

## April Spiritual Discipline of the Month:

### Worship

**Worship.** When we worship God, we experience God's presence in our midst. Spirit touches spirit. On Sunday mornings we come together as a community of faith to worship. This is only one expression of worship. Worship is something we are called to do everyday. It is both an internal and an external act. Internally, it is expressed by our devotion, obedience, and love towards God. Externally, it is expressed by our acts of service, sacrifice, and offerings to God.

*"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is true worship."* -

Romans 12:1 (TNIV)

The object of our worship is, of course, God. We are warned throughout scripture to worship the Lord only. Jesus tells us to love God, with all our heart, soul, mind, and strength (Mark 12:30).

### Practical Suggestions / Challenge for the Month:

- ✓ Practice being in the Lord's presence daily. Plan times of inner worship, prayer, praise, study, meditation, confession, etc. Notice how we can use the other spiritual disciplines to help move us into a worship experience.
- ✓ Experience worship alone, with others, in small groups, and the gathered community, by offering prayer, adoration, and praise to God.
- ✓ Come to worship in expectation of experiencing God's presence. Listen for God's call to service, sacrifice, and offering to God.
- ✓ Worship even when you don't feel like it. This takes discipline. Just as, "iron sharpens iron" we strengthen each other when we worship.

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. Record your progress - start a spiritual journal.
7. Have fun!

**Helpful Hints:** Authentic worship will bring us from the Outer Court, to the Inner Court, and finally into the Holy of Holies. We become tuned into God's call and respond with open arms: "Here I am. Send me" (Isaiah 6:8). When you worship, notice where you are. Are you in the Outer Court, Inner Court, or Holy of Holies? If you are not in the Holy of Holies, ask God to help you walk deeper into His presence.

If you have any questions or need additional help, contact us at (302)378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For additional information on Spiritual Disciplines, refer to The Celebration of Discipline by Robert Forster.