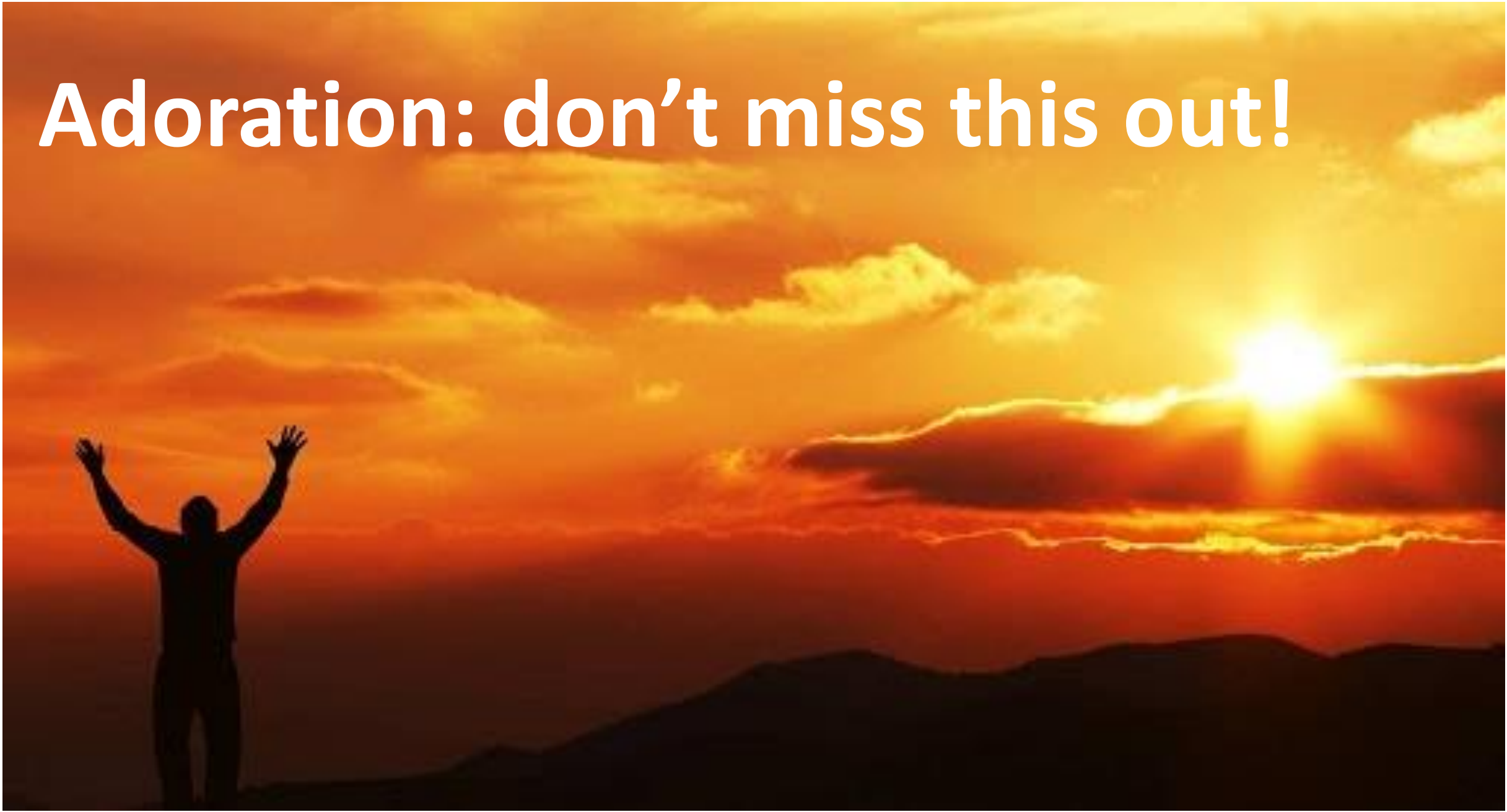




Adoration and Thanksgiving | Psalm 103

**Adoration: don't miss this out!**



**Adoration – two sides:**

**Thanksgiving: for what He has done**

**Praise: for who He is**



# Thanksgiving: What He's done

'Praise the LORD – who **forgives** all your sins and **heals** all your diseases,  
who **redeems** your life from the pit  
**crowns you with love** and compassion,  
who **satisfies** your desires  
so your youth is **renewed** like the eagle's.  
The LORD **works righteousness and justice**  
for all the oppressed.

Praise:  
Who He is

The LORD is compassionate  
and gracious,  
slow to anger,  
abounding in love...  
His Kingdom rules over all.



A silhouette of a person standing with their arms raised in a gesture of praise or adoration, set against a vibrant sunset background with orange, yellow, and blue hues. The person is positioned on the left side of the frame.

# Adoration

- is our response, not our initiative
- The One we're adoring is 'Our Father'
- God doesn't NEED our adoration, He just loves it!
- God deserves it!
- helps me know my place



# Learning to Adore!

- Make yourself start!
- Use music
- Worship with others
- Pray the Psalms
- Use liturgy
- Practice Gratitude



# Adoration:

'Hallowing the Father's Name is the most important and enjoyable dimension of prayer. Linger here, rejoicing in God's blessings, before asking for any more.'

*Pete Greig, 'How to Pray'*

