



Practical Steps In Learning How To Adore God

A desire to praise God is great, but it is only the beginning point. You must then move to developing a lifestyle of praise. You should strive to adore God on a daily basis. This is not something that will come easy. You must work it. As Erwin Lutzer writes, "You don't learn to praise in a day, especially since you may have been complaining for years! New habits take time to develop. But you can begin today, practice tomorrow, and the next day, until it becomes a part of you."

A life of overflowing praise requires commitment and work. God is worthy to be adored and it will produce significant benefits in your walk with Him. The following are some practical suggestions on how to grow in your ability to adore God in your prayer life:

- Make the commitment to adore God. The psalmist declares his commitment in Psalm 71:6, "By You I have been upheld from birth; You are He who took me out of my mother's womb. My praise shall be continually of You." Determine in your heart that you will adore God daily in all the circumstances of life. Declare this commitment to the Lord. Ask Him for His grace and power to help you live out this commitment.
- Saturate yourself with God's Word. The Word of God fuels a lifestyle of adoration. Your knowledge of God will determine the depth of your praise to Him. The Word of God says, "I will praise You with uprightness of heart, when I learn Your righteous judgments" (Psalm 119:7). As your knowledge of God and His ways increases, your adoration of Him will grow deeper and more intimate.
- Ask God to teach you how to praise Him (Matthew 7:7). God is pleased with this prayer request. It is one that He will powerfully answer. Plead with Him to teach you how to honor Him and exalt Him with praise.
- Do an "I" exam; write "You" prayers. Examine your prayer life. Ask yourself, "How much do I use the word 'I' in my praying?" If you are using "I" a great deal in your praying, it may be that the focus on your praying is not God but yourself. Instead, focus on writing and speaking "You" prayers. When you use the word "You" in your praying it will help you to focus on God. Examples of "You" praying are "You are the Holy One," "You are the righteous God," and "You are the only wise God."
- Develop a vocabulary of praise. Believers often do not praise God because they do not know what to say. For this reason, you must develop a "vocabulary of praise." By this, I mean that you need to learn about God. You need to grow in your understanding of Him. You can develop a vocabulary of praise by studying His characteristics, His names, His pictures, and His titles in the Scripture. Check out the Developing A Praise Vocabulary section for help with this.
- Turn every truth you learn about God into praise. As you grow in your knowledge of who God is, use those truths to adore Him. Strive to turn every truth that you glean about Him into praise of Him.
- Rewrite portions of Scripture. Take portions of Scripture and rewrite them in your own words. You might begin with Psalm 145-150.
- Rewrite hymns. Obtain a hymnbook or hymnbooks and begin rewriting the songs to fit your life.
- Meditate on God on His throne (Revelation 4-5). As you meditate on God on His throne, it prepares you to praise Him. It will help you remember whose presence you are entering. It can also strengthen your desire to praise Him.
- Start a praise journal. You might consider starting a journal where you record your adoration of God. In this journal, you can record the truths that you learn about God and then record your prayers of praise concerning these truths. You may already have a journal. You might consider designating a part of it to your praise of God. In this section, you might regularly write out prayers of adoration to Him.
- Write love letters to God. You might consider writing love letters to God on a regular basis. In these letters, tell Him why you love Him and what He means to you.



- Say "I love you" to God as often as you can. Daily tell Him that you love Him. He loves you and loves to hear you tell Him that you love Him.

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