

## Session 2: Adoration

# Session Guide

### Teaching Notes

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7, NASB)*

The A.C.T.S. model for prayer

A \_\_\_\_\_  
C \_\_\_\_\_  
T \_\_\_\_\_  
S \_\_\_\_\_

Adoration means: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

*Bless the LORD, O my soul, And all that is within me, bless His holy name. Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit. (Psalm 103:1-4, NASB)*

### Personal Reflection Exercise

*Pause: Take a moment to pray and reflect on what you've just learned.*

*Respond: Spend some time alone (we suggest at least 15 minutes) to work through the following questions at your own pace—either in your personal journal or through the Online Discipleship website.*

**(1) Paul wrote, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7). Do you need more peace? What does your life look like when you have this kind of peace? How does peace make a positive impact?**

**(2) In the teaching, Chip said that adoration means “getting the focus off of your problems, yourself, and your anxiety in order to look up to God.” Consider the past six to eight weeks. What are some of the problems, stresses, and challenges that can make it difficult for you to focus on God?**

**(3) Psalm 96:9 says, “Worship the LORD in the splendor of his holiness; tremble before him, all the earth.” Adoration begins with seeing God for who He really is. What does it mean that God is holy? What are some other qualities or character traits of God? List as many as you can and give each one a short definition.**

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*(4) Psalm 29:2 says, "Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness." In your own words, write a definition of glory. In our culture, who and what are often glorified? Being as specific as you can, how is God glorious? "Ascribe" means to "tell God." Why is this an important part of what it means to worship God?*

*(5) Psalm 95:6-7 says, "Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care." Bowing down and kneeling are demonstrations of humility. In your thoughts and prayers, how can you develop more humility before God? For you personally, what can feed your ego and keep you from being humble?*

*(6) In the teaching, Chip said, "If you have a big God, you have small problems. If you have big problems, you have a small God." Explain what this means and how it applies to your life. What are some problems that you have let become "too big"?*

*(7) For some people, looking up at the stars is a reminder of just how big and glorious God really is. What kinds of situations or environments move you and give you the same perspective?*

*(8) Moses wrote, "Acknowledge and take to heart this day that the LORD is God in heaven above and on the earth below. There is no other" (Deuteronomy 4:39). What are some simple reminders you could create in your life so that you remember to acknowledge God and recognize that no one is like Him?*

*Is there anything else you've heard God say? Anything else you need to reflect on through writing?*