

FIFTH MODE OF PRAYER

PRAYER OF ADORATION

First Part : Teachings, Reflections and Hints

Intent of these Jottings

- *To reflect on the meaning of 'adoration'.*
- *To realize that 'external adoration' is not enough. What is wanted a true 'internal attitude of worship' towards God.*
- *True 'adoration' is found only in the heart of the worshipper. .*
- *To foster in us an attitude of 'self surrender to God' which basically constitutes 'adoration'*
- *To understand that 'adoration' is the be-all end-all of prayer.*
- *To realize that any prayer at all as much as any type of prayer method should lead us to worship God.*
- *In sum, without adoration' prayer is not worth its name.*

What is Adoration:

- Adoration is best expressed in the words of Jesus in the garden. **'Not my Will, but your Will be done'**
- It implies such absolute trust and confidence in the love, goodness and power of God that we abandon ourselves completely into his provident fatherly hands
- **For clarity sake, we distinguish between 'internal' and 'external' adoration.**

Internal Adoration'

- Is an attitude of mind and heart that inwardly, acknowledges our creaturely condition and our absolute dependence from God.
- It leads us to a total 'self-surrender' to our Creator.
- It reminds us of our contingency and absolute powerlessness before God
- It makes us, feel that we are creatures of God and prompts us to abandon ourselves in God's Loving hands.
- It generates a profound peace and serenity, even in the midst of the greatest trials.
- This profoundly tranquil state is expressed in the words of Jesus dying on the Cross: 'Into your hands, O Father, I commend my soul!' (Lk. 23/46)

- **In short, ‘Internal adoration’ is an inner disposition in us, creatures, that leads us to a deep union with the will of God ur Creator and Father, in faith, hope and love.**

External adoration

- By external adoration we mean all the signs, rites and symbols which we use to express externally our inner attitude of ‘internal adoration’.
- To this external adoration, we ascribe all the rites and rituals, bows, prostrations, genuflections, offerings, incense, sacrifices, libations, etc.
- All these things, in themselves, have no worshipping value. They are only the means we use to express our inner attitude of adoration.
- They have a “sign value” only. They are meant to exteriorize our inner adoration, which, in the first place, should be present in the depth of our heart.

Relationship between the External and Internal Adoration

- Because we are, at one time, spirit and flesh, both types of adoration are required. In fact, they complement each other.
- The external adoration expresses our inner attitude of adoration, and in turn, by doing so, it strengthens and enhances it.
- In fact, the more we manifest it externally the more it grows internally. They interact and help each other

Prayer As Adoration

All MODES OF PRAYER: petition, intercession, thanksgiving and praise, should lead us to adoration.

ALL METHODS OF PRAYER: vocal, mantic, nature prayers, bhajans, sacred hymns, liturgical prayers, meditation, contemplation, praying with sacred Scriptures, novena prayers, private devotions, etc. should lead us to adoration.

The value and effectiveness of any mode, type and method of prayer have to be measured with the yardstick of adoration: So, we may ask ourselves:

- “Does this or that prayer help me to do the will of God?”
- “Does it foster in me that internal attitude of dependence and submission to God’s Will?”
- “Does it liken me to Jesus the true image of God made man.?”

The heart of prayer is adoration.

Not for nothing the central teaching of Our Lord on prayer: “The Our Father” is couched in the words: **“Let your Will be done on earth as it is in heaven.”**

The Entire Life of “Christ Was Adoration

Our Lord Jesus’ life was a life permeated, suffused with adoration.
He gave God his Father the greatest adoration a creature can give.
He lived forever in complete dependence from His Father’s will.
His life was sheer adoration.

Reflect on the flowing texts:

- Jn. 4/32-34: “My food is to obey the Will of him who sent me”.
Jn. 8/27-29: “I say only what the Father has taught me. I always do what pleases him.”
Jn. 10/36-38: “The Father is in me, and I am in the Father”.
Lk.3/21-22: “You are my dear son. I am well pleased with you”.

The two peak events in Christ’s life:
His birth and his death, namely’:
His entrance into human life and
His departure from it ,
were sheer acts of adoration.

About his entrance into the world is written:

You do not want sacrifices, but you prepared a body for me.
Then I said, ‘Here Oh, God, I am here to do your will’ (He. 10/5-10)

About his departure from this world, we read in Scripture:

- Father, if you will, take this cup away from me,**
But, not my will, but your will be done”. (Lk 22/39-46)
“Jesus cried out in a loud voice, Father!, into your
hands I commend my soul! He said this and died”. (Lk. 23/44-46)

The whole of Christ’s life was adoration, that is, submission to his Father’s will, in self-surrender, in love, trust and hope.
Christ’s prayer life was adoration, i.e., living for God, in accordance with His Will.
His words and teaching were adoration.
His miracles His deeds and works were adoration.
His service to others, his life and death were sheer adoration.

The whole of our Christian Life Should Be Adoration:

- As followers and imitators of Christ the whole of our life should be adoration. We, too, should live our lives in complete submission to the Will of God and in entire dependence from him, in faith, hope and love.
- From birth to death, like Christ himself, we should forever say, “Let your Will be done”.

- All our works, joys, sorrows, successes, failures, undertakings, jobs and hobbies, whatever, should be turned into adoration!
- For that, we need a healthy prayer life; a prayer life that takes us away from ourselves to God, that sustains us in an attitude of absolute dependence from God, that transforms the whole of our days into Worship and Adoration.
- In other words: we have to be **“Contemplatives in action”**