

## Ways To Pray Upward: Contemplation & Adoration

**Intro.** – Matthew 6:9, Psalm 62:1-2

**I. Contemplation** – A silent conversation with God that moves us deeply into our awareness of His presence.

- Psalm 65:1-2 (ESV and Message), John 15:4

**The practice of Contemplation:** *Remember a time when your soul was quiet, and you felt the blessing of being in the presence of Jesus.*

1. Prayer of Releasing to the Lord – Lifting up to the Lord those things that bring you tension and Letting them go.
  - Mark 4:38-40
2. Prayer of Quiet – Be silent in the Lord's presence enjoying him and listening.
  - Psalm 46:10, 1 Kings 19:12

**II. Adoration** – A selfless worship of God that intensely seeks to magnify and bless Him.

- Psalm 65:3-8, Luke 17:15-19; 24:52-53

**The Practice of Adoration:** *Remember a time when your soul was full of praise, and you magnified the Lord!*

1. Take pleasure in the good things around you
2. Meet the Lord in a memory of gratitude
3. Magnify God for who He is! - The scriptures are full of His names, pictures, attributes, character, and names
  - Psalm 34:1-3, Revelation 5:12

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