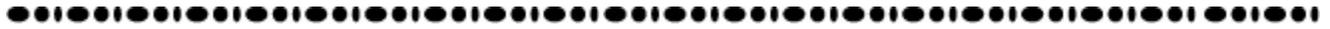


# WORSHIP



## INTRODUCTION

It's one thing to talk about worship; it's another thing to do it. For some, the exercise that follows will be welcomed and natural. For others, it will be intimidating and unnatural. Wherever you are on that spectrum, you're encouraged to engage this exercise with both boldness and creativity. Engage this exercise with old ruts and routines, and it will be a waste of time. Engage this exercise with fresh thoughts and fresh methods, and this could be an important experience.

On the page that follows, you will be asked to worship. What this looks like is up to you. If in your mind, when you think of worship, you think of something that *other* people do in a manner you'd *never* do, then don't do it like them. Or, if in your mind, when you think of worship, you think of something you do all the time, then don't do it the way you always do it. Six times the Psalms exhorts or describes the singing of a "new song" to God. For you, your "new song" may not even be a song. Your worship might simply be spoken, or drawn, or it may even be a time of silence.

As a starting point, you'll be encouraged to use the affirmations you've written over the past few weeks. However you go about it, use these to inspire thoughts of God. You do not need to limit yourself to the affirmations, but by starting with these, you'll begin where you've left off, and you'll be reinforcing the work God is already doing within you.

This exercise is not complicated, but it will take time and energy. The page that follows gives guidance. In short, you'll be asked to set aside time for a more intentional time of worship. Yes, you could make light of this, but don't. Make the most of it. God may very well have a unique way he would like to commune with you.

## EXPERIENCE GOD'S PRESENCE

Worship is not reserved for Sunday mornings or certain locations. Worship can be done while walking the dog, in the privacy of a closet, or under the sun in the middle of a park. With that said, some environments can be more conducive to authentic worship, and this exercise is intended to inspire a time of more focused worship inspired by the affirmations you created and practiced over the last few weeks.

### STEP 1: Choose a time and place.

When and where could you honestly and openly worship God for who he is? Can you do this best on a walk? Or, for you, would it be better to be in the privacy of a quiet room or in an outdoor setting?

To get the most out of this exercise, plan a time in the next few days when you will simply worship God. The time can be as short or as extended as you'd like. If worship is part of your normal practice, then use this exercise to worship differently than you typically do. If this is new, then simply find a way that fits who you are. Most importantly, set yourself up for the greatest possibility of authentic worship.

I will complete Step 3 \_\_\_\_\_, on \_\_\_\_\_.  
(location) (day and time)

### STEP 2: Prepare before you go.

Bring the affirmation pages that you created in the Week Three and Week Five Morph Me exercises. If conducive to the setting and your intentions, bring a Bible or journal. (Journal pages are provided on the pages that follow if you do not currently use a journal.) If you plan a more extended time of worship, you may want to bring worship music, art, or other resources. Unless absolutely necessary, leave your cell phone, computer, or other potential distractions at home or put them away.

Remember, your method of engagement in worship is not critical, but your attitude of engagement is everything. Bring items that will foster an attitude of authentic worship; leave things that will hinder this attitude.

### STEP 3: Worship God.

Thank God for meeting with you.

Thank God for his power to transform your heart.

Meditate on the Scriptures from your affirmations.

Praise God by affirming the beauty and mastery of his craftsmanship as you recognize the "real you" that he has created and crafted in you. Express your gratefulness to him for his transformative work in your heart.

Praise God by affirming to him any truths about his character that you wrote in your affirmation statements and by telling God how much you celebrate these attributes in him.

Sit and enjoy God's presence. Don't fill the air with chatter. At times, be silent. At other times, speak out. Worship God in a way that feels natural and authentic to you (sing, dance, shout, walk, run).

If helpful, write your thoughts and your worship on the journal pages that follow.

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Week 6, Morph Me, p. 166