

ABIDING
Together

SEASON 7 EP.5 -
THE POWER OF HOLY HOUR

Group Questions

1. What struck you from the podcast?
2. Do you make adoration a regular practice? Why or why not?
3. What has been your experience of adoration?
4. What are some ways you've learned to avoid distraction in adoration?
5. What are some ways you like to pray in adoration?

Journal Questions

1. Reflect and journal about this scripture: Jeremiah 19:12-14. What does it speak to you personally?
2. Take some time in adoration this week: What do you hear the Lord saying to you while you spend time with Him?
3. What's holding you back from spending time in adoration? How do you think the Lord wants to respond to that?

Quote to Ponder

"Spend one hour each day in adoration of your Lord. Never do anything you know is wrong. Follow this and you'll be fine." - St. Teresa of Calcutta to Henri Nouwen