

## **Prayer course session 1 – Adoration**

### **Show the video** 15 minutes

Listen to the conversation about prayer as adoration. You could do this during the last part of your meal together if that works for you group.

### **Short discussion** 10 minutes

What did you learn from the video which would help the group in praying together?

### **Worship and prayer** 15 minutes

Play some worship music (you may like to use the prayer songs music attached)

Read Psalm 103 slowly and carefully. Take turns reading one verse each at a time with a pause after each verse.

After a short time of quiet, have an open time of prayer where people can say short prayers echoing what the psalm says in adoration of God