

**God Centered Prayer**  
**Lesson Two: Prayer is Worship**  
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**Introduction: Prayer is a Form of Worship.**

- A. Prayer is the most common and ancient practice of worship of all time, yet also the most neglected and misunderstood.
- B. Prayer is not “talking to the man upstairs,” but *an act of worship to God*.
- C. A thorough understanding that prayer is worship will cause us to treat prayer seriously every time that we pray.
- D. Prayer helps meets our spiritual need to *worship* the Lord our God!

**I. Sacrifice, Worship, and Prayer.**

- A. From the beginning, sacrifices were made in the worship of God.
  - 1. Cain and Abel brought offerings to worship God (**Gen. 4:2-5**).
  - 2. To *worship* God is to pay the Lord homage (respect or reverence); to bow down or prostrate before God who is superior (e.g., **Gen. 22:5**).
- B. Sacrifice often accompanied prayer.
  - 1. Hebrew word ATHAR is often translated prayer: “*to burn incense in worship*” (Strong); “*to entreat, make supplication*” (BDB) (**Job 33:26**).
    - a. The prayers of the saints are represented as incense (**Rev. 5:8**).
  - 2. Abram built an altar when he called upon the Lord (**Gen. 12:7-8; 13:4**).
  - 3. Isaac did the same, following in the footsteps of his father (**Gen. 26:25**).
  - 4. Burnt offerings accompanied the prayer of Job, who prayed on behalf of his friends who had spoken against the Lord (**Job 42:8; cf. 1 Sam. 7:9**).
- C. Today, Jesus is our “once for all” sacrifice, granting us access to God in prayer! (**Heb. 7:26-27; 9:26-28**).
  - 1. He is our “*merciful and faithful high priest in things pertaining to God*” who makes propitiation (atones) for our sins (**Heb. 2:17-18**).
  - 2. Jesus is the only “altar” we need, who died so that we could become holy by His blood and gain access to the most holy God (**Heb. 13:10-12**).

**II. The Sacrifices of Praise and Thanksgiving (Heb. 13:15; cf. 1 Pet. 2:5).**

- A. Through Christ, we may offer spiritual sacrifices of praise and thanks in prayer.
  - 1. Christians *continually* use their lips to produce the fruit of praise and thanksgiving unto God (**Heb. 13:15; cf. Hos. 14:2; Isa. 57:19**).
  - 2. Prayer is an opportunity to confess to God what He means to us; to offer genuine praise and sincere thanks to the Lord (**cf. Ps. 69:30-31**).
- B. Praise the Lord!
  - 1. To *praise* God is to express your approval and admiration for God; to acknowledge His greatness and lift up His name (**Ps. 34:1-3**).
  - 2. To praise God is to acknowledge His qualities or attributes, to honor God for His excellent greatness and glorious works (**Ps. 150:1-2**).
- C. Thanksgiving to the Lord.
  - 1. Giving thanks to God is an extension of praise (**Ps. 92:1; 106:1-2; cf. Ps. 7:17; 18:49; 30:4, 12; 35:18; 57:9; 100:4; 108:3; 109:30; etc.**).
  - 2. Giving thanks is to honor God for what He has done (**Ps 50:14, 23**); give thanks always for all things in everything! (**Eph 5:20; 1 Thes 5:18**).

### III. To Worship God in Prayer, We Must Know God.

- A. It is exceedingly difficult to worship “*an unknown God*” (**Acts 17:23ff.**).
  - 1. The reason why people find worship challenging is because they really don’t know who God is!
  - 2. If praising or giving thanks to God is difficult for you, you need to reevaluate your relationship with Him and rediscover the living God!
- B. Revelation of God reveals to us who God is.
  - 1. The Scriptures proclaim to us who God is (**Acts 17:23-29**).
  - 2. To *truly* worship God, we need knowledge of God (**Hos. 6:6**).

### IV. Do You Know God?

- A. Though God is invisible (**1 Tim. 1:17**), we can come to know who God is when we are taught by the Scriptures.
  - 1. God is revealed to us not by His appearance, but by His attributes as described in the Scriptures (**Ps. 119:135; Num. 6:25-26**).
- B. Come to know who God is!
  - 1. Come to know the fear of God (**2 Cor. 5:11**), His infinite wisdom and absolute power (**Dan. 2:20; Jer. 32:17**), His holiness (**Isa. 57:15**), His righteousness and justice (**Ps. 33:5; 89:14**), and His grace (**1 Pet. 5:10**).
  - 2. Come to know His perfect love (**1 John 4:8-10**), His joy (**Ps. 16:11**), peace (**1 Thes. 5:23**), longsuffering (**Ex. 34:6; 2 Pet. 3:9**), goodness and lovingkindness (mercy) (**P. 106:1**).
- C. When you come to know God, you will obey Him and worship Him (**1 John 2:3; 3:6; cf. John 4:23-24**)

### V. Genuine Worship in Prayer.

- A. Prayers that worship God must come *from the heart* (**cf. John 4:23-24**).
  - 1. Offering mere “lip service” in prayer is vain worship (**Mat. 15:8**).
  - 2. Praising God is more than just listing off all of His attributes in prayer.
  - 3. The real praise of God is when *we mean every word that we say*; our praises of God must be wholehearted and sincere (**Ps. 111:1**).
  - 4. Thanksgiving must also come from the heart (**Ps. 86:12**); express your appreciation for what God has done! (**Ps. 136; 1 Cor. 15:57; 2 Cor. 9:15**).
- B. Those that walk by faith are able to worship Him.
  - 1. The more we come to know the Lord and continue to walk by faith, the more we will want to praise Him throughout our lives (**Ps. 71:14-15**).
  - 2. By faith, we praise God and give Him thanks for His faithfulness to keep His promises (**Acts 13:33**), His providential care (**Ps. 103:1-5**), His rule over the earth (**Ps. 103:19**), and righteous judgment (**2 Thes. 1:5-9**).
  - 3. By faith, we observe God’s creation (**Ps. 96**) and the blessings of life (**Jas. 1:17**) and thus we can praise and glorify God (**Ps. 29:1-2; 148:13**).
  - 4. Those that “*taste and see that the Lord is good*” (**Ps. 34:8-10**) through a life of faith can offer worship to God in prayer with a sincere heart.
  - 5. By faith we experience the strength (**Phil. 4:13**), wisdom (**James 1:5**), peace (**Phil. 4:7**), joy (**Phil. 4:4**), grace (**Ps. 84:11-12**), and lovingkindness (**Ps. 36:7**) of God and this motivates us to praise the Lord!

**Conclusion: Worship God in Prayer who is Worthy of Glory, Honor, and Praise.**