



Now What? - Day 4

What is Worship?

What is worship? Is it singing? Is it praying? Is it the way we live our lives? Yes! It is all of these things. Worship is setting your mind's attention and heart's affection on God. It means giving God all of the honor and praise He rightfully deserves. Why? Not only because He is morally perfect. By that I mean, it's not that God chooses not to do evil, but it's literally impossible for Him to do evil because it goes against His nature. That's praiseworthy enough! But even more than that... God is the creator and maker of all things, the savior of all humanity. That deserves our worship.

Maybe you're thinking to yourself; "I don't know how to worship." Of course you do. See we were all created to worship. In fact, whether we realize it or not, we all worship something or even someone. There is something in our lives that gets the majority of our focus or our time, and as a result, our hearts. Maybe for you, it's social media or video games or even that special someone in your life. None of these things are inherently bad but they are not worthy of your worship. Only God is.

God is the only one who deserves our praise and worship. True worship comes from a heart that says, "God, there is nothing I will hold back from you. You have full access to my life." Maybe you have even seen people raise their hands when they worship. This is a sign of surrender. Worship reminds us of our great need for God.

Like we mentioned before though, worship is not just singing or raising your hands. Worship is a lifestyle. It's choosing to put God at the center of everything we do. We can worship God with our lives, honoring God with every step we take, and every decision we make.

I want to encourage you to take some time to think about how you can worship God with your life. What would that look like for you? What would change? I also want to encourage you to worship God by singing songs of praise. Maybe you've never tried it before, but a really easy way to start is to simply put on some worship music from Spotify or Youtube and sing along to God. Speak to Him about how worthy He is, how good He is or how thankful you are for Him. It may feel new, but it's what you were created to do. So go ahead, take a few minutes and try it!