

Adoration Ideas

We want to continue to expand our categories of what qualifies as worship. That is one reason we have chosen to use the word adoration. It invites us to focus on God as Father, Son, and Holy Spirit. It also helps clarify that praise, gratitude, testimony, thankfulness, silence, dwelling on God's character, can all be expressions of worship that realign us back to what is most true and trustworthy. Here are some example ideas of how to engage in adoration:

- You could read one of the “evening prayers” from the *Common Prayer Book* or App.
- Pick a prayer from the *Every Moment Holy Book*. Read through it slowly. You could text pictures of the pages so people can follow along. Ask people to meditate on just one line from the prayer. Have a few people reflect on the experience, what was God highlighting to them?
- Play the Alphabet Game. Play some quiet worship music in the background. Get a few posters of paper or just 26 sheets of paper. List “A, B, C...” and so on through “Z.” Have everyone walk around and write names or adjectives for God as Father, Son, and Holy Spirit. At the end pray out these names and words.
- Ask if anyone needs prayer for anything or for anyone else in their life. Spend time as a group praying for those needs. These could be prayers of intercession (appealing to God for a change) or prayers of insight and encouragement (listening to God for his perspective).
- Share about the Christian practice of Communion. Read the “Prayer for Communion” in the *Common Prayer Book* (pg. 564) or on the App. Take communion together.
- Open to *The Beatitudes* from Matthew 5:2-12. Read one at a time out loud, then have someone pray that quality over our world, friends, family, enemies, political leaders, and so on.
- Give space to focus on the presence of God and speak out prayers of adoration and gratitude.
- Give space to ask God for words for the community.
- Ask someone to share their testimony as an act of worship.
- You could meditate and pray through Psalm 8 or Psalm 19.
- Invite people to read and pray through a Psalm. Consider Psalm 22 with its clear allusions to the crucifixion or Psalm 27 with its declarations of God's salvation and goodness.
- Spend time prayerfully speaking out the character of God you have observed through the God Story thus far! Have the group spend 1-2 minutes in silence meditating on one of these characteristics that really struck them. (*Bonus fun: Invite people to stand and lift their hands or kneel on their knees during this activity).
- Take a risk and don't plan anything for prayer or worship. Just open up space and invite people to rest in God's presence then pray out as they feel the Spirit leading (this could be words, pictures, scriptures, adoration, intercession, etc).
- Have someone lead worship (make sure to ask them with enough time to prepare).
- You could try the *TRIBL Playlist* on Spotify!
- You could try *Maverick City* on [Spotify](#) or their advent hymns here on [Youtube!](#)
- You could try *a playlist of Gospel Music* or *Cory Asbury* on Spotify!
- Try finding worship music to play that is outside your culture and preference!