

Formative Practice Guide: Worship

Read *Revelation 4:11*.

As Christians, we worship a risen Christ who is ever present with us. That means the object of our worship can relate to our experiences, changes, struggles, joys, and feelings. In the moment, worship grounds us in Christ and, over time, builds on our intimate knowledge of God.

SPIRITUAL EXERCISES

We will worship by vocalizing *truth about God* along with *our experiences, perspectives, emotions, and desires*. Think about the things you know to be true about God. Also reflect on your current circumstances, both good and bad, knowing that God is present with you. Now vocalize these things through prayer, journaling, and song.

Sing songs that resonate with your thoughts and emotions. Sing songs that challenge you to face your sorrows and struggles and look to God anyway. When you sing with other Christians, recognize that they are also vocalizing their experiences to God.

While singing is a great place to start, it's not the only way to ascribe "worth" (the root of the word "worship") to God. Consider experimenting with other ways to express yourself—art, nature, exercise, food, writing a letter to God, etc.—to find the ones through which you feel most expressive.

GUIDED REFLECTION

Take some time to reflect (journaling if that helps). What about God moves you to worship? Ponder a past worship experience that deeply affected you. Which name of God best fits with your relationship to God right now? How can you put yourself in a place (physical, mental, emotional, etc) where you can most easily connect with God in worship?

Take some time to reflect on things other than God that receive your worship. Think of how you prioritize your time, money, effort, and strength. What things in your life hold significant value? What would those closest to you say that you value most? Ask the Lord to reveal the things you are most tempted to value above him.

CONNECTING THE PRACTICES

As you engage with other spiritual practices (e.g., prayer, meditation, generosity) consider how they each demonstrate worship of God.