

## Some ideas for practicing **Worship**...

### Individual:

- Practise beginning your day, the minute you wake up, with a verse of Scripture like Psalm 51:15 or some other short breath prayer of worship.
- Consider the many names God uses to reveal Himself to us: names such as Ancient of Days, Bridegroom, El Shaddai, Healer, Jehovah, Saviour, Alpha and Omega, Lamb of God, Pearl of Great Price, Redeemer, Shepherd, Prince of Peace... Choose one of the names that particularly resonates with you and identifies where God is in your life right now. Let this name permeate your everyday life, using this name for God as you shovel snow or wait at a stoplight or brush your teeth. Use this name to thank God for how He's revealing Himself to you.
- Many people find spending time in creation to lift their minds and hearts and spirits to worship of God (think Psalm 19: *The heavens proclaim the glory of God. The skies display his craftsmanship. Day after day they continue to speak; night after night they make him known.*) Spend some time in nature, allowing it to draw your attention to our Creator God.
- Try writing your own personal song or letter or poem to Jesus, expressing your love and honour of him.

### Corporate:

- Practise **preparing** for the gathered experience of worship. Preparation might take the form of arriving early enough to settle in and let go of inner distractions. Preparation might include a specific prayer asking the Spirit to guide the service. Preparation might include a time of honest truth-telling and confession as you come to the worship service.
- Try consciously bringing all of who you are and what you're experiencing into the worship service. Open your whole life to God as you come to the service. Do not check parts of yourself at the door.
- Pay close attention to different aspects of the service - the words of the songs, the silences, the Scripture. Become aware of how others present in the service are also hearing these words, sitting in the silences. Consider how there is unity together around the awareness of God's Lordship.
- Move your worship into your body by choosing a physical posture or action that reflects your desire to give yourself completely to God (cupped hands, raised hands, kneeling, , bowing head...)