

Week 10: Worship

“Worship is our response to the overtures of love from the heart of the Father. Its central reality is found ‘in spirit and truth.’ It is kindled within us only when the Spirit of God touches our human spirit. Forms and rituals do not produce worship, nor does the disuse of forms and rituals. We can use all the right techniques and methods, we can have the best possible liturgy, but we have not worshiped the Lord until Spirit touches spirit” Foster, *Celebration of Discipline*, pg 158-159

“True worship does not equal going to church on Sunday... True worship of God happens when we put God first in our lives... The heart of worship is to seek to know and love God in our own unique way... One style of worship is not better than another. The quality of worship emerges from the heart and its focus” Calhoun, *Spiritual Disciplines Handbook*, pg 50

Try one or more of these (taken/adapted from Foster and Calhoun):

Meeting God in New Ways

Since God reveals himself to us in worship, visit a worship service with a different tradition or style than you are used to. Attend an ethnic service or a children’s service or a service from a different denomination. Ask God to open you up to seeing him in new ways. What do you sense about the worshippers? Do you see anything new about God in their worship?

Worship in Writing

Write a letter or song to God expressing your love and honor of him.

Evaluating Priorities

Come before God with an open and listening ear. Write the question, “What do I value most?” at the top of a sheet of paper. Answer the question. Then answer the question from the viewpoints of your kids, your spouse, your colleagues, family members, church friends and God. What do you see about yourself through their eyes? How might what you worship need to change?

If you’d like to learn more about spiritual transformation and various ways to invite Holy Spirit to work in and through you, these are great places to start:

[*Sacred Pathways: Nine Ways to Connect with God*](#) by Gary Thomas

[*Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*](#) by Ruth Haley Barton

[*Celebration of Discipline: The Path to Spiritual Growth*](#) by Richard J. Foster

[*Spiritual Disciplines Handbook: Practices that Transform Us*](#) by Adele Ahlberg Calhoun

[*Practicing the Way: Be with Jesus, Become Like Him, Do as He Did*](#) by John Mark Comer