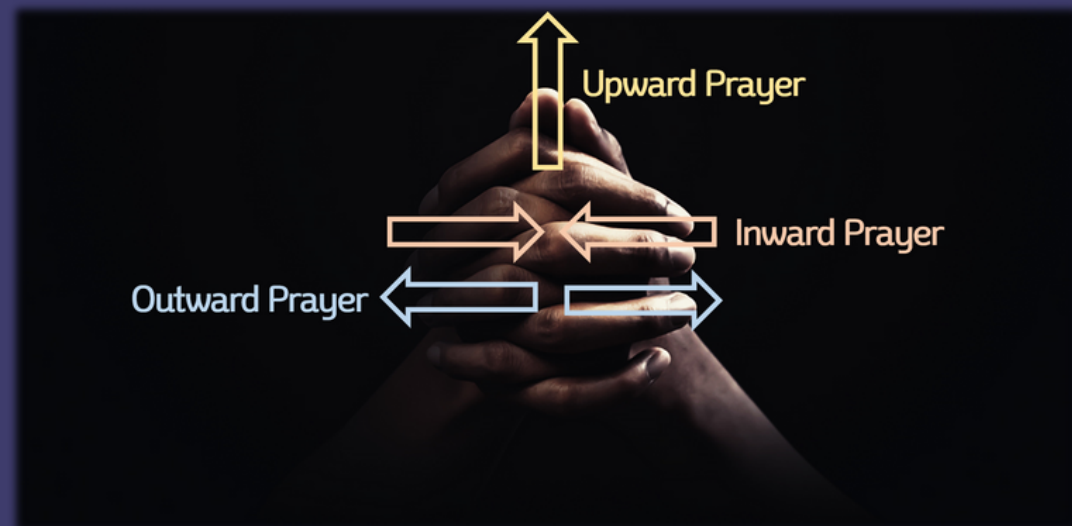
# #1 Three Kinds of Prayer

Prayer is at the center of almost every religion in the world, but not every prayer is the same. What we pray for as Christians must be different because we're praying to the only living God who reveals Himself in the Scriptures.

We must truly know and understand who God is and what He does before we pray to Him.

Christian prayer can be divided into three categories according to the direction of the prayer.

The focus of an upward prayer is God. This prayer includes adoration and thanksgiving toward God.



An inward prayer focuses more on our sin and our need. Confession of our sin, repentance, and supplication are included in this prayer. An outward prayer focuses more on other people's needs. This prayer can be called 'intercessory prayer.'

## #2 ACTS Prayer

From the three types of prayer, we know the essential elements of a prayer—Adoration, Confession, Thanksgiving, and Supplication.

### 1. Adoration: The First Element of Prayer

The first and most important element of prayer is adoration. The Lord's prayer starts with adoration toward God.



**That God is in heaven means that He alone is the true God.** And that He is our Heavenly Father reminds us of His great love for us. Because He loved us so much, God became a human being like us and died for us.

**Then Jesus teaches us to pray for His holy name.** This prayer essentially requires us to acknowledge God's holiness.

The fact that adoration appears first in the Lord's prayer teaches us an important aspect of prayer. **That's to praise God and give Him the glory due His name.**

# #3 ACTS Prayer

## 1. Adoration: The First Element of Prayer

The more we adore Him, remembering and proclaiming who He is with our lips, the deeper our understanding of God will become. And that understanding will lead us to an even deeper level of adoration.

**Adoration is the first element of prayer** because it affects all other types of prayer.

The more we praise Him in our prayers, the more we'll understand **how He has faithfully worked in our lives, which inspires us to give thanks to Him.** The more we praise Him, the more we'll know how holy He is and how unholy we are before Him. it makes us seek God, **confessing our sins, and asking for forgiveness.**

And, when we praise God, we'll understand how great, powerful, and mighty He is, which will make us **rely on Him and go to Him more, asking for help.**

So you can say that adoration is the basis for all other prayers. It must take top priority in our prayers.

## #4 ACTS Prayer

### 1. Adoration: The First Element of Prayer

Adoration is important because it is directly focused on God.

The main focus of our prayers shouldn't be our own interests, **but our relationship with God**. He's not a Genie, but our heavenly Father who gave us everything, even His life, to make us His children.

The book of Psalms is filled with adoration toward God.

"I will extol the Lord at all times; his praise will always be on my lips." (Ps 34:1)

"I will sing to the Lord all my life; I will sing praise to my God as long as I live." (Ps 104:33)

Although it is technically not a prayer, Paul started his letter to the church in Ephesus by praising God.

**"Praise be to the God and Father of our Lord Jesus Christ,** who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight." (Eph 1:3-4)

# #5 ACTS Prayer

## 1. Adoration: The First Element of Prayer

What's also important about adoration is that the Bible says that the purpose of human beings' existence is to praise God's name.

“The people I formed for myself that they may proclaim my praise” (Is 43:21)

The reason God created human beings was to let them praise Him. When we praise God, we experience an important change and begin to take after Him more.

What we love reflects who we are because what we love most forms the foundation of our mindsets, behaviors, and lifestyles. That's why we must always be careful about what we love.

In this sense, our ability to worship God and praise Him is one of the most precious blessings and privileges we've received from God. And we should never stop doing that.

# #6 ACTS Prayer

## 2. Thanksgiving

Even though adoration and thanksgiving are considered to be different types of prayers, they are very closely related to each other because thanksgiving originates from recognizing who God is, which is what adoration is.

If adoration is praising God for who He is, **thanksgiving is praising God for what He has done.**

The more we praise God for His love, goodness, and faithfulness, the more we recognize what He has done for us out of His love, goodness, and faithfulness.

We can find many verses in which adoration toward God and thanksgiving to Him are combined.



# #7 ACTS Prayer

## 2. Thanksgiving

“David praised the Lord in the presence of the whole assembly, saying, “Praise be to you, Lord, the God of our father Israel, from everlasting to everlasting. Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name” (1Ch 29:10-13)

David started His prayer by praising the Lord—how great, powerful, glorious, and majestic God is. Then he recalled how God gave strength to all out of His great power. That naturally causes him to give thanks to the Lord.

That’s how we come to be more thankful to God. The reason we don’t thank God is not only because our hearts are stubborn, but also because we’re ignorant about what He does in our lives.



# #8 ACTS Prayer

## 2. Thanksgiving

We have a tendency to think that who we have become and what we've achieved thus far have come from our own abilities. However, if you think more deeply about it, you'll notice that **there is nothing that has been achieved without God's grace.**

The most dangerous mindset is to think that we can do everything on our own. That's not true.

**We're creatures who can't live without relying on God,** which people normally don't want to accept. So, we stopped being thankful for the things that we should be thankful for. That's robbing God of the glory that He deserves.

**"Those who sacrifice thank offerings honor me, and to the blameless I will show my salvation." (Ps 50:23)**

The reason giving thanks to God is the best way of honoring Him is because **we can't be truly thankful to Him unless we know who He is. And we can't know who He is unless we praise Him.**

## Memory Verses

“Praise be to you, Lord, the God of our father... Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor... In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name” (1Ch 29:10-13) (3)

“I will sing to the Lord all my life; I will sing praise to my God as long as I live.” (Ps 104:33) (1)

“The people I formed for myself that they may proclaim my praise” (Is 43:21) (1)

“Those who sacrifice thank offerings honor me, and to the blameless I will show my salvation.” (Ps 50:23) (1)

## Questions

1) Why do you think adoration is essential in our prayers? Who do you think God is? If you were to use 3 words to adore Him and proclaim who He is, what would they be?

2) How do you think adoration toward God and giving thanks to Him are connected? What are you most thankful for to God? What do you think are some of the things people should thank God for that they don't?