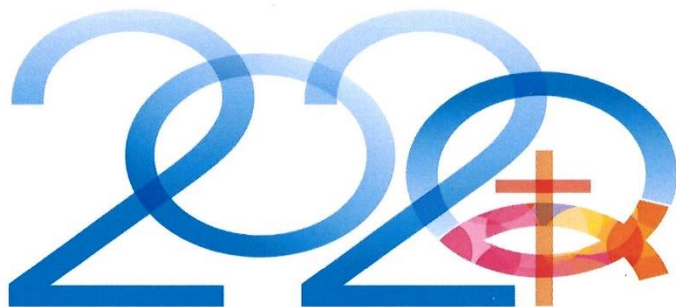


A background image showing several hands raised in prayer, with a central hand in sharp focus. The hands are set against a light, textured background.

Adoration Prayer Vigil

February 3, 2020



Everything to God in Prayer

My Time Slot: _____



Thank you for participating in the February Prayer Vigil with Shepherd of the Hills. Prayer is one of the central projects of our lives as Christians. Paul encourages us to “pray without ceasing” (1 Thessalonians 5:17), hoping that prayer will be a habit of the heart and that our relationship with God will strengthen because of it. Today, you join other members of Shepherd of the Hills in setting apart some of the day (ten minutes) for focused and intentional prayer. We pray individually, but we have a collective purpose—to marvel at the greatness of God.

Adoration Prayer Vigil – February 3, 2020

“Prayer is both conversation and encounter with God. These two concepts give us a definition of prayer and a set of tools for deepening our prayer lives. The traditional forms of prayer—adoration, confession, thanksgiving, and supplication—are concrete practices as well as profound experiences. We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence.” --Timothy Keller, from *Prayer*

This prayer vigil will focus on adoration, one traditional form of prayer. Adoration is about who God is, and this prayer time is a good time to reflect on what the Bible teaches us about God.

This prayer vigil is a time for you to converse and encounter God. Below, we have provided some avenues for this time. Feel free to use these as well as to pray as the spirit leads you.

Opening Prayer

Blessed Lord, you speak to us through the Holy Scriptures. Grant that we may hear, read, respect, learn, and make them our own in such a way that the enduring benefit and comfort of the Word will help us grasp and hold the blessed hope of everlasting life, given us through our Savior Jesus Christ. Amen.

Scripture

One way to pray is to read and meditate on scripture. Read any or all of the passages and spend some time thinking of what they teach us about God.

Exodus 34: 1-10

34 The Lord said to Moses, “Chisel out two stone tablets like the first ones, and I will write on them the words that were on the first tablets, which you broke. ² Be ready in the morning, and then come up on Mount Sinai. Present yourself to me there on top of the mountain. ³ No one is to come with you or be seen anywhere on the mountain; not even the flocks and herds may graze in front of the mountain.”

⁴ So Moses chiseled out two stone tablets like the first ones and went up Mount Sinai early in the morning, as the Lord had commanded him; and he carried the two stone tablets in his hands. ⁵ Then the Lord came down in the cloud and stood there with him and proclaimed his name, the Lord. ⁶ And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.”

⁸ Moses bowed to the ground at once and worshiped. ⁹ “Lord,” he said, “if I have found favor in your eyes, then let the Lord go with us. Although this is a stiff-necked people, forgive our wickedness and our sin, and take us as your inheritance.”

¹⁰ Then the Lord said: “I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world. The people you live among will see how awesome is the work that I, the Lord, will do for you.”



Psalm 103

Of David.

¹ Praise the Lord, my soul;
all my inmost being, praise his holy name.
² Praise the Lord, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and
compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the
eagle's.
⁶ The Lord works righteousness
and justice for all the oppressed.
⁷ He made known his ways to Moses,
his deeds to the people of Israel:
⁸ The Lord is compassionate and gracious,
slow to anger, abounding in love.
⁹ He will not always accuse,
nor will he harbor his anger forever;
¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.
¹¹ For as high as the heavens are above the
earth,
so great is his love for those who fear
him;
¹² as far as the east is from the west,
so far has he removed our
transgressions from us.

¹³ As a father has compassion on his
children,
so the Lord has compassion on those who
fear him;
¹⁴ for he knows how we are formed,
he remembers that we are dust.
¹⁵ The life of mortals is like grass,
they flourish like a flower of the field;
¹⁶ the wind blows over it and it is gone,
and its place remembers it no more.
¹⁷ But from everlasting to everlasting
the Lord's love is with those who fear
him,
and his righteousness with their
children's children—
¹⁸ with those who keep his covenant
and remember to obey his precepts.
¹⁹ The Lord has established his throne in
heaven,
and his kingdom rules over all.
²⁰ Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.
²¹ Praise the Lord, all his heavenly hosts,
you his servants who do his will.
²² Praise the Lord, all his works
everywhere in his dominion.
Praise the Lord, my soul.

Prayer Starters

The entirety of the Bible includes rich metaphors that help us understand who God is. Read each of the metaphors and use the prayer starters to reflect on how the scripture leads us to a deeper understanding of the nature of God.

“The Lord is my shepherd...” -- Psalm 23:1

Lord, being my shepherd means that you are...

“We are the clay, you are the potter.” -- Isaiah 64:8

Lord, being the potter means that you are...

“He is the Rock” -- Deuteronomy 32:4

Lord, being the Rock means that you are...

“I am the Light of the World.” -- John 8:12

Lord, being the Light of the World means that you are...

“Praise the Lord...who heals all your diseases.” -- Psalm 103:3

Lord, being a healer means that you are...

“I am the Bread of Life” -- John 6:35

Lord, being the Bread of Life means that you are...

“I am the vine; you are the branches.” -- John 15:5

Lord, being the vine means that you are...

“For the Lord God is a sun and shield” -- Psalm 84:11

Lord, being the sun and shield means that you are...

“God is our refuge and our strength” -- Psalm 46:1

Lord, being our refuge and strength means that you are...

Example Prayers

Here are some prayers from the *Lutheran Book of Worship* that you can use to pray or you can use their structure to form your own prayers.

Almighty God, our Father, dwelling in majesty and mystery, renewing and fulfilling creation by your eternal Spirit, and revealing your glory through our Lord, Jesus Christ: Cleanse us from doubt and fear, and enable us to worship you, with your Son and the Holy Spirit, one God, living and reigning now and forever. Amen.

Almighty and everlasting God, whose will it is to restore all things to your beloved Son, whom you anointed priest forever and king of all creation: Grant that all the people of the earth, now divided by the power of sin, may be united under the glorious and gentle rule of your Son, our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Direct us, O Lord, in all our doings with your most gracious favor and further us with your continual help, that in all our works, begun, continued, and ended in you, we may glorify your holy name and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

Contemplation

Take a moment to thank and admire God for what he has showed you today.
End with a note of praise of how God's identity guides your life.

The Lord's Prayer

"Lord, Teach Us to Pray"

When the disciples asked for instruction on prayer, Jesus gave them a model of how to converse and encounter God. The first part of the Lord's Prayer focuses on adoration. A way to end the prayer vigil is to think about the following part of a prayer that is so familiar to us.

Our Father, who art in heaven, hallowed be thy name.

*O Lord my God, when I in awesome wonder
Consider all the works thy hand hath made,
I see the stars, I hear the rolling thunder,
Thy pow'r throughout the universe displayed;*

*Then sings my soul, my Savior God, to thee,
How great thou art! How great thou art!
Then sings my soul, my Savior God, to thee,
How great thou art! How great thou art.*

