

Day 3 - Living in Worship

Worship is a loaded term. Many think it is only singing songs. While that is *part* of worship. The word *worship* is a combination of two words... worth *and* ship. So we recognize God's surpassing worth and "ship" (send) that worth to God in all we do.

When God shows up in our life, we can't help but worship Him. But we are busy and forgetful people who quickly move on to the next need on our list or the next problem we face. One way to turn our hearts to worship Him with our whole lives is to remember the places where He has been faithful to His Word throughout our spiritual journey.

Where have you seen God's mercies and goodness made real in your life? In the lives of those around you?

Our focus scripture for today is Romans 12:1

¹ "Therefore, I urge you, brethren, by the mercies of God, to present your bodies, a living and holy sacrifice, acceptable to God, which is your spiritual service of worship."

God intentionally created us as embodied souls. We are to worship God with everything we are physically and spiritually. In this passage to the Romans, Paul calls us to incorporate worship into every part of who we are and what we do. This means our families, relationships, vocation, hobbies, and everything in between are ways to worship God, who, in the person of Jesus, sacrificed His body for us.

Pause to ask God to show you places in your life where you can offer more of yourself to Him in worship...places that you have kept separate or compartmentalized from Him.

As an invitation to a spiritual practice—a way to say "yes, Lord," we encourage you to find a way to worship God with your body and your life. It could be something as simple as taking a walk in nature and praising God with each stride for your ability to move and be in His creation. Or, as you're cooking a meal, you can worship by thanking the Lord with each ingredient for its flavor and that He has provided these needs for you and your family. You could spend time physically praying on your knees worshiping the God who has created your body in such an intricate and specific way. Find a creative and new way to incorporate your body into a time of worship today.

Prepare to walk with God into the day before us, we echo the words of the psalmist in Psalm 42:

"As the deer pants for the water brooks, So my soul pants for You, O God. My soul thirsts for God, for the living God...The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life."

Father, help us discern where you are leading us as a church - making Your invitation clear.

Jesus, help us become worshipers, friends, apprentices, and guides who live as disciple-makers in all areas of our everyday.

Spirit, help us become a disciple-making hub, loving the lost and proclaiming Jesus in all we do and say so our communities will flourish.