

LEARNING ADORATION PRAYERS

October 30, 2021

A? ?few? ?years? ?ago? ?I? ?was? ?introduced? ?to? ?the? ?ACTS? ?prayer? ?guideline.? ?I? had been struggling? ?with? ?my? ?prayer? ?life?, ?and? it ?seemed? ?like? ?a? ?good? ?thing? ?to? ?try.? ?As? ?I? ?decorated? ?a? ?page? ?of? ?my? ?prayer? ?journal? ?with? ?the? ?word? ?adoration,? ?I? realized that I didn't know how to implement adoration into my prayer life. ?

After searching the? ?internet? ?with ?a? ?few? ?questions?,? ?l? ?began? ?to? ?understand? ?that? ?to adore God we have



to give ourselves? ?the? ?chance? ?to? ?be? ?in? ?awe? ?of? ?him for ?who? ?he? ?is? ?and? ?what? ?he? ?has? ?done? ?for? ?us.? ?Unfortunately,? ?I? ?didn't? ?know? ?how? ?to? ?pray? ?like? ?that?—?let? ?alone? ?teach? ?my? ?children? ?how? ?to? ?do? ?it.? ?

For? ?those? ?of? ?you? ?who? ?may feel ?the? ?same? ?way? ?I? ?felt,? ?the? ?good? ?news? ?is? ?l've? ?spent? ?three? ?years? ?grappling? ?with? ?this? ?type? ?of? ?prayer.? ?Along? ?the? ?way,? ?I? ?discovered? ?three? ?different? ?types? ?of? ?prayers? ?of? ?adoration? I'd like to share with you so ?that? ?you? ?can? ?share? ?them with? ?your? ?children.? ?

Praying? ?Scripture? ?

The first idea is to pray? ?different? ?scripture? ?passages? ?that? ?adore? ?God.? ?One? ?of? ?my? ?favorites ?is? ??1? ?Chronicles? ?29:10-19, David's? ?beautiful prayer? ?of? ?adoration.? ?Other? ?passages that? ?you? ?could? ?use? ?are? ??Psalm? ?99?,? ??Revelation? ?4:11?,? ?and? ?? Revelation? ?5:13?.? ?

Praying? ?the? ?Names? ?of? ?God?

Another idea is to pray the names of God. There? ?are? ?a? ?couple? ?of? ?different? ?ways? ?that? ?you? ?can? ?pray? God's names? ?back to him:?

- 1. List? ?them:? "?Heavenly? ?Father,? ?you? ?are? ?the? ?Alpha,? ?the? ?Omega,? ?the? ?Great? ?I? ?AM.? ?You? ?are? ?the? ?God? ?Who? ?Sees,? ?and? ?you? ?are? ?God? ?With? ?Us.? ?We? ?praise? ?you? ?and? ?thank? ?you? ?for? ?who you? ?are.?"
- 2. Pick? ?one? ?and? ?pray? ?about? ?that? ?name:? "?Heavenly? ?Father,? ?you? ?are? ?the? ?God? ?Who? ?Sees.? ?You? ?see? ?me.? ?Let? ?me? ?know? ?you? ?as? ?the? ?God? ?Who? ?Sees; ?make? ?that? ?name? ?real? ?in? ?my? ?life?, ?and? ?allow? ?me? ?to? ?glorify? ?you? ?for? ?it.?"

Praying? ?through? ?the? ?Alphabet?

Finally, another? ?way? ?to? ?pray? ?in ?adoration? ?is? ?to? ?say? ?a? ?name? ?or? ?quality? ?of? ?God? ?for? ?each? ?letter? ?of? ?the? ?alphabet.? ?For? ?example,? ?you? ?might ?say? ?amazing? ?or? ?awesome? ?for? ?A,? ?beautiful? ?or? ?brilliant? ?for? ?B,? ?or ?creative? ?or? ?compassionate? ?for? ?C.? ?Some? ?letters? ?will? ?be? ?easy,? ?but? ?you? ?might? ?need? ?to? ?get? ?creative? ?for?

?others, ?and? ?that's? ?okay.? ?lt? ?means? ?you're? ?spending? ?time? ?thinking? ?about? ?God.? ?And? ?that? ?is? ?what? ?prayers? ?of? ?adoration? ?are:? ?taking? ?the? ?time? ?to? ?let? ?yourselves? ?acknowledge? ?who? ?God? ?is,? ?what? ?he's? ?like?, ?and? ?what? ?he's? ?done.?

If? ?prayers? ?of? ?adoration? ?are ?new? ?to? ?you,? ?it? ?might? ?feel? ?weird? ?at? ?first,? ?but? ?don't? ?let? ?that? ?scare? ?you.? ?Prayers? ?of? ?praise? ?and? ?adoration? ?are? ?beautiful? ?prayers,? ?and—like? ?l? ?tell? ?my? ?kids—everyone ?like?s ?to? ?know? ?they're ?appreciated,? ?and? ?that? ?includes? ?God.?

Explore the why, when, and how to pray with your family. Check out <u>Kids Corner's Faith Practices</u> for Families: Prayer eBook.

Want to do a deep dive? Check out Family Fire's article https://familyfire.com/articles/teaching-our-children-to-adore-god

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https://kidscorner.net/parent-blog/learning-adoration-prayers Printed on October 16, 2025

