

Do you know the difference between **Prayer** and **Worship**?  
Take heart if you do not, as you are not alone and this lesson is designed to help you know.

Here it is simply stated, then we can look at them to taste the flavor of each:  
**"Worship is for its own sake; prayer embodies a self- or creature-interest element; that is the great difference between worship and prayer."**

Can you see the difference? Add in the rest of this quote:

**"There is absolutely no self-request or other element of personal interest in true worship; we simply worship God for what we comprehend him to be. Worship asks nothing and expects nothing for the worshiper. We do not worship the Father because of anything we may derive from such veneration; we render such devotion and engage in such worship as a natural and spontaneous reaction to the recognition of the Father's matchless personality and because of his lovable nature and adorable attributes." (5:3.3)**

This is such a lovely explanation of what true worship is and it should relieve us of any worry of how we must "perform" it, as nothing is expected ---beyond taking time each day, preferably the same time, seeing it as a "date" with your Paradise Father, and stilling your mind as much as you can, letting Spirit know you are available!

Watch how it happens when you engage in worship:

**"Worship is, therefore, the act of the material mind's assenting to the attempt of its spiritualizing self, under the guidance of the associated spirit, to communicate with God as a faith son of the Universal Father. The mortal mind consents to worship; the immortal soul craves and initiates worship; the divine Adjuster presence conducts such worship in behalf of the mortal mind and the evolving immortal soul." (5:3.8)**

Our Father Fragments are our "conductors of worship". They do most of the work as long as we provide those favorable conditions for spiritual growth [child-like faith]. Just as an orchestra is organized, led and "conducted" by the orchestra conductor, our Thought Adjusters lead us in worshipful spiritual experience. This is how easy it is on OUR side, when we take quiet time each day allowing all of our mind, soul and indwelling Father Fragment to participate in this practice, simply by submitting our will and desire to do so.

Let's have a look at what Jesus said about prayer:

**"Prayer is entirely a personal and spontaneous expression of the attitude of the soul toward the spirit; prayer should be the communion of sonship and the expression of fellowship. Prayer, when indited by the spirit, leads to co-operative spiritual progress. The ideal prayer is a form of spiritual communion which leads to intelligent worship. (See above!) Praying is the sincere attitude of reaching heavenward for the attainment of your ideals." (144:2.2)**

So, he has once again reinforced for us the personal nature of prayer. When you look at the word sincere, think: "pure, honest", then add it to what your attitude must be...followed by including your supreme values for your ideals – what are they? Question how they relate to your relationship with your/our Heavenly Father!

Prayer is asking Jesus for wisdom and strength while attacking problems at hand, and is the best technique to contact Him, understanding that we are not getting our way (changing His mind!), but taking Jesus' way. Effective prayer must be wholly individual, that it must be the "desire of the soul". Do you ever notice how sometimes you are thinking of something/someone you sincerely wish to pray for and you experience such a deep emotion that you cannot find the words? Those are the times when your soul is desiring, wanting to convey to the Source what you are asking. Truly we have no need for words, although they do bring us consciously to where we wish to direct our prayer.

And, look at this!

**"In addition, there is a definite spiritual phase of true prayer which concerns its reception and recognition by the spiritual forces of the universe, and which is entirely distinct from all human and intellectual association." (91:2.6)**

Isn't this SO exciting to know?!

This means, that in praying, TRUE praying, we can engage our spiritual energies and helpers available to us! Ponder on this each time you pray: first, think of the spiritual aspect of your request, then ask our Creator Father to direct the prayer to the proper Source who will be responsible for responding, then image-in the personalities who may help, and thank them!

Jesus prayed and worshiped by intelligently focusing on His Father. Mystic meditations played no part.

***In the Master's life on Urantia, this and all other worlds of the local creation discover a new and higher type of religion, religion based on personal spiritual relations with the Universal Father and wholly validated by the supreme authority of genuine personal experience. This living faith of Jesus was more than an intellectual reflection, and it was not a mystic meditation. 196:0.4***

meditation defined: noun

1. A contemplative discourse, usually on a religious or philosophical subject.

Notice that worship = waiting with child-like faith for your spiritual Father to show up. Meditation is contemplating or thinking upon a subject. Once we insert a topic into our minds for meditation this ceases to be worship and our Father sees this as your desiring to think upon something other than Him. Because He is loving and respectful of your free will choice/s He will stay in the background and allow you to meditate on your chosen subject. This is why true worship involves nothing other than you and Him: No music. No one else speaking. No focused/chosen topics. Just You and God!

Read what we are told about to whom we communicate and who does what:

***“...Prayers, all formal communications, everything except adoration and worship of the Universal Father, are matters that concern a local universe; they do not ordinarily proceed out of the realm of the jurisdiction of a Creator Son.” (5:3.2)***

***“When you deal with the practical affairs of your daily life, you are in the hands of the spirit personalities having origin in the Third Source and Center; you are co-operating with the agencies of the Conjoint Actor. And so it is: 1. You worship God; 2. Pray to, and commune with, the Son; and 3. Work out the details of your earthly sojourn in connection with the intelligence s of the Infinite Spirit operating on your world and throughout your universe.” (5:3.5)***

We have never been alone! We are assisted, whenever we sincerely ask, by all three personalities/representatives of the Trinity! We are SO loved as His children. He gave us the instruction to become perfect and He is not going to let us do it all by our imperfect selves.

Consider some of the clues to TRUE praying:

- ✓ ***You must surrender every wish of mind and every craving of soul to the transforming embrace of spiritual growth. (91:9.4)***
- ✓ ***You must make a wholehearted choice of the divine will. (91:9.5)***
- ✓ ***You not only recognize the Father's will and choose to do it, but you have effected an unqualified consecration, and a dynamic dedication to the actual doing of the Father's will. (91:9.6)***
- ✓ ***And you must have faith—living faith. (91:9.7)***

Here is Jesus in talking to a Greek about treasures:

***“I declare that in the coming kingdom they shall no longer teach, 'Do not worship this and do not worship that'; no longer shall they concern themselves with commands to refrain from this (collecting wealth) and take care not to do that (increase possessions, status), but rather shall all be concerned with one supreme duty. And this duty of man is expressed in two great privileges: sincere worship of the infinite Creator, the Paradise Father, and loving service bestowed upon one's fellow men. If you love your neighbor as you love yourself, you really know that you are a son of God.”***

***~ Jesus 142:4.2***

It is in this sincere worship of our Paradise Father, over dedicated time and unqualified consecration to this, do we attain Him. Patience and perseverance are key!

To prayer that enriches life, while worship illuminates destiny...bringing you to attaining the Father! ~ **Monica Kemp**

#### **Questions to discuss:**

1. Please describe and discuss how you would explain to someone the difference between Prayer and Worship?
2. What time of day can you set aside to commit to worship? Why this time?
3. What does it mean to you to be consecrated to attaining our Father and knowing his will?

Now is a good time for us to say **The Lord's Prayer** together. Turn these sheets back in to your leader. Feel free to write a **prayer request** and give it to your leader.

Next time we discuss **Chosen by God – Thought Adjusters** Week #9